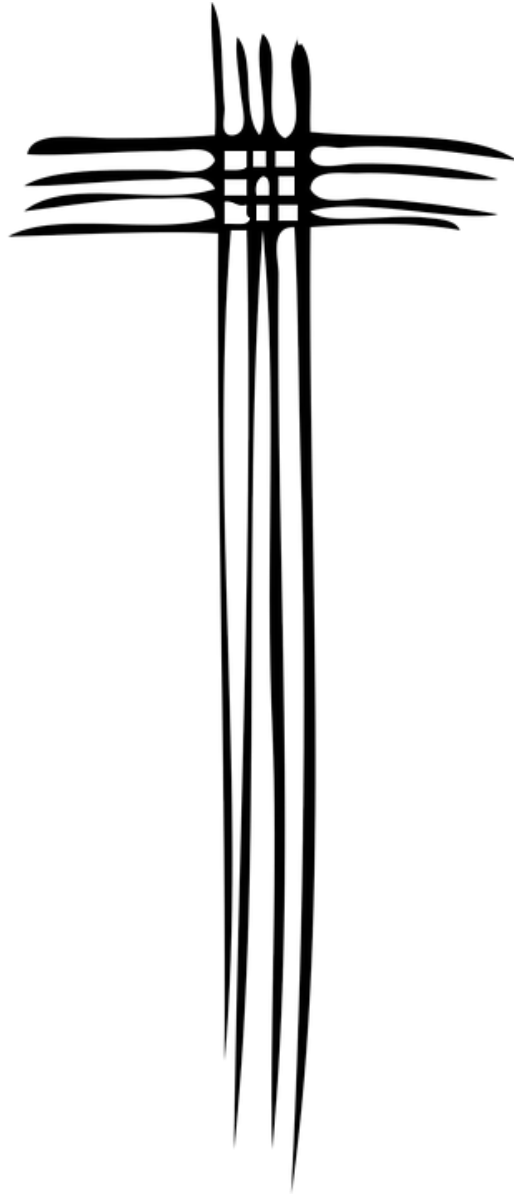


Prayer Resources



for use at home

Perhaps you find it hard to pray at home? You aren't alone in this, but we hope this booklet will help.

Being stuck at home can be boring, frustrating, or lonely, even if there are other people in the house with you! And if you are very unwell, or worried you might become ill, it can be frightening. But God is with us in these situations, whether we are conscious of his presence or not. Remembering this, and relying on him in prayer, can help you to keep going.

Common Worship reminds us in its liturgy that “Believers who cannot physically receive the sacrament are to be assured that they are partakers by faith of the body and blood of Christ and of the benefits he conveys to us by them.” Illness – or self-isolation – can't separate us from Jesus' love.

We hope this booklet will give you some ideas about how to maintain and deepen your faith and your prayers. You may find some of the prayers more helpful than others – that's ok! And it's always ok to just tell God how you feel and what is on your heart. God wants us to turn to him in all our troubles and perplexities, even if we can't always find the “right words”. And remember - the rest of the church is praying for you!

Simple Forms of Prayer

- Lighting a candle before you pray can help you to focus and listen.
- Jesus taught us **the Lord's Prayer** so that we would always have words to say.

“Review of the Day”. This is a very simple way to pray through your day with God in five steps:

1. Become aware of God's presence, or ask God to help you remember he's there with you.
2. Review the day with gratitude (as best you can!)
3. Pay attention to how you're feeling about it.
4. Choose one thing that happened during the day and pray about it.
5. Look toward tomorrow. What do you expect the day to hold? Ask God to help you remember he's with you.

- **Lectio Divina**: again, don't let the name put you off! Lectio helps you to read the Bible in a prayerful way.
 1. Pick a short passage of Scripture (it can be anything you like, but if you're stuck, parables of Jesus or a shorter Psalm is a good choice).
 2. Read it through, slowly, two or three times. Notice what jumps out at you, and ask yourself, what is God saying to me here?
 3. Reflect on this for a few minutes.
 4. Then, read the passage again. Now ask yourself, what do I want to say to God? - then say it.
 5. Lastly, sit quietly and know that God is with you.
- Sometimes sitting in **silence** can be a powerful way to pray. Ask the Holy Spirit to lead you.
- You might find it helpful to **listen** to favourite hymns or worship songs, or other pieces of music that have a special meaning for you.
- **Pictures** can help prompt our prayers - for instance photos of loved ones, maps or pictures of our community or the wider world
- If the news is getting you down, try praying for the people and situations that are mentioned.
- Why not try doodling, painting, or drawing as you pray?

Some Collects and other Prayers

Prayers in response to the Covid-19 virus:

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.
Amen.

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.
Amen.

For the Church:

We are not people of fear:
we are people of courage.
We are not people who protect our own safety:
we are people who protect our neighbours' safety.
We are not people of greed:
we are people of generosity.
We are your people God, giving and loving,
wherever we are, whatever it costs
For as long as it takes
wherever you call us.

Barbara Glasson, President of the Methodist Conference

Lord God, whose Son, Jesus Christ,
understood people's fear and pain
before they spoke of them,
we pray for those in hospital or sick at home;
surround the frightened with your tenderness;
give strength to those in pain;
hold the weak in your arms of love,
and give hope and patience
to those who are recovering;
we ask this through the same Jesus Christ, our Lord. **Amen.**

Almighty God,
you see that we have no power of ourselves to help ourselves:
keep us both outwardly in our bodies, and inwardly in our souls;
that we may be defended from all adversities which may happen to the body,
and from all evil thoughts which may assault and hurt the soul;
through Jesus Christ our Lord. **Amen.**

A prayer of confession:

Father eternal, giver of light and grace,
we have sinned against you and against our neighbour,
in what we have thought,
in what we have said and done,
through ignorance, through weakness,
through our own deliberate fault.
We have wounded your love
and marred your image in us.
We are sorry and ashamed
and repent of all our sins.
For the sake of your Son Jesus Christ,
who died for us,
forgive us all that is past
and lead us out from darkness
to walk as children of light. **Amen.**

Personal Prayers:

Lord Jesus Christ, you said to your disciples,
'I am with you always'.

Be with me today, as I offer myself to you.
Hear my prayers for others and for myself,
and keep me in your care.

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at mine end, and at my departing.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

from St Patrick's Breastplate

I am giving you worship with all my life,
I am giving you obedience with all my power,
I am giving you praise with all my strength,
I am giving you honour with all my speech.
I am giving you love with all my heart,
I am giving you affection with all my sense,
I am giving you my being with all my mind,
I am giving you my soul, O most high and holy God.
Praise to the Father,
Praise to the Son,
Praise to the Spirit,
The Three in One.

adapted from Alexander Carmichael, Carmina Gadelica (1900)

O gracious and holy Father,
give us wisdom to perceive you, diligence to seek you,
patience to wait for you, eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the spirit
of Jesus Christ our Lord.

St Benedict

Prayers before sleeping:

Be present, O merciful God,
and protect us through the silent hours of this night,
so that we who are wearied
by the changes and chances of this fleeting world,
may rest upon your eternal changelessness;
through Jesus Christ our Lord. **Amen.**

Abide with us, Lord, for it is evening,
and day is drawing to a close.
Abide with us and with your whole Church,
in the evening of the day,
in the evening of life,
in the evening of the world;
abide with us and with all your faithful ones, O Lord,
in time and in eternity. **Amen.**

Keep watch, dear Lord, with those who wake, or watch,
or weep this night, and give your angels charge over
those who sleep. Tend the sick, give rest to the weary,
sustain the dying, calm the suffering, and pity the
distressed; all for your love's sake, O Christ our
Redeemer. **Amen.**

God our Father, by whose mercy
the world turns safely into darkness and returns again to light:
we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes,
knowing that only what you bless will prosper.
To your love and protection
we commit each other and all those we love,
knowing that you alone are our sure defender,
through Jesus Christ our Lord. **Amen.**

Prayer During the Day

This is a form of prayer, sometimes called an 'office', which you can use on its own, or use to expand your daily 'quiet time' with the Bible. You might also choose to use the "Daily Eucharistic Lectionary" readings, or the readings for Morning or Evening Prayer, which are available online (<http://almanac.oremus.org>). You should always say a Psalm, but you could use a different scheme. The simplest is to work through the Book of Psalms using a Psalm, or part of a Psalm, every day. When saying this office alone, say both the parts in plain and in bold.

O God, make speed to save us.

O Lord, make haste to help us.

My heart tells of your word, 'Seek my face.'

Your face, Lord, will I seek.

Praise - you could sing a hymn, listen to music, or say

We praise you, O God,

we acclaim you as the Lord;

all creation worships you,

the Father everlasting.

To you all angels, all the powers of heaven,

the cherubim and seraphim, sing in endless praise:

Holy, holy, holy Lord, God of power and might,

heaven and earth are full of your glory.

Read a Psalm.

End the Psalm with:

Glory to the Father and to the Son

and to the Holy Spirit;

as it was in the beginning is now

and shall be for ever. Amen.

Bible Reading - here are some suggested passages:

Psalm 23

Jeremiah 29.11-13

Psalm 27

Psalm 139

Isaiah 43.1-21
Matthew 6.25-34
John 14.1-7
Romans 8.18-38
Philippians 4.1-13
Philippians 2.1-15

Habbakuk 3.17-19
Matthew 11.25-29
John 17:1-26
Colossians 3.12-17
1 Corinthians 13

Intercessions: pray for the Church, the world, and for individuals.

The collect is said:

O Lord our God,
grant us grace to desire you with our whole heart;
that so desiring, we may seek and find you;
and so finding, may love you;
and so loving, may hate those sins from which you have delivered us;
through Jesus Christ our Lord. Amen.

*The **Lord's Prayer** is said:*

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come; thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation; but deliver us from evil.
For thine is the kingdom, the power and the glory,
for ever and ever.
Amen.**

May God who made both heaven and earth bless us. **Amen.**

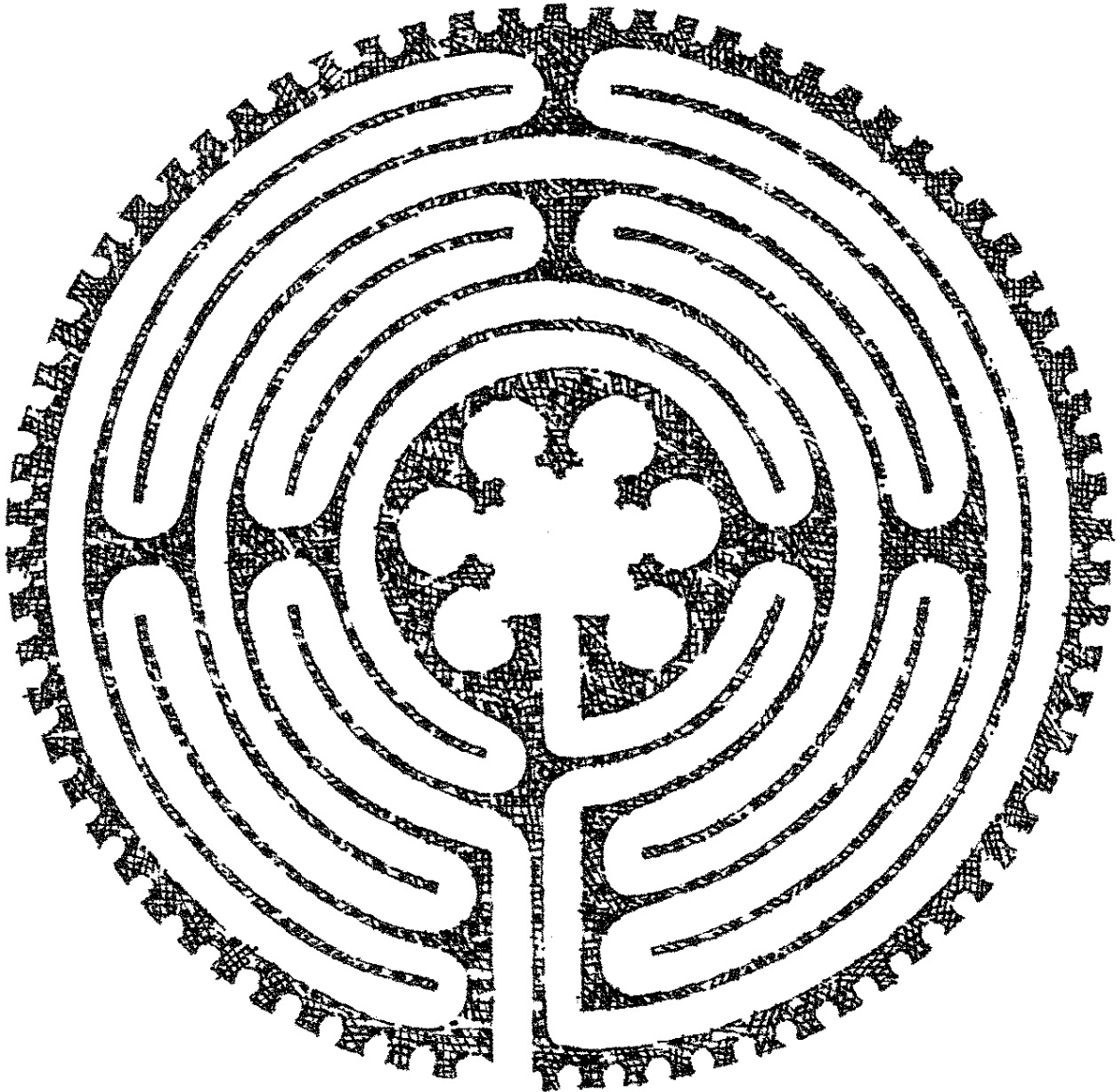
Common Worship: Daily Prayer - Prayer During the Day (adapted).

Online Resources

- You can find services of Morning, Midday, Evening, and Night Prayer from the Church of England online at <https://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer>, arranged for you with the readings of the day. There is also an app you can download to your smartphone or tablet (follow the link on the web page or search for “daily prayer” in your app store and look for the blue and white logo). Choose whether to pray in modern language, or to use the Book of Common Prayer. “Prayer During the Day” is the shortest and simplest of the services, morning and evening prayer have the longest portions of Scripture.
- An Ordinary Office: <http://anordinaryoffice.org.uk/>. “An Ordinary Office” is designed to be very accessible (you can follow it through text, symbol, audio, or video). Easy to pray if you’re unwell or very tired. Morning, midday, and evening prayer, plus “nocturnes” for those who can’t sleep.
- The Northumbria Community: <https://www.northumbriacommunity.org/offices/how-to-use-daily-office/>. Short but poetic forms of daily prayer in the “Celtic” style.
- Pray As You Go: <https://pray-as-you-go.org/>. A short (11-12 minutes) daily act of prayer and worship, available online or as a tablet and smartphone app (search for “pray as you go” in your app store and look for the headphone logo). This easy to use, beautifully produced site uses music and pictures to help you pray and reflect with a passage of Scripture. Follows the Roman Catholic calendar, but widely used by Christians of all traditions. There are also special seasonal meditations.
- Word Live: <https://content.scriptureunion.org.uk/wordlive/living-faith>. Daily Bible study and prayer points from Scripture Union. Linked to a Facebook group where you can share your thoughts and prayers with other Christians.

A Prayer Labyrinth

You might find it helpful to ‘walk’ the labyrinth by tracing it with your finger as you pray.



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