

# Prayer Resources



## for when you can't get to church or 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 so, it can be frightening, too. 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. Remember too, that by praying each Morning and Evening you will be praying and worshipping in company with many others across the world!

In normal circumstances, we are pleased to arrange for sick or housebound people to have communion at home, but where quarantine/ self-isolation rules are in place, this won't be possible.

So we hope this booklet will give you some ideas about how to maintain and deepen your faith and your prayers. 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 and with you!

*God bless*

*From the St Matthias team*

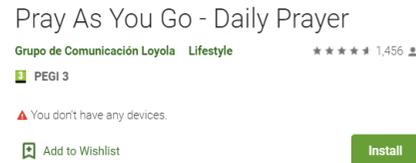
## Simple Forms of Prayer

- **Lighting a candle** before you pray can help you to focus and listen.
- In addition to **your bible**, you may like to have to hand some **reflective music and/or some worship music** – on CD or on youtube.
- Jesus taught us **the Lord's Prayer** so that we would always have words to say. Use it!
- Sometimes **sitting in silence** can be a powerful way to pray. Ask the Holy Spirit to lead you.
- **The "Examen"**. Don't let the name put you off! This is a very simple way to prayerfully review 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!) – can you think of your "5-a-day"? Five things to be thankful for.
  3. Pay attention to how you're feeling about it.
  4. Choose one feature of 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, if this is new to you, don't let the name put you off. Lectio helps you to read the Bible in a prayerful way. Pick a short passage of Scripture (it can be anything you like, but if you're stuck, the parables of Jesus or the shorter Psalms are a good choice). Read it through, slowly, two or three times. Notice what jumps out at you, and ask yourself, what is God saying to me here? Reflect on this for a few minutes. Then, read the passage again. Now ask yourself, what do I want to say to God? - then say it. Lastly, sit quietly and know that God is with you.

## Apps and online resources

If you use a smartphone or tablet, there are some great apps that help us pray and read our bibles. Alternatively, 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>

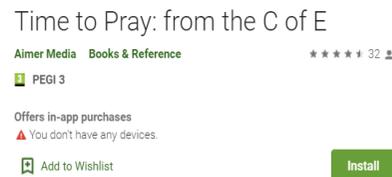
**'Pray as you go'** a British Jesuit resource of a daily bible reading, read aloud to you, followed by a reflection, invitation to pray, and some reflective music. Each one lasts between 11 and 14 minutes.



**'Daily Prayer'** words for Morning, Evening and Night Prayer from the Church of England. What's very helpful is that it provides the daily readings within the app.



A shorter version of Daily Prayer is this, **'Time to Pray'** It is also from the C of E and now recently available for free, and has a simpler daily 'Prayer during the day' and at Night.



## Simple Morning Worship

*When saying this alone, say both the parts in plain and in bold.*

O Lord, open our lips

**and our mouth shall proclaim your praise.**

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

*Silence is kept.*

As we rejoice in the gift of this new day,

so may the light of your presence, O God,

set our hearts on fire with love for you; now and for ever. **Amen.**

**Bible Reading** (*there are set readings for each day, which you could find here <http://almanac.oremus.org> or use readings from Sunday or choose your own – reading part of one of the gospels each day is a good place to start*).

### Prayer for Others

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.**

### The Lord's Prayer

### The Conclusion

May God bless us;

May God keep us in the Spirit's care and lead our lives with love.

May Christ's warm welcome shine from our hearts

and Christ's own peace prevail throughout this day. **Amen.**

## Simple Night Prayer

The Lord almighty grant us a quiet night and a perfect end.  
Our help is in the name of the Lord  
**who made heaven and earth.**

*Silence is kept.*

**Bible Reading** *which may include a psalm, e.g. Psalm 4, 42,131...*

## Prayer for Others

We bring to God someone whom we have met or remembered  
today and for whom we want to pray...

We bring to God someone who is hurting tonight and needs our  
prayer...

We bring to God a troubled situation in our world tonight...

We bring to God silently, someone we find hard to forgive or trust...

We bring ourselves to God that we might grow to be more like  
Jesus... *©WGRG with permission*

## The Collect

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

## The Conclusion

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 to shine upon us and be gracious to us;

The Lord look kindly upon us and give us peace. **Amen.**

## Prayers with children

*Before praying, it is often helpful to chat together about the people and  
places you wish to pray for.*

### A prayer for when a friend is ill

Dear God, *(name of friend)* is ill.

They are not allowed to go to school or come over to play.

I'm sad because I miss them.

They must be feeling miserable and lonely as well.

Please be close to them.

Please be with the people who are looking after them.

Please help them to get better and to know that you love them.

Amen.

### A prayer for the world

God of love and hope,

you made the world and care for all creation,  
but the world feels strange right now.

The news is full of stories about Coronavirus.

Some people are worried that they might get ill.

Others are anxious for their family and friends.

Be with them and help them to find peace.

We pray for the doctors and nurses and scientists,  
and all who are working to discover the right medicines  
to help those who are ill.

Thank you that even in these anxious times, you are with us.

Help us to put our trust in you and keep us safe. Amen.

### A prayer at bedtime

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.

## Some other Prayers to use

### A Three-Fold Hand Prayer to start each day

**I hold up my hands** as a symbol of surrender

Jesus, I surrender to your Lordship today  
I surrender my preferences, my time,  
my fears, finances, friends and family to you.

Hands Up  
Surrender



**I hold out my hands** to receive all the good things you have for me.

The Father's love, your Holy Spirit, your grace, forgiveness,  
your provision for me.

I also hold out my hands as a symbol that I am only a steward  
of all that you have given me. I want to mirror your generosity  
today and live an open handed life.

Hands Out  
Generosity



**I hold my hands forward** as a symbol of mission.

I want to embrace and welcome your mission Lord,  
to the lost, last, least and lonely – the poor, powerless, privileged  
and persecuted.

Hands Forward  
Mission



### Prayer before sleeping

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.

*Church of South India*

### For those who are ill or in isolation

God of compassion,  
be close to those who are ill, afraid or in isolation.  
In their loneliness, be their consolation;  
in their anxiety, be their hope;  
in their darkness, be their light;  
in their pain, be their comforter and healer,  
through him who suffered alone on the cross,  
but reigns with you in glory,  
Jesus Christ our Lord. Amen.

### For hospital staff and medical researchers

Gracious God,  
give skill, sympathy and resilience  
to all who are caring for the sick,  
and your wisdom to those searching for a cure.  
Strengthen them with your Spirit,  
that through their work many will be restored to health;  
through Jesus Christ our Lord. Amen.

With thanks to Revd Dr Jo Kershaw and the North Wakefield Benefice for putting together some of the prayers in this booklet. Copyright information: some material in this booklet is taken from *Common Worship: Services and Prayers for the Church of England* (2000) and *Common Worship: Pastoral Services* (2000), copyright © The Archbishops' Council (2000). Used with permission.