

## SOME LITURGICAL RESOURCES FOR 'TAKE HEART'

### ¶ The 'Take Heart' Prayer

God of peace,  
you promise that though life may be hard  
you will never leave us to struggle alone.  
Help us to take heart, trusting in your love,  
our comfort and strength today  
and our hope for tomorrow.

All **Amen.**

### ¶ Call to worship

*(inspired by Romans 15.4-13 and written by Ann Siddall –  
<http://stillpointsa.org.au/prayer/prayers-and-liturgies/>*

Gather around,  
you are welcome here,  
and you will hear Good News.

In a world  
where there are so many  
discouraging and negative voices

it is the God of encouragement  
who will speak to you today.  
The God of Jesus Christ.

So come in, relax,  
let your tiredness roll away.  
Lift up your hearts, and listen.

## Opening Prayer

*(inspired by Matthew 28.16-20 and written by Christine Jerrett –  
<https://christinejerrett.wordpress.com/>)*

Out of our ordinary, everyday lives,  
you have gathered us here, Holy God,  
to this time of worship,  
to this time of praise.

We join with angels and archangels  
and all the company of the saints  
to bless you,  
to listen for your Word,  
to immerse ourselves in your grace,  
in your love.

Open our eyes,  
our hearts,  
our minds  
to your presence with us.

Take the chaos of the world  
that has found its way into our hearts —  
speak your Word  
and give order and form and new creation.

Take the failures and defeats,  
the guilt and the shame  
that bind our spirits —  
speak your Word  
and set us free.

Take our longings for your goodness  
to shape our lives, this community,  
the hurting world —  
speak your Word  
and infuse us with  
your courage and  
your hope and  
your love.

Then, awaken us to your Holy Spirit  
who is making all things new,  
even us.

We ask in Jesus' name  
who sends us out to speak  
love and mercy and grace  
to those who are waiting  
longing  
hoping  
for a sign  
that they are not alone,  
that you are a God of love,  
that you are a Saviour who knows their name,  
that the Holy Spirit is leading them home.

*All* **Amen.**

## **¶ Preparation for Morning Prayer**

*All* Take heart! For we are gathered in the Father's presence  
**to proclaim the wonders of the Lord.**

*All* Get up! For we are invited by the Risen Son  
**to respond to his grace undeserved.**

*All* God is calling us! For we are united by the Spirit  
**to follow Jesus on the way.**

*All* O Lord, open our lips  
**and our mouth shall proclaim your praise.**

## ¶ Litany of Thanksgiving

*(adapted from material written by Greg Goebel – <http://anglicanpastor.com/thanksgiving-day-prayers>)*

Let us give thanks to God our Father  
for all his gifts so freely bestowed upon us.

For the beauty and wonder of your creation,  
in earth and sky and sea.

*All* **We thank you, Lord.**

For all that is gracious in the lives of men and women,  
revealing the image of Christ,

*All* **We thank you, Lord.**

For our daily food and drink,  
our homes and families, and our friends,

*All* **We thank you, Lord.**

For minds to think, and hearts to love,  
and hands to serve,

*All* **We thank you, Lord.**

For health and strength to work,  
and leisure to rest and play,

*All* **We thank you, Lord.**

For the brave and courageous,  
who are patient in suffering and faithful in adversity,

*All* **We thank you, Lord.**

For all valiant seekers after truth, liberty, and justice,

*All* **We thank you, Lord.**

For the communion of saints,  
in all times and places,

*All* **We thank you, Lord.**

Above all, we give you thanks  
for the great mercies and promises  
given to us in Christ Jesus our Lord;

To him be praise and glory, with you, O Father,  
and the Holy Spirit, now and for ever.

*All* **Amen.**

## ¶ A Prayer of Confession

*(inspired by Mark 10.46-52 and written by Stephen Fearing –  
<https://stephenmfearing.wordpress.com>)*

Merciful God,  
our thoughts and deeds too often  
do not reflect the grace you show us.  
Our speech and actions too often  
do not proclaim your salvation.

Forgive us, Lord, for the sins that we bear  
both as individuals and as your Church.  
Jesus, Son of David, have mercy on us.

Our teacher, let us see again!  
Give us the courage to take heart in your grace.  
Give us the strength to get up.  
Give us the wisdom to hear your calling.  
Jesus, Son of David, have mercy on us.

*All*    **Amen.**

## ¶ Words of Assurance

*(based on Psalm 27.13-14)*

I am still confident of this:  
We will see the goodness of the Lord in the land of the living.  
Wait for the Lord;  
be strong and take heart  
and wait for the Lord.

*All*    **Amen.**

## ¶ Prayer for Others during the Pandemic

*(from the Roman Catholic Diocese of Kildare & Leighlin, Ireland. Posted at <https://www.catholicbishops.ie/2020/03/16/prayer-resources-for-use-during-the-coronavirus-pandemic>)*

Loving and healing God,  
we turn to you in prayer,  
confident that you are with us  
and with all people in every moment.

We stand before you as people of hope,  
trusting in your care and protection.  
May your faithful love support us  
and soothe the anxiety of our hearts.

Generous God,  
fill us with compassion and concern for others, young and old,  
that we may look after one another in these challenging days.  
Bring healing to those who are sick with the virus  
and be with their families.

May those who have died rest in your eternal embrace.  
Comfort their family and friends.

Strengthen and protect all medical professionals  
caring for the sick  
and all who work in our medical facilities.

Give wisdom to leaders in healthcare and governance  
that they may make the right decisions for the well-being of people.

We pray in gratitude for all those in our country  
who will continue to work in the days ahead  
in so many fields of life for the sake of us all.  
Bless them and keep them safe.

O God of creation and life,  
we place ourselves in your protection.  
May the mantle of your peace  
enfold us this day and tomorrow.

All **Amen.**

## ¶ Prayer: Glory

*(inspired by Matthew 17.1-8, Mark 9.2-9, Luke 9.28-36, 2 Peter 1.16-18 and written by Christine Jerrett – <http://christinejerrett.wordpress.com/tag/prayer>)*

We worship you, O God, with songs of praise.  
We worship you with words of prayer  
and with ears that listen for you to speak  
    your saving truth into our lives.  
We worship you in the silent spaces  
    where we struggle for hope and for courage.  
We long for a glimpse of your glory:  
    the glory that shines in the darkness  
        and the darkness cannot overcome it;  
    the glory that touches lives with a beauty so holy  
        that it heals the wounded soul;  
    the glory that gives strength to the weary.

We, who stumble and fall so often,  
worship you,  
longing for your light to shine upon us.  
Dazzle us with your holy love,  
draw us into your purifying presence,  
speak to us your transforming truth.  
Then, grant us grace  
    to live every moment  
    changed by such glory –  
daring to live with hope and courage and love  
reflecting the life of Jesus,  
through whom your glory shines  
in the most unexpected ways.

*All*   **Amen.**

## Prayer

*(inspired by Matthew 28.16-20 and written by Christine Jerrett –  
<https://christinejerrett.wordpress.com/>)*

Out of our ordinary, everyday lives,  
you have gathered us here, Holy God,  
to this time of worship,  
to this time of praise.

We join with angels and archangels  
and all the company of the saints  
to bless you,  
to listen for your Word,  
to immerse ourselves in your grace,  
in your love.

Open our eyes,  
our hearts,  
our minds  
to your presence with us.

Take the chaos of the world  
that has found its way into our hearts —  
speak your Word  
and give order and form and new creation.

Take the failures and defeats,  
the guilt and the shame  
that bind our spirits —  
speak your Word  
and set us free.

Take our longings for your goodness  
to shape our lives, this community,  
the hurting world —  
speak your Word  
and infuse us with  
your courage and  
your hope and  
your love.

Then, awaken us to your Holy Spirit  
who is making all things new,  
even us.

We ask in Jesus' name  
who sends us out to speak  
love and mercy and grace  
to those who are waiting  
longing  
hoping  
for a sign  
that they are not alone,  
that you are a God of love,  
that you are a Saviour who knows their name,  
that the Holy Spirit is leading them home.

*All* **Amen.**

## ¶ Prayer: Waiting and Longing

*(written by Walter Brueggemann and posted on the Prayers and Creeds website – <http://prayersandcreeds.wordpress.com>)*

God of the seasons,  
God of the years,  
God of the ages,  
Alpha and Omega,  
before us and after us.

You promise and we wait:  
we wait with eager longing,  
we wait amid doubt and anxiety,  
we wait with patience thin  
and then doubt,  
and then we take life into our own hands.

We wait because you are the one and the only one.  
We wait for your peace and your mercy,  
for your justice and your good rule.

Give us your Spirit that we may wait  
obediently and with discernment,  
caringly and without passivity,  
trustingly and without cynicism  
honestly and without utopianism,

Grant that our wait may be appropriate to your coming  
soon and very soon,  
soon and not late,  
late but not too late.

We wait while the world groans in eager longing.

*All*     **Amen.**

## **¶ A Litany of Reassurance**

*(based on Matthew 14.22-33; Genesis 37.1-28; 1 Kings 19.9-18; Isaiah 43.1-3a)*

When the wind is strong and the waves are high,  
remember the words of Jesus:

*All* **Take heart, it is I. Do not be afraid.**

When our dreams come to nothing,  
and we wonder what lies ahead,  
remember the words of Jesus:

*All* **Take heart, it is I. Do not be afraid.**

When those we love disappoint us,  
or hurt us deeply,  
remember the words of Jesus:

*All* **Take heart, it is I. Do not be afraid.**

When we begin to question God's call,  
or doubt God's love,  
remember the words of Jesus:

*All* **Take heart, it is I. Do not be afraid.**

When we've lost all hope,  
and don't know where to turn,  
remember the words of Jesus:

*All* **Take heart, it is I. Do not be afraid.**

When our faith is stretched to the breaking point,  
remember the words of Jesus:

*All* **Take heart, it is I. Do not be afraid,  
for I have redeemed you.  
I have called you by name; you are mine.**

**When you go through deep waters,  
I will be with you.**

**When you pass through rivers of difficulty,  
you will not be overwhelmed.**

**When you walk through the fire,  
you shall not be burned,  
and the flame will not consume you.**

**For I am the Lord, your God,  
the Holy One of Israel, your Saviour.**

## Prayers of Intercession

*(adapted from prayers written by Tobias Haller for an anniversary of the terrorist attacks on September 11th and posted on the website of the Episcopal Diocese of New York – <http://www.diocesenyny.org>)*

With all our heart and all our mind,  
we pray to you, O Lord.

*All*    **Make us instruments of your peace.**

For the peace of the world,  
that a spirit of respect and restraint may grow  
among nations and peoples,  
we pray to you, O Lord:

*All*    **Where there is hatred, let us sow love.**

For our enemies and those who wish us harm,  
that we may grow ever more deeply in your spirit of justice and peace,  
we pray to you, O Lord:

*All*    **Where there is injury, let us sow pardon.**

For all who believe in you, Lord Christ,  
and all whose faith is known to you alone,  
that they may be delivered from the darkness of fanaticism  
that arises from poverty and oppression,  
and from the pride that arises from wealth and comfort,  
and brought into your light,  
we pray to you, O Lord:

*All*    **Where there is discord, let us sow harmony.**

For those who have lost their faith in you,  
for those who continue to mourn those who have died,  
that your Church may give comfort and hope,  
we pray to you, O Lord:

*All*    **Where there is doubt, let us sow faith.**

For all those whose spirit has been broken  
and whose lives have been disrupted by violence,  
we offer our prayers along with the persecuted,  
the lonely, and the sick, and those who have asked for our prayers today,  
that they may be relieved and protected.

For all these and for those whose need we do not know,  
we pray to you, O Lord:

*All*    **Where there is despair, let us sow hope.**

For the mission and ministry of the church,  
especially in our Diocese of Coventry;  
that we may hear the Gospel and proclaim it in word and action  
to build up your kingdom here on earth,  
we pray to you, O Lord:

*All* **Where there is darkness, let us sow light.**

For those who have died during these last few months  
and for all whom we remember today,  
especially ...  
for those who need the touch of your comfort in their grief,  
we pray to you, O Lord:

*All* **Where there is sadness, let us sow joy.**

And we pray for the forgiveness of our sins.

*All* **Grant that we may not so much seek to be consoled as to console;  
to be understood, as to understand;  
to be loved as to love.**

Take heart, in Christ we have been reconciled to God.

*All* **For it is in giving that we receive,  
it is in pardoning that we are pardoned;  
and it is in dying that we reborn to eternal life. Amen.**

## **¶ Affirmation of Faith: Walk and Not Faint**

*(based on Isaiah 40.28-31 and written by Bruce Prewer –  
[http://www.bruceprewer.com/b\\_Creeds.htm](http://www.bruceprewer.com/b_Creeds.htm))*

*All*     **This we have come to know,  
this is what we have heard:  
the Eternal is an everlasting God,  
creator of heaven and earth,  
    who does not grow weary or faint;  
    whose wisdom is unsearchable,  
    giving energy to the meek  
    and strength to those who have none.**

**Even youths shall faint and grow weary,  
young athletes shall fall exhausted;  
but those who love the Lord Jesus  
and patiently put their trust in God,  
    shall renew their strength;  
    they shall soar with wings like eagles,  
    they shall run and not weary,  
    they shall walk and not faint.**

## **¶ Affirmation of Faith: I Believe**

*(adapted from material written by Bruce Prewer –  
[http://www.bruceprewer.com/b\\_Creeds.htm](http://www.bruceprewer.com/b_Creeds.htm))*

**All In spite of many unanswered questions, I believe.**

**I believe in the living God, the joy of the universe,  
who is the pulse and purpose of all things seen and unseen,  
who from the dust of earth calls up living beings to be children of eternity,  
who through countless ages has provided for us many liberators  
and tirelessly seeks to bring victory out of defeat and life out of decay.**

**I believe in Jesus the Christ, God's true Son,  
who is bone of our bone and flesh of our flesh,  
who took upon himself the healing of the human race,  
who bearing the burden of our sins went to Calvary carrying his cross,  
who was betrayed, crucified, dead and buried in a borrowed tomb,  
who on the third day was found to be gloriously alive,  
meeting with those who trust him and serve him to the end of the world.**

**I believe in the Holy Spirit of God,  
within and among all who cherish Christ and his way,  
who brings hope out of despair, love out of apathy, and joy out of sorrow,  
who unceasingly renews and reforms the church  
that it may always be the contemporary body of the risen Christ,  
loving the world through prayer, word and deed.**

**I believe that even I am caught up in the new life of Christ Jesus,  
and that nothing in life or death can separate me from his love and joy.**

**In spite of unanswered questions, yes I believe.  
Amen!**

## A Prayer of Commitment

*(inspired by Mark 10.46-52 and posted on the Monthly Prayers page of the Christian Aid website – <http://www.christianaid.org.uk>)*

Take heart, get up, he is calling you. *(Mark 10.49)*

Lord Jesus,  
Bartimaeus shouted when he heard you coming,  
sprang up, cast away his cloak and ran to you,  
asked you only for what he needed,  
his sight.  
And when you restored him,  
immediately, he followed you.

We give thanks for the people  
who hear and wait for us,  
who do not flinch at our humanity,  
who do not turn away from our vulnerability,  
who really see us with the eyes of love,  
that different way of seeing.

May we too see in a different way  
not just the condition of people but their capabilities  
not just what they need but what they can offer  
not just as labels but as lovable and loving people.  
Help us to learn from those who know their need of God,  
and to follow with their faith.

*All* **Amen.**

## ¶ Closing Prayer 1

*(posted on the Third Space website – <http://third-space.org.uk/blog>)*

Creator God,  
may your peace go with us wherever we will be this day  
May you guide us through the challenges,  
protect us when in need  
and inspire us with your love.

May we acknowledge your presence  
in all the human goodness we will see.

May you bring us home rejoicing  
to our place of rest this night.

Creator God,  
we now go into this day in the name of the Father  
and the Son and the Holy Spirit.

*All* **Amen.**

## ¶ Closing Prayer 2

*(based on Romans 8.35-37 and Ephesians 4.4-6, from Resources for The Week of Prayer for Christian Unity and posted on the World Council of Churches website.)*

Blessed be the Lord our God for the love which you have shown us through Jesus Christ our Lord.

In him who loved us we are conquerors over hardship, distress, persecution, famine, nakedness, peril and the sword.

In the silence of abandonment and solitude, of sickness and death, pour out the riches of your blessing, that we may be ever more faithful to serve you in our sisters and brothers, and that our joy to do your will be ever greater.

We bless you and glorify you, for you listen to the silence of our hearts.

You act within us with power, healing us and leading us to speak in the name of Jesus, your Son.

Send us into the world to carry out your will and to break down the walls of silence which separate us.

May we witness to you, our only Saviour, being ever more united by "one faith and one baptism".

And may we grow in grace and in the peace of God which passes all understanding, that your name may be glorified.

All **Amen.**