



ALL HALLOWS BY THE TOWER

Shining Christ's light on Tower Hill since AD 675

DAILY PRAYERS

to use at home

during the coronavirus pandemic



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The Last Supper
by artist Brian Thomas,
All Hallows by the Tower (detail)

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Dear Friends,

This booklet is for you to use in your own home, during this time of the coronavirus pandemic, as we each find ways to draw close to God in trust and faith. You can use it by yourself or with others in your household. It is to comfort you, encourage you, support and strengthen you at this time and help you to love and serve the Lord wherever you are.

Your ministry team, myself, Sophia Acland and Martin Carr will be following daily prayer each day and will be praying for all of you, for our parish and the wider world, and all affected by the coronavirus at this time. Do join in this prayer, as together we trust in the abiding strength of God's love to make us a community of hope, serving in love and faith.

Our Pastoral Network that we have set up will also be a way for you to pray, with and for one another. Do please let us know any particular prayer requests at this time and in the coming days.

We remember that when we pray we are never alone but it is something that we do *in communion* with others. We pray with the Church throughout the world, and so are united with our brothers and sisters who share the Christian faith. We pray with one another in this community of All Hallows, wherever we are, as part of the one body of Christ, in whom we are united and in whose life we share. And we pray with the great cloud of witnesses in heaven (*Hebrews 12:1*) who surround us with their love and prayers as we continue our pilgrimage through life. We remember too our brothers and sisters of other faiths, and our whole world, for whom we pray at this time.

The booklet includes simple **Morning Prayer** and **Night Prayer** and some **general prayers** for you to use at this time. You will need your bible or use this link to look up bible readings: <http://bible.oremus.org>

Find your own rhythm and time that you feel comfortable with for your time of prayer. You may like to use the Apps from the Church of England for Daily Prayer that you can find here:

www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer

Your place of Prayer – find a place in your home where you will pray each day. You might like to light a candle, have a cross, and a natural object (flowers, pebble, etc) as a focus for your prayers.

#CandleofHope Sundays at 7pm - one of the ways in which we can share in prayer together is by lighting a candle and placing it in your window on Sunday evenings at 7pm, a sign of the light of Christ in our world. A light that give us hope and overcomes all darkness. Do share a photo of your candle on Facebook or Twitter or send them in by email and we will share with others. *(Remember to blow out your candle and not to leave it unattended.)*

We hope that as we pray together we will be reminded more and more of the love of Christ, the light of the world. May we be bearers of that light to others; to all who are ill or affected by the coronavirus, our families and friends – near and far, our neighbours, all working so hard in our NHS, and all in positions of responsibility and all who are vulnerable and most in need of care.

With our love and prayers at this time, Katherine.



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MORNING PRAYER



You may wish to light a candle and have some reflective music to begin and end your time of prayer.

The Lord is good, a strong refuge when trouble comes.
God is close to those who trust in him.

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.

Pause for reflection as you offer the day to God.

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.**

You may wish to say Psalm 23 or another psalm here, such as Psalm 16 or Psalm 139.

Psalm 23

1. The Lord is my shepherd;
therefore can I lack nothing.
2. He makes me lie down in green pastures
and leads me beside still waters.
3. He shall refresh my soul
and guide me in the paths of righteousness for his name's sake.
4. Though I walk through the valley of the shadow of death,
I will fear no evil;
for you are with me;
your rod and your staff, they comfort me.
5. You spread a table before me
in the presence of those who trouble me;
you have anointed my head with oil and my cup shall be full.
6. Surely goodness and loving mercy shall follow me
all the days of my life,
and I will dwell in the house of the Lord for ever.

**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.**

You may wish to use the weekly pattern of short readings given below, or choose a passage of your own.

Sunday Morning

But now thus says the Lord,
he who created you, O Jacob, he who formed you, O Israel:

Do not fear, for I have redeemed you;
I have called you by name, you are mine.
When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.
For I am the Lord your God,
the Holy One of Israel, your Saviour.

Isaiah 43.1-3a

Monday Morning

'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me.'

John 14.1-6

Tuesday Morning

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Philippians 4.8-9

Wednesday Morning

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3.16,17

Thursday Morning

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

Ephesians 2.19-22

Friday Morning

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

Romans 19.9-12

Saturday Morning

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest?

Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you - you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

Luke 12.22-31

Prayers

You may also wish to use some of the other prayers in this booklet.

Almighty and everlasting God,
we thank you that you have brought us safely
to the beginning of this day.
Keep us from falling into sin
or running into danger;
order us in all our doings
and guide us to do always
what is righteous in your sight;
through Jesus Christ our Lord. **Amen.**

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

**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.**

The Conclusion

The Lord bless us, and preserve us from all evil,
and keep us in eternal life.

Amen.

Let us bless the Lord.

Thanks be to God.

NIGHT PRAYER



You may wish to light a candle and have some reflective music playing in the background.

The eternal God is your refuge,
and underneath are the everlasting arms.

Deuteronomy 33.27

Opening Sentences

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.

Pause and reflect on the day that is past.

Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.

Bible Reading

You may wish to say here the psalm given below, or Psalm 27, or another chosen psalm.

Psalm 91

1. Whoever dwells in the shelter of the Most High
and abides under the shadow of the Almighty,
2. Shall say to the Lord, 'My refuge and my stronghold,
my God, in whom I put my trust.'
3. For he shall deliver you from the snare of the fowler
and from the deadly pestilence.
4. He shall cover you with his wings
and you shall be safe under his feathers;
his faithfulness shall be your shield and buckler.
5. You shall not be afraid of any terror by night,
nor of the arrow that flies by day;
6. Of the pestilence that stalks in darkness,
nor of the sickness that destroys at noonday.
7. Though a thousand fall at your side
and ten thousand at your right hand,
yet it shall not come near you.

8. Your eyes have only to behold
to see the reward of the wicked.
9. Because you have made the Lord your refuge
and the Most High your stronghold,
10. There shall no evil happen to you,
neither shall any plague come near your tent.
11. For he shall give his angels charge over you,
to keep you in all your ways.
12. They shall bear you in their hands,
lest you dash your foot against a stone.
13. You shall tread upon the lion and adder;
the young lion and the serpent you shall trample underfoot.
14. Because they have set their love upon me,
therefore will I deliver them;
I will lift them up, because they know my name.
15. They will call upon me and I will answer them;
I am with them in trouble,
I will deliver them and bring them to honour.
16. With long life will I satisfy them
and show them my salvation.

**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.**

You may wish to use one of the following short readings or choose a passage of your own.

Sunday Evening

You, O Lord, are in the midst of us, and we are called by your name;
leave us not, O Lord our God. *Jeremiah 14.9*

Monday Evening

Thus said the Lord God, the Holy One of Israel: In returning and rest
you shall be saved; in quietness and in trust shall be your strength.
Isaiah 30.15

Tuesday Evening

Jesus said, 'Come to me, all you that are weary and are carrying heavy
burdens, and I will give you rest. Take my yoke upon you, and learn from
me; for I am gentle and humble in heart, and you will find rest for your
souls. For my yoke is easy, and my burden is light. *Matthew 11.28-end*

Wednesday Evening

Humble yourselves under the mighty hand of God, so that he may exalt
you in due time. Cast all your anxiety on him, because he cares for you.
1 Peter 5.6,7

Thursday Evening

Jesus said, 'I have said this to you, so that in me you may have peace. In
the world you face persecution. But take courage; I have conquered the
world!' *John 16.33*

Friday Evening

God has destined us not for wrath but for obtaining salvation through
our Lord Jesus Christ, who died for us, so that whether we are awake or
asleep we may live with him. *1 Thessalonians 5.9,10*

Saturday Evening

Jesus said, 'I am the light of the world. Whoever follows me will never
walk in darkness but will have the light of life.' *John 8.12*

Prayers

You may also wish to use some of the other prayers in this booklet.

Merciful God,
we entrust to your unfailing and tender care this night
those who are ill or in pain, knowing that whenever danger threatens
your everlasting arms are there to hold us safe.
Comfort and heal them, and restore them to health and strength;
through Jesus Christ our Lord. **Amen.**

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.**

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 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.**

The Conclusion

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

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.**

INTERCESSIONS

SET A

Let us pray to God, who alone makes us dwell in safety:
For all who are affected by coronavirus,
through illness or isolation or anxiety,
that they may find relief and recovery:
Lord, hear us,
Lord, graciously hear us.

For those who are guiding our nation at this time,
and shaping national policies, that they may make wise decisions:
Lord, hear us,
Lord, graciously hear us.

For doctors, nurses and medical researchers,
that through their skill and insights many will be restored to health:
Lord, hear us,
Lord, graciously hear us.

For the vulnerable and the fearful,
for the gravely ill and the dying,
that they may know your comfort and peace:
Lord, hear us,
Lord, graciously hear us.

We commend ourselves, and all for whom we pray, to the mercy and protection of God.

Merciful Father,
accept these prayers
for the sake of your Son, our Saviour Jesus Christ. Amen.

SET B

Let us pray to the Lord,
who is our refuge and stronghold.
For the health and well-being of our nation,
that all who are fearful and anxious
may be at peace and free from worry:
Lord, hear us,
Lord, graciously hear us.

For the isolated and housebound,
that we may be alert to their needs,
and care for them in their vulnerability:
Lord, hear us,
Lord, graciously hear us.

For our homes and families,
our schools and young people,
and all in any kind of need or distress:
Lord, hear us,
Lord, graciously hear us.

For a blessing on our local community,
that our neighbourhoods may be places of trust and friendship,
where all are known and cared for:
Lord, hear us,
Lord, graciously hear us.

We commend ourselves, and all for whom we pray,
to the mercy and protection of God.

Merciful Father,
accept these prayers
for the sake of your Son, our Saviour Jesus Christ. Amen.

FOR SUNDAYS
when we would have come together for the Eucharist



An Act of Spiritual Communion

You may wish to find a space for prayer in front of a cross, a candle, or a special place. You might choose to make your Spiritual Communion at a particular time of day, or after viewing a live streamed service.

Reflect on the day and on your relationships.

- *What good things have come from God today?*
- *Where have I fallen short?*
- *What might I do tomorrow?*

You may wish to say or pray:

Lord, have mercy. Christ, have mercy. Lord, have mercy.

Read the following words from Scripture. If you have access to today's readings for Holy Communion, you may wish to read and reflect on them.

Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

John 6.35

Pray for the needs of the world, for your local community, and for those close to you. End with the Lord's Prayer.

Our Father...

Give thanks for the saving death and resurrection of Jesus and ask him to be with you now.

Thanks be to you, Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have borne for me.

Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

You might then add one or more of the following 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. Amen.

O God,
help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me from your love revealed in Jesus Christ our Lord. Amen.

Lord, in these days of mercy, make us quiet and prayerful;
in these days of challenge, make us stronger in you;
in these days of emptiness,
take possession of us;
in these days of waiting,
open our hearts to the mystery of your cross.

Almighty God, Father of all mercies,
we your unworthy servants give you most humble and hearty thanks
for all your goodness and loving kindness.

We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ,
for the means of grace, and for the hope of glory.

And give us, we pray, such a sense of all your mercies
that our hearts may be unfeignedly thankful,
and that we show forth your praise,
not only with our lips but in our lives,
by giving up ourselves to your service,
and by walking before you in holiness and righteousness all our days;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be all honour and glory, for ever and ever. Amen.

after the Prayer of St Richard of Chichester

Conclude with the following:

The Lord bless us, and preserve us from all evil,
and keep us in eternal life. Amen.

NOTES FROM THE CHURCH OF ENGLAND

Guidance on Spiritual Communion and Coronavirus

The term ‘Spiritual Communion’ has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ.

The form of prayer above offers Christians an opportunity to give thanks for their communion with him, particularly at times when they would ordinarily be present at the Eucharist.

The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly ‘eat and drink the Body and Blood of our Saviour Christ’, although we cannot receive the sacrament physically in ourselves.

Making a Spiritual Communion is particularly fitting for those who cannot receive the sacrament at the great feasts of the Church, and it fulfils the duty of receiving Holy Communion ‘regularly, and especially at the festivals of Christmas, Easter and Whitsun or Pentecost’ (Canon B 15).

The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members. In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, 'I am the Bread of Life'.

In making a Spiritual Communion, you may wish to pray all or part of the above prayers, as you are able.

GENERAL PRAYERS

Some other prayers and resources you might find useful from the Church of England (*and elsewhere where stated*).

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.**

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;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord. **Amen**

A prayer for those who are ill.

Merciful God,
we entrust to your tender care
those who are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold them safe.
Comfort and heal them,
and restore them to health and strength;
through Jesus Christ our Lord. **Amen.**

A prayer 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.**

A prayer for one who is ill or isolated.

O God,
help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me from your love
revealed in Jesus Christ our Lord. **Amen.**

A prayer for the Christian community.

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

Prayers for and with children during the day or at bedtime.

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.
Tonight we pray especially for
(names family or friends who are affected by Coronavirus)
and the people of *(country or place which is affected by Coronavirus)*.
Please give skill and wisdom to all who are caring for them. **Amen.**

A prayer remembering God is with us.

Lord God, you are always with me.
You are with me in the day and in the night.
You are with me when I'm happy and when I'm sad.
You are with me when I'm healthy and when I am ill.
You are with me when I am peaceful and when I am worried.
Today I am feeling *(name how you are feeling)*
because *(reasons you are feeling this way)*.
Help me to remember that you love me
and are with me in everything today. **Amen.**

MEDIA RESOURCES

You may wish to join in worship during this time via television, radio or online:

Television

Sunday Worship

BBC 1, Sunday mornings, 11.30am (29 March), 11.00am (5 April)

Songs of Praise

BBC 1, Sunday afternoon, variable times

Radio

Sunday Worship

BBC Radio 4, Sunday, 8.10am

Choral Evensong

BBC Radio 3, Wednesday, 3.30pm (repeated Sundays 3pm)

Prayer for the Day

BBC Radio 4, 5.43am

Daily Service

BBC Radio 4 (Longwave only), weekdays, 9.45am

Big Sunday Service

Premier Christian Radio, Sunday, 7am, 8am, 10am

Online resources

Church of England Daily Prayer

www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer

Church of England Online Resources during this time

www.churchofengland.org/more/media-centre/coronavirus-covid-19-liturgy-and-prayer-resources

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