

PRAYING IN A PANDEMIC

Prayer resources for those who are
unable to meet together



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[Reflective Service: for worship in isolation](#)

We come from scattered lives to meet with God.
Let us recognise God's presence with us now.

Keep a short silence, still your heart.

As God's people we have gathered;
Let us worship God now together,
Across the miles yet joined

Let us pray.
Come, Holy Spirit,
fill the hearts of your faithful people,
and kindle in us the fire of your love;
through Jesus Christ our Lord,
Amen.

In the light of Jesus, let us examine ourselves
and confess our sins.

Keep a short silence, leave your sins at the cross

Confession:

Father, we have sinned against heaven and against you. We are not worthy to be called your children. We turn to you again, have mercy on us, bring us back to yourself as those who once were dead but now have life through Christ our Lord.
Amen.

Absolution:

May the Father forgive us by the death of the Son, and strengthen us to live in the power of The Spirit all our days. Amen.

Find the bible reading for today at www.prayer.forwardmovement.org/the_daily_readings or use the readings for Sunday found on page 9.

We affirm our faith in Jesus Christ the Son of God:

Though he was divine, he did not cling to equality with God,
but made himself nothing. Taking the form of a slave,
he was born in human likeness. He humbled himself and was obedient to death, even the death of the cross.
Therefore, God has raised him on high,

and given him the name above every name: that at
the name of Jesus every knee should bow, and
every voice proclaim
that Jesus Christ is Lord, to the glory of God the
Father.
Amen.

cf Philippians 2.6-11

We intercede for others in the quiet of our hearts.
Lord, meet us in the silence
And hear our prayer.

Silence for prayer is kept:

*Pray for yourself in your isolation, that God would sit
with you*

Pray for others in their loneliness

Pray for our country

Pray for the world

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.

Silence is kept

Faithful God, may we who share in this time of
worship
Glory in the cross of our Lord Jesus Christ,
Our salvation and hope, who reigns as Lord now
and forever.

Fill us, Good Lord with your Spirit of love;
And as you have fed us with your presence,
so, make us one in heart and mind,
In Jesus Christ our Lord.
Amen.

Let us bless the Lord
Thanks be to God.

"For God has said, 'I will not leave you or forsake
you' so we can confidently say, 'The Lord is my
helper; I will not fear.'" (Hebrews 13:5-6)

"It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not be dismayed." (Deuteronomy 31:8)

Please God, we ask that we can meet together in church again, soon. Amen

How to find a bible reading.

Check the index in your bible to find out if it numbers all the pages consecutively, or starts again for the New Testament.

Before Easter the first Reading is from the Old Testament. After Easter all but the Psalms are from the New Testament.

Look at the name of the book that you need to find. Numbers before the name of the book are part of the name (to distinguish between multiple books with the same name e.g. 1 & 2 Samuel)

Use the index to find which page the book you are looking for starts on and turn to that page.

The first number after the name of the book (before the dot) is the chapter number.

Most bibles use a large print number in the text at the beginning of each chapter. Many also write the book name and chapters on that page at the top of each page to help you find your way around (This is especially helpful in the longer books).

Turn over the pages until you find the start of the chapter you are looking for.

The numbers after the dot are the verse numbers, which are indicated by small numbers in the text often raised above the line of the text to stop them interrupting the flow of reading. Once you've found the chapter look for the verses that you need to start and end at.

Examples:

Straight forward

1 Samuel 16.1-13

Book= 1st book of Samuel (in the Old Testament)

Chapter =16 Verses 1-13

More complicated

1 Peter 4.12-14; 5.6-11

Book= 1st letter of Peter (in the New Testament)

Chapter 4 verses 12-14 then skip a chunk and re-start at chapter 5 verses 5 and 6.

Acts 2.14a,36-41

Book= Acts of the Apostles (in the New Testament)

Chapter 2 Verse 14a- means the first sentence of verse 14, then skip a section and restart at verse 36 and read until verse 41

A comma means skip a section, a or b means first or last sentence of the verse.

Don't worry if you don't find exactly the right passage- St Paul assure us that "All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness" so whatever you read will help you to grow closer to God.

Bible readings and Collects for Sundays

Sun 22 Mar 2020 The Fourth Sunday of Lent

1 Samuel 16.1-13; Ephesians; 5.8-14; Psalm 23

John 9.1-41

Merciful Lord, you know our struggle to serve you: when sin spoils our lives and overshadows our hearts, come to our aid and turn us back to you again; through Jesus Christ our Lord. Amen

Sun 29 Mar 2020 The Fifth Sunday of Lent

Ezekiel 37.1-14; Romans 8.6-11; Psalm 130;

John 11.1-45

Gracious Father, you gave up your Son out of love for the world: lead us to ponder the mysteries of his passion, that we may know eternal peace through the shedding of our Saviour's blood, Jesus Christ our Lord. Amen

Sun 5 Apr 2020 Palm Sunday

Isaiah 50.4-9a; Philippians 2.5-11; Psalm 31.9-16;

Matthew 26.14 – 27.66

True and humble king, hailed by the crowd as Messiah: grant us the faith to know you and love you, that we may be found beside you on the way of the cross, which is the path of glory. Amen

Sun 12 Apr 2020 Easter Day

Principal Feast

Acts 10.34-43; Colossians 3.1-4; Psalm 118.1-2,14-24;

Matthew 28.1-10

God of glory, by the raising of your Son you have broken the chains of death and hell: fill your Church with faith and hope; for a new day has dawned and the way to life stands open in our Saviour Jesus Christ. Amen

Sun 19 Apr 2020 The Second Sunday of Easter

Acts 2.14a,22-32; 1 Peter 1.3-9; Psalm 16; John 20.19-31

Risen Christ, for whom no door is locked, no entrance barred: open the doors of our hearts, that we may seek the good of others and walk the joyful road of sacrifice and peace, to the praise of God the Father. Amen

Sun 26 Apr 2020 The Third Sunday of Easter

Acts 2.14a,36-41; 1 Peter 1.17-23; Psalm 116.1-3,10-17; Luke 24.13-35

Risen Christ, you filled your disciples with boldness and fresh hope: strengthen us to proclaim your risen life and fill us with your peace, to the glory of God the Father. Amen

Sun 3 May 2020 The Fourth Sunday of Easter

Acts 2.42-47; 1 Peter 2.19-25; Psalm 23; John 10.1-10

Risen Christ, faithful shepherd of your Father's sheep: teach us to hear your voice and to follow your command, that all your people may be gathered into one flock, to the glory of God the Father. Amen

Sun 10 May 2020 The Fifth Sunday of Easter

Acts 7.55-60; 1 Peter 2.2-10; Psalm 31.1-5,15-16;
John 14.1-14

Risen Christ, your wounds declare your love for the world and the wonder of your risen life: give us compassion and courage to risk ourselves for those we serve, to the glory of God the Father. Amen

Sun 17 May 2020 The Sixth Sunday of Easter

Acts 17.22-31; Psalm 66.7-18; 1 Peter 3.13-22; John 14.15-21

Risen Christ, by the lakeside you renewed your call to your disciples: help your Church to obey your command and draw the nations to the fire of your love, to the glory of God the Father. Amen

Sun 24 May 2020 Sunday after Ascension Day

Acts 1.6-14; 1 Peter 4.12-14; 5.6-11; Psalm 68.1-10,32-35
John 17.1-11

Risen, ascended Lord, as we rejoice at your triumph, fill your Church on earth with power and compassion, that all who are estranged by sin may find forgiveness and know your peace, to the glory of God the Father. Amen

Sun 31 May 2020 Day of Pentecost

Acts 2.1-21; 1 Corinthians 12.3b-13; Psalm 104.26-36,37b; John 20.19-23

Holy Spirit, sent by the Father, ignite in us your holy fire; strengthen your children with the gift of faith, revive your Church with the breath of love, and renew the face of the earth, through Jesus Christ our Lord. Amen

[An order for the office of Compline \(Night Prayer\)](#)

The office of Compline (Night prayer) comes from an ancient practice of daily prayers by Christian monastic communities. It is a good way to end the day in quiet contemplation and reflection upon the past day before commending oneself to God and a peaceful night's sleep. The office should be said before going to bed in a quiet and calm way; a

candle may be lit and you might like to sing a simple hymn.

The Lord almighty grant us a quiet night and a perfect end.

Amen.

Our help is in the name of the Lord
who made heaven and earth.

A period of silence for reflection on the past day may follow.

**Most merciful God,
we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed
and in what we have failed to do.
Forgive us our sins,
heal us by your Spirit
and raise us to new life in Christ. Amen.**

The following or another suitable hymn may be said or sung.

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.

From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.
O Father, that we ask be done
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.

The following psalm may be used.

1. Come, bless the Lord, all you servants of the Lord, •
you that by night stand in the house of the Lord.
2. Lift up your hands towards the sanctuary •
and bless the Lord.
3. The Lord who made heaven and earth •
give you blessing out of Zion.

***At the end of the psalmody, the following is said
or sung***

**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.**

The following short lesson or another suitable passage is read:

The servants of the Lamb shall see the face of God, whose name will be on their foreheads. There will be no more night: they will not need the light of a lamp or the light of the sun, for God will be their light, and they will reign for ever and ever.

Revelation 22.4,5

The following responsory may be said:

Into your hands, O Lord, I commend my spirit.

Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.

I commend my spirit.

Glory to the Father and to the Son

and to the Holy Spirit.

Into your hands, O Lord, I commend my spirit.

The Nunc dimittis (The Song of Simeon) is said or sung

Save us, O Lord, while waking,

and guard us while sleeping,

that awake we may watch with Christ

and asleep may rest in peace.

1. Now, Lord, you let your servant go in peace:
your word has been fulfilled.

2. My own eyes have seen the salvation
which you have prepared in the sight of
every people;
3. A light to reveal you to the nations
and the glory of your people Israel.

Luke 2.29-32

**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.**

***Prayers of intercession and thanksgivings may
be offered here.***

Silence may be kept.

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy;
may your holy angels dwell with us and guard us in
peace,
and may your blessing be always upon us;
through Jesus Christ our Lord.

Amen.

The Lord's Prayer may be said.

In peace we will lie down and sleep;
for you alone, Lord, make us dwell in safety.

Abide with us, Lord Jesus,
for the night is at hand and the day is now past.

As the night watch looks for the morning,
so do we look for you, O Christ.

The Lord bless us and watch over us;
the Lord make his face shine upon us and be
gracious to us;
the Lord look kindly on us and give us peace.
Amen.

Blessing of the Palms on Palm Sunday

Holding your Palm cross:

God our Saviour,
whose Son Jesus Christ entered Jerusalem as Messiah to
suffer and to die; let these palms be for us signs of his
victory
and grant that we who bear them in his name
may ever hail him as our King,
and follow him in the way that leads to eternal life;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

Palm Sunday Reading Matthew 21: 1-11

Collect

True and humble king,
hailed by the crowd as Messiah:
grant us the faith to know you and love you, that we
may be found beside you
on the way of the cross,
which is the path of glory.

Amen.



[Readings and reflection for Good Friday](#)

Prayer of the Day

On this day, God of all tears, you call us in the midst of our busy lives to look at the suffering and death of the One who came to carry the pain of the world into your heart. Give us eyes to see your love this day.

On this day you would gather everyone to your side, Grace of Calvary, but we leave you to carry the cross alone. You came simply as love incarnate, but hate and bitterness were the gifts we offered to you. You poured out your love so our emptiness might be filled. Give us ears to hear your pain this day.

On this day, you would pray for us, for we cannot find the words on our own.

Reading: Mark 15:21-41

It is Friday -- An invocation and poem for Good Friday

It is Friday and I stand at the foot of the cross.

Nothing can be said, nothing can be done.
Action is futile. I can hold the other's hands and weep,
but I cannot be comforted.

It is Friday and I stand at the foot of the cross.

The air is heavy still with waiting and longing.
Waiting for the inevitable, longing for the impossible.
Can this cup pass from me? I look around me – all the
colours are muted.
Dusty browns and greys – Cold and metallic.
Rolling black clouds cover the brilliant blue of the sky

As my soul is occluded by pain.
All that remains is the red of the blood
Running down the weathered wood of the cross.

It is Friday and I stand at the foot of the cross.

I reach out and touch the raised grain of the wood.
It is rough against my fingertips.
The pong of unwashed wool and bodies crowds my
nose.
I smell fear, pain, death. I taste it at the back of my
throat.
I hear the laboured breathing from the cross.
Death is near.

It is Friday and I stand at the foot of the cross.

Remember Him! Remember Him as the silver cord is
severed, as the golden bowl is broken.
Remember Him as the pitcher is shattered at the
spring and the wheel broken at the well.
Remember Him as the dust returns to the ground it
came from and
His spirit returns to the God who gave it.

It is Friday
And I stand at the foot of the cross.
[A reflection on Easter Day morning](#)

This morning is so full of images - the empty tomb - the voice of angels - Mary's encounter with Jesus - it is so rich - so full - so basic to who we are as an Easter People.

Friday the day we call Good Friday - is brushed aside in one glorious moment of realisation one moment of startling fear and overwhelming joy - a moment of holy awe - as the significance of what is seen - and what is unseen comes crashing in.

Jesus is Risen. Death could not hold him. And if it cannot hold him, it cannot hold us.

All that Jesus said about life and death, all that was understood only as idea - as a concept - as a vision, is made real in that empty tomb and in that encounter in the garden.

And we today - coming far too early to church on a Sunday morning - we want to be a witness to that reality.
We share in it.

We share in the promises made to Children of Israel and to the entire world through the Prophets. We share in the promises made to the disciples and to

all who listened to Jesus as he walked towards his death.

We share in it - for the word that he spoke to them - and to us -- is made true and real by what we testify to this morning, it is made true by the resurrection.

And more yet - it is made true by the testimony of our hearts, hearts here among us - this very day - who have been touched by the spirit of the living Lord, hearts here which have heard Jesus knocking upon the door and have opened that door and had him come in and dine with them. Hearts that encountered the risen Christ what is now almost thousands of years after the stone was first rolled back and the tomb shown to be empty and our Lord risen.

What is this Easter morning?

It is God's promise of a new day. It is God's promise of a new life. It is God's promise of a new world coming to pass in our midst.

Christ has died. Christ has risen. Christ will come again.

Praise be to God for his great love and to Jesus his only Son. And to the Spirit. All three in one.
Amen.

Various prayers

Prayers on rising:

We give you hearty thanks for the rest of the past night and for the gift of a new day, with its opportunities for pleasing you. Grant that we may so pass its hours in the perfect freedom of your service, that at eventide we may again give thanks unto you; through Jesus Christ our Lord. Amen.

-Eastern Orthodox Prayer

O Lord Christ, help us to maintain ourselves in simplicity and in joy, the joy of the merciful, the joy of brotherly/sisterly love. Grant that, renouncing henceforth all thought of looking back, and joyful with infinite gratitude, we may never fear to precede the dawn to praise and bless and sing to Christ our Lord.

-Based on the Rule of Taizé

O God, forasmuch as without thee we are not able to please thee; Mercifully grant, that thy Holy Spirit

may in all things direct and rule our hearts; through Jesus Christ our Lord. Amen.

-BCP

Prayers before bed:

Visit this place, O Lord, we pray, and drive far from it all the snares of the enemy; may your holy angels dwell with us and guard us in peace, and may your blessing be always upon us; though Jesus Christ our Lord. Amen.

-Common Worship

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.

-after St. Augustine of Hippo

Blessed are you, O Lord, the God of our fathers, creator of the changes of day and night, giving rest to the weary, renewing the strength of those who are spent, bestowing upon us occasions of song in the evening. As you have protected us in the day that is past, so be with us in the coming night; keep us from every sin, every evil, and every fear; for you

are our light and salvation, and the strength of our life. To you be glory for endless ages. Amen.

-Lancelot Andrewes

Grace before a meal:

Bless, O Lord, this food for our use and us in your service and keep us ever mindful of the needs of others; for Christ's sake. Amen

-Traditional

Prayers of penitence and contrition:

My God, for love of you I desire to hate and forsake all sins by which I have ever displeased you; and I resolve by the help of your grace to commit them no more; and to avoid all opportunities of sin. Help me to do this, through Jesus Christ our Lord. Amen

-Common Worship

Lord Jesus Christ, Son of God, have mercy on me, a sinner. [Repeat x3]

-The Jesus Prayer

Grant we beseech thee, merciful Lord, to thy faithful people pardon and peace; that they may be cleansed from all their sins and serve thee with a quiet mind; through Jesus Christ our Lord. Amen.

-BCP

Holy God,

Holy and mighty,
Holy and immortal:
Have mercy on us.

-The Trisagion

Prayers before worship:

O Lord our God grant us grace to desire you with our whole heart: that desiring you, we may seek and find you; and finding you we may love you; and loving you we may hate those sins from which you have redeemed us; for the sake of Jesus Christ. Amen.

-St. Anselm

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

-BCP

For extraordinary use when you are unable to attend the communion

My Jesus, I believe that you are present in the Blessed Sacrament, I love you above all things and I

desire you in my soul. Since I cannot receive you now sacramentally, come at least spiritually into my soul. As though you were already there I embrace you and unite myself wholly to you; permit not that I should ever be separated from you. Amen

-St. Alphonsus Liguori

In the time of any common Plague of Sickness.

O ALMIGHTY God, who in thy wrath didst send a plague upon thine own people in the wilderness, for their obstinate rebellion against Moses and Aaron; and also, in the time of king David, didst slay with the plague of pestilence threescore and ten thousand, and yet remembering thy mercy didst save the rest: Have pity upon us miserable sinners, who now are visited with great sickness and mortality; that like as thou didst then accept of an atonement, and didst command the destroying Angel to cease from punishing, so it may now please thee to withdraw from us this plague and grievous sickness; through Jesus Christ our Lord. **Amen.**

-BCP

Prayer on TV, Radio and the internet

Television programmes

- Songs of Praise Sundays at 1.15pm on BBC 1

Radio programmes

- Prayer for the Day daily at 5.43am on Radio 4
- Sunday Worship Sundays at 8.10am on Radio 4
- Daily Service Monday to Friday at 9.45am on Radio 4 Longwave and DAB

(The Daily Service is available on a Radio 4 DAB side channel which is automatically made available about a minute before the programme begins.)

- Lent Talks Wednesdays at 8.45pm on Radio 4
- Choral evensong- Wednesdays at 3.30pm and the same service is repeated Sundays at 3pm on BBC Radio 3

A few internet resources

- Keep up to date with St Mary's news online, on facebook and twitter
- Church of England daily prayer
<https://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer>
- Audio daily prayer <https://pray-as-you-go.org>
- <https://www.24-7prayer.com>

If you are lonely whilst self-isolating

- You can call the Samaritans free on 116 123
 - You can call Silverline (aged 55+) on 0800 4 70 80 90 to arrange for a weekly 30 min phone call from a friendly volunteer who will be there to listen.
 - You can, of course, call Rev'd Chris Bunce on 07815041852. Do leave an answerphone message if he is unavailable to take your call and he will get back to you asap.
-

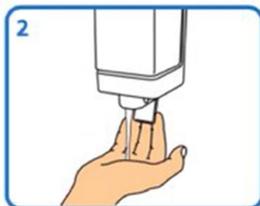
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Hand-washing technique with soap and water



1
Our Father in
heaven,



2
Hallowed be your
name.



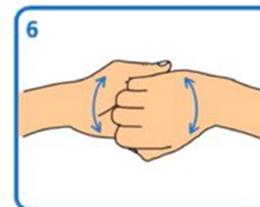
3
Your kingdom come
Your will be done,



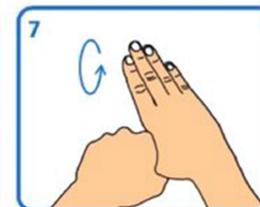
4
On earth as it is in
heaven.



5
Give us today our
daily bread



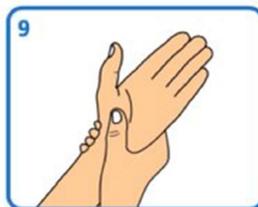
6
And forgive us our
sins as we forgive
those who sin against
us.



7
Lead us not into
temptation but
deliver us from evil.



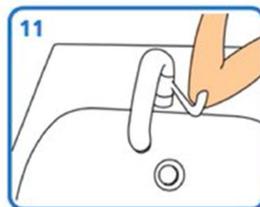
8
for the kingdom,



9
the power,



10
and the glory are
yours,



11
now and for ever



12
Amen.

Colouring Prayer: First, gather colouring utensils and colouring sheets. Second, decide what you'll pray for with each colour. For example, use purple while praying aloud for animals, green for family members, blue for the Earth and the environment. Tailor the categories to your own family.

Prayer Journal: Invite your children to begin drawing and writing their prayers to God. Even little ones can draw their prayers. For those who are older, they may want to write letters to God. Additionally, giving children a prompt can offer needed structure. Perhaps encourage them to write God about their hopes for the coming school year.

Prayer through Movement:

(3 deep breaths)

God, you are above (reach toward the sky), below (touch your toes), inside (hands to heart) and all around (big arm circles).

I worship you (reach toward the sky), and give my life to you (touch your toes).

And I love you (hands to heart) with all that I am (big arm circles).

(3 deep breaths)

Five-Finger Prayer: The thumb is for those closest to us. The index finger for those who teach, instruct and heal us. The middle finger, our tallest, is for our leaders. The ring finger, our weakest, for those who are weak. The little finger is for ourselves.