



WORSHIP FROM HOME

APART YET TOGETHER



Message from the Bishop

During these days many initiatives have emerged to help us maintain fellowship and prayer and to enable people to be together while apart. Alongside them, the Church of England has crafted two simple acts of worship which are for all of us but perhaps particularly helpful for those who are isolated or housebound. There are also, of course, the various Church of England apps for Daily Prayer and Reflections which are a wonderful resource to unite us in prayer.

I've been reflecting in these days on the words of the Psalmist who, at the time of his people's exile, articulated the question, 'how shall we sing the Lord's song in a strange land?'. We find ourselves living in what might be described as 'a strange land'

and in some ways a land of exile: a land in which people of faith are not able to attend their normal places of worship and many people are finding themselves having to live life in entirely new ways.

Our places of worship are now closed but, though the buildings are closed, the people and the communities are not closed. Far from it, for our pastoral and prayerful presence is even more important at this time. So please make use of these materials as we continue in our life of common prayer.

A handwritten signature in black ink that reads "James." with a small cross symbol to the left and a flourish underneath.

+James,
Bishop of Rochester
March 2020

Morning Prayer

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



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

Nahum 1.7



OPENING SENTENCES

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**

BIBLE READING

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

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 in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power, and the
glory are yours, now and for ever. **Amen.**
(or)

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.

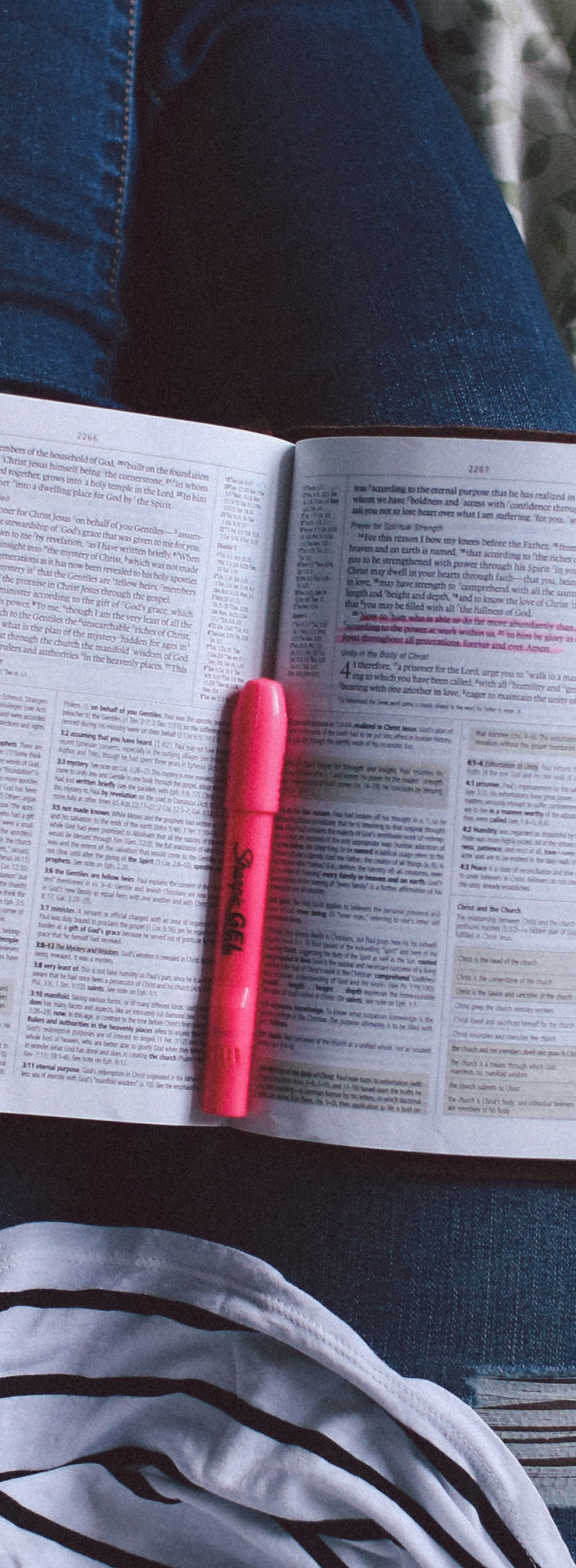
Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.

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 bur-
dens, 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.'

PRAYERS

Merciful God,

we entrust to your unfailing and tender
care this night those who are ill or in
pain,

knowing that whenever danger threat-
ens

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 pro-
tect us through the silent hours of this
night, so that we who are wearied by
the changes and chances of this fleet-
ing 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 en-
emy; 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 in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power, and the
glory are yours, now and for ever. Amen.

(or)

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.





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