

Worship and Prayer at Home

***Some ways of Praying at home
while we're unable to meet in
Church.***



St George, Cam & St Cyr, Stinchcombe

April 2020

Introduction

These are uncertain times and while we are unable to meet in church, we can still pray together and to God.

This booklet has a few ideas and prayers which may help.

Please also check the Church website, <http://www.camandstinchcombe.org.uk/>

St George Facebook page <https://www.facebook.com/StGeorgeCam>

The Benefice YouTube page (search St George Cam in YouTube)

Also, please sign up for the church e-mail list (via the website or an e-mail to Andrew), if you are able, for news and updates.

If you need help joining any of these, please do get in touch.

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Please also send any prayer requests to us and please get in touch if you need someone to talk to or pray with.

Get Creative!

We are made in the image of a creator God, so have a go at being prayerfully creative!

Try some mindful colouring.

Try printing some adult colouring sheets with a Christian theme and focusing on the words or themes as you colour:

<http://joditt.com/free-christian-coloring-pages-adults/>

Bake some bread.

As you eat it you could read the story of the feeding of the 5000 (John 6:1-14) and pray for those around the world who don't know where their next meal is coming from. **(This would also be a good thing to do during Holy Week. Read Mark 14:12-26 for the account of the Last Supper)**

Make Easter cards and send them to your neighbours. Pray for them as you do.

Sing your favourite hymns

Have a go at writing a new hymn! (Pick a well-known tune and write some new words)

Write a psalm or a poem

Make some origami birds or butterflies to remind you of the hope that comes with Jesus' resurrection

Share your creations on our Facebook page

And when you've run out of words...

...light a candle (or have a battery powered one) and know that God is with you, and that the Holy Spirit 'intercedes with sighs too deep for words'.

(Romans 8:26)

Praying for Others

When we are isolated from others it can feel very lonely. And those we care about will be feeling lonely too. Don't forget to pray for them! You could:

Use photographs of friends and family to help you focus when you pray
Find some pebbles from the garden. Wash and dry them, and write the names of people you want to pray for on them with a pencil, felt tip or a sharpie.

Make a prayer wall in your house where you can stick post-it notes with names or prayer requests. (Some more adventurous alternatives might be to make a prayer tree with a branch from the garden, or how about a 'prayer fridge' where you can stick the names on the front and pray for one or two each time you go to get anything out!

Finding a map of the world and praying for a different country each day.

Prayer can be practical too...

- Why not hold others in prayer by:
- Picking up the phone –particularly if you know that they are also self-isolating or may be worried or lonely.
- Writing a letter to someone you haven't seen for a long time.
- Sending a quick text of reassurance –let someone know you're praying for them.

Praying with others:

It may not be possible to meet in person, but you can pray with others by using the same words at (roughly) the same time.

Download the 'Pray as you go' app (or the CofE's 'Daily Prayer' app)

Pray the Lord's Prayer.

Remember – you are never alone – at any time there are people across the world joining their prayers with the saints and all the hosts of Heaven.

Every day at 8:00 am, Bishop Rachel and Bishop Robert, along with others who work in the Diocese and Cathedral have said they will pray these prayers and we are invited to join them then or at any time

A prayer in lockdown

The doors of the house where the disciples had met were locked.
(John 20.19)

Ever present God,
be with us in our isolation,
be close to us in our distancing,
be healing in our sickness,
be joy in our sadness,
be light in our darkness,
be wisdom in our confusion,
be all that is familiar when all is unfamiliar,
that when the doors reopen
we may with the zeal of Pentecost
inhabit our communities
and speak of your goodness
to an emerging world.
For Jesus' sake.

Amen.

The Lord's Prayer

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.**

Prayer for the table at Home

As a way of being eucharistic (small 'e') as we are scattered.

Here is a way to share a meal with each other and God, as we do at the table in communion (small 'c')

You'll need a candle, a glass and your meal.

As you light the candle:

I/We light a light as a sign of the hope I/we share in Christ;
and to remind me/us of my/our sisters and brothers in
Christ who, at this time like me/us,
must worship in their own homes.

As you pour your glass of water/wine:

I/We pour a glass of water/wine
as a sign of the life I/we share in Christ;
and of the common life I/we share
with Christians throughout the world.

As you place your plate:

I/we place my/our plate as a sign of the sustenance Christ brings to
body and my soul;
and to remind me/us of those with whom I/we long to
break bread, but who are scattered to their homes.

Until we are able to gather round the Lord's table again, may God
bless my/our community and hold us firm.

Amen

The Ignatian Examen

Over 400 years ago St. Ignatius Loyola encouraged prayer-filled mindfulness through the Daily Examen. The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern his direction for us.

1. Become aware of God's presence. Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

2. Review the day with gratitude. Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

3. Pay attention to your emotions. One of St. Ignatius's great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

4. Choose one feature of the day and pray from it. Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

5. Look toward tomorrow. Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.

St. Ignatius encouraged people to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God. End the Daily Examen with the Lord's Prayer.

(Adapted from <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray/>) 5 6