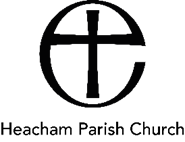
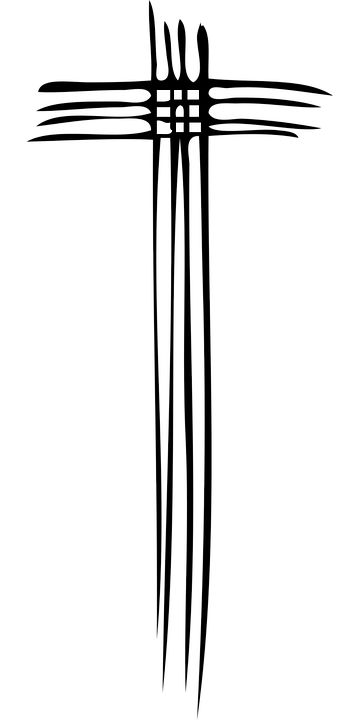
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**Prayer Resources**

**Some ideas for when you can’t get to church or for use at home**

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**Celtic Morning Prayer (prayed at 9am Monday to Friday in Church**)

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

**Opening sentences**  
One thing I have asked of the Lord, this is what I seek:  
that I may dwell in the house of the Lord all the days of my life;  
to behold the beauty of the Lord and to seek Him in His temple.

*Call*: Who is it that you seek?  
*Response*: We seek the Lord our God.  
*Call*: Do you seek Him with all your heart?  
*Response*: Amen. Lord, have mercy.  
*Call*: Do you seek Him with all your soul?  
*Response*: Amen. Lord, have mercy.  
*Call*: Do you seek Him with all your mind?  
*Response*: Amen. Lord, have mercy.  
*Call*: Do you seek Him with all your strength?  
*Response*: Amen. Christ, have mercy.

**Declaration of faith**  
To whom shall we go?  
You have the words of eternal life, and we have believed and have come to know that You are the Holy One of God.

Praise to You, Lord Jesus Christ, King of endless glory.

**Today’s Scripture Reading**

**Today’s Meditation**

**Prayers for others**

**Lord’s Prayer**

**Canticle**  
Christ, as a light illumine and guide me.  
Christ, as a shield overshadow me.  
Christ under me;  
Christ over me;  
Christ beside me  
on my left and my right.  
This day be within and without me,  
lowly and meek, yet all-powerful.  
Be in the heart of each to whom I speak;  
in the mouth of each who speaks unto me.  
This day be within and without me,  
lowly and meek, yet all-powerful.  
Christ as a light;  
Christ as a shield;  
Christ beside me  
on my left and my right.

**Blessing**  
May the peace of the Lord Christ go with you,  
wherever He may send you.  
May He guide you through the wilderness,  
protect you through the storm.  
May He bring you home rejoicing  
at the wonders He has shown you.  
May He bring you home rejoicing  
once again into our doors.

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen

[https://www.northumbriacommunity.org/offices/how-to-use-daily-office/](about:blank). You can find midday and evening prayer online, as well as the daily readings and meditations

* 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!)

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, 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.

An Order for Night Prayer (Compline)

**Preparation**

The Lord almighty grant us a quiet night and a perfect end. *All*  **Amen.**

Our help is in the name of the Lord

*All*  **who made heaven and earth.**

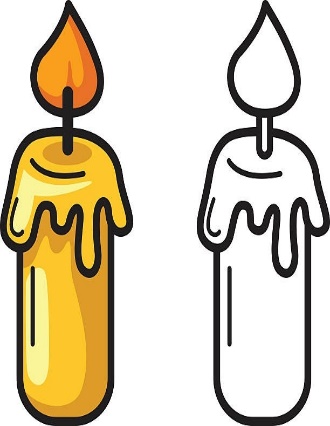
*A period of silence for reflection on the past day follows.*

*All*  **Most merciful God, we confess to you,**

**before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do.**

**Forgive us our sins, heal us by your Spirit**

**and raise us to new life in Christ. Amen.**

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwin5eTIz6PcAhUQNhoKHSnUD8AQjRx6BAgBEAU&url=http://highletter.site/227/wax-clipart-black-and-white/&psig=AOvVaw2AZHJq3Jq_wJMqgp2GKwsw&ust=1531830524211057)O God, make speed to save us.

*All*  **O Lord, make haste to help us.**

*All*  **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.**

**The Word of God**

*Psalm 134*

1    Come, bless the Lord, all you servants of the Lord,

you that by night stand in the house of the Lord.

**2    Lift up your hands towards the sanctuary  ♦**

**and bless the Lord.**

3    The Lord who made heaven and earth  ♦

give you blessing out of Zion.

*All*  **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.**

*Scripture Reading*

*One of the following short lessons is read*

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*

Be sober, be vigilant, because your adversary the devil is prowling round like a roaring lion, seeking for someone to devour. Resist him, strong in the faith.

*1 Peter 5.8, 9*

The servants of the Lamb shall see the face of God, whose name will be on their foreheads. There will be no more night: they will not need the light of a lamp or the light of the sun, for God will be their light, and they will reign for ever and ever.

*Revelation 22.4, 5*

Into your hands, O Lord, I commend my spirit.

*All*  **Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.

*All*  **I commend my spirit.**

Glory to the Father and to the Son

and to the Holy Spirit.

*All*  **Into your hands, O Lord, I commend my spirit.**

Keep me as the apple of your eye.

*All*  **Hide me under the shadow of your wings.**

*Gospel Canticle*

*The Nunc dimittis (The Song of Simeon) is said*

*All*  **Save us, O Lord, while waking,**

**and guard us while sleeping,**

**that awake we may watch with Christ**

**and asleep may rest in peace.**

1    Now, Lord, you let your servant go in peace:  ♦

your word has been fulfilled.

2    My own eyes have seen the salvation  ♦

which you have prepared in the sight of every people;

3    A light to reveal you to the nations  ♦

and the glory of your people Israel.

*Luke 2.29-32*

*All*  **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.**

**Prayers**

*Intercessions and thanksgivings may be offered here.*

*Silence may be kept.*

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

through Jesus Christ our Lord.

*All*  **Amen.**

Lighten our darkness, Lord, we pray, and in your great mercy

defend us from all perils and dangers of this night, for the love of your only Son, our Saviour Jesus Christ.

*All*  **Amen.**

**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.**

In peace we will lie down and sleep;

*All*  **for you alone, Lord, make us dwell in safety.**

Abide with us, Lord Jesus,

*All*  **for the night is at hand and the day is now past.**

As the night watch looks for the morning,

*All*  **so do we look for you, O Christ.**

The Lord bless us and watch over us;

the Lord make his face shine upon us and be gracious to us;

the Lord look kindly on us and give us peace.

*All*  **Amen.**

**Some Collects and Other Prayers To Use**

Sovereign God,

the defence of those who trust in you

and the strength of those who suffer:

look with mercy on our affliction

and deliver us through our mighty Saviour Jesus Christ.

Amen.

O God, our sovereign and our shepherd,

who brought again your Son Jesus Christ from the valley of death,

comfort us with your protecting presence

and your angels of goodness and love,

that we also may come home

and dwell with him in your house for ever. Amen.

Lord God, whose Son, Jesus Christ,

understood people's fear and pain

before they spoke of them,

we pray for those in hospital or sick at home;

surround the frightened with your tenderness;

give strength to those in pain;

hold the weak in your arms of love,

and give hope and patience

to those who are recovering;

we ask this through the same Jesus Christ, our Lord. Amen.

Almighty God,

you see that we have no power of ourselves to help ourselves:

keep us both outwardly in our bodies,

and inwardly in our souls;

that we may be defended from all adversities

which may happen to the body,

and from all evil thoughts which may assault and hurt the soul;

through Jesus Christ our Lord. Amen

*A prayer of confession:*

Father eternal, giver of light and grace,

we have sinned against you and against our neighbour,

in what we have thought,

in what we have said and done,

through ignorance, through weakness,

through our own deliberate fault.

We have wounded your love

and marred your image in us.

We are sorry and ashamed

and repent of all our sins.

For the sake of your Son Jesus Christ,

who died for us,

forgive us all that is past

and lead us out from darkness

to walk as children of light. Amen.

*The collect for purity/ prayer of preparation:*

Almighty God,

to whom all hearts are open,

all desires known,

and from whom no secrets are hidden:

cleanse the thoughts of our hearts

by the inspiration of your Holy Spirit,

that we may perfectly love you,

and worthily magnify your holy name;

through Christ our Lord. Amen.

God be in my head, and in my understanding;

God be in my eyes, and in my looking;

God be in my mouth, and in my speaking;

God be in my heart, and in my thinking;

God be at mine end, and at my departing. Amen

*Prayers before sleeping:*

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.

Abide with us, Lord, for it is evening,

and day is drawing to a close.

Abide with us and with your whole Church,

in the evening of the day,

in the evening of life,

in the evening of the world;

abide with us and with all your faithful ones, O Lord,

in time and in eternity. Amen.

Lord Jesus Christ, Son of the living God,

who at this evening hour lay in the tomb

and so hallowed the grave

to be a bed of hope for all who put their trust in you:

give us such sorrow for our sins,

which were the cause of your passion,

that when our bodies lie in the dust,

our souls may live with you forever. Amen.

(Source: Common Worship/ The Church of England Liturgical Commission)

Sometimes sitting in silence in God’s presence can be a powerful way to pray. Ask the Holy Spirit to lead you, and listen to what God has to say to you.

* You might find it helpful to listen to favourite hymns or worship songs, or other pieces of music that have a special meaning for you.
* sitting in silence in God’s presence can be a powerful way to pray. Ask the Holy Spirit to lead you, and listen to what God has to say to you.
* Pictures can help prompt our prayers - for instance photos of loved ones, maps or pictures of our community or the wider world
* If the news is getting you down, try praying for the people and situations that are mentioned.
* Why not try doodling, painting, or drawing as you pray?

**Online Resources**

* 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](about:blank), arranged for you with the readings of the day. There is also an app you can download to your smartphone or tablet (follow the link on the web page or search for “daily prayer” in your app store and look for the blue and white logo). Choose whether to pray in modern language, or to use the Book of Common Prayer.

“Prayer During the Day” is the shortest and simplest of the services, morning and evening prayer have the longest portions of Scripture.

* An Ordinary Office: [http://anordinaryoffice.org.uk/](about:blank). “An Ordinary Office” is designed to be very accessible (you can follow it through text, symbol, audio, or video). Easy to pray if you’re unwell or very tired. Morning, midday, and evening prayer, plus “nocturnes” for those who can’t sleep.

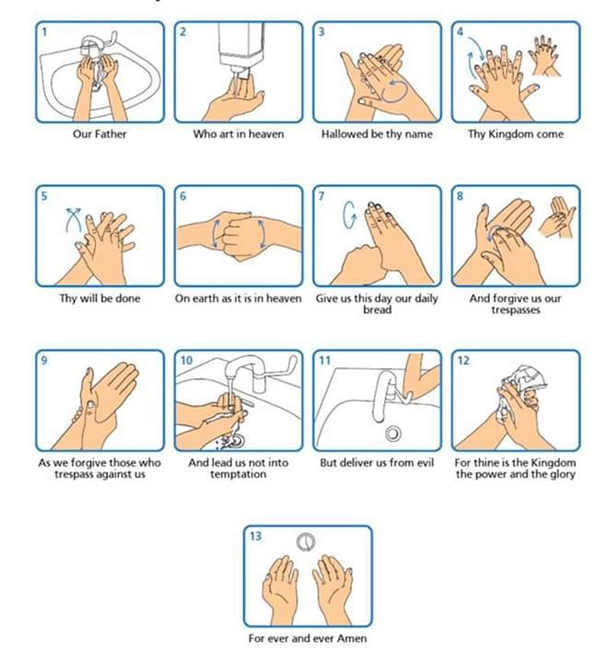
* Pray As You Go: [https://pray-as-you-go.org/](about:blank). A short (11-12 minutes) daily act of prayer and worship, available online or as a tablet and smartphone app (search for “pray as you go” in your app store and look for the headphone logo). This easy to use, beautifully produced site uses music and pictures to help you pray and reflect with a passage of Scripture. Follows the Roman Catholic calendar, but widely used by Christians of all traditions. There are also special seasonal meditations.
* Word Live:

[https://content.scriptureunion.org.uk/wordlive/living-faith](about:blank). Daily Bible study and prayer points from Scripture Union. Linked to a Facebook group where you can share your thoughts and prayers with other Christians

There are many churches live streaming worship, online

The Church of England has produced some prayers for Coronavirus

<https://www.churchofengland.org/more/media-centre/coronavirus-liturgy-and-prayer-resources>



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.

Christ be with me, Christ within me, Christ behind me, Christ before me,  
Christ beside me, Christ to win me, Christ to comfort and restore me.  
Christ beneath me, Christ above me, Christ in quiet, Christ in danger,  
Christ in hearts of all that love me, Christ in mouth of friend and stranger.

*from St Patrick’s Breastplate*

I am giving you worship with all my life, I am giving you obedience with all my power,  
I am giving you praise with all my strength, I am giving you honour with all my speech. I am giving you love with all my heart, I am giving you affection with all my sense, I am giving you my being with all my mind, I am giving you my soul, O most high and holy God.

Praise to the Father, Praise to the Son, Praise to the Spirit, The Three in One.

*adapted from Alexander Carmichael,  
Carmina Gadelica (1900)*

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

*The Jesus Prayer*

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: increase and multiply upon us your mercy; that with you as our ruler and guide, we may so pass through things temporal that we lose not our hold on things eternal; through Jesus Christ our Lord.

*Common Worship*

Be with us, Lord, in all our prayers, and direct our way toward the attainment of salvation, that among the changes and chances of this mortal life, we may always be defended by your gracious help, through Jesus Christ our Lord.

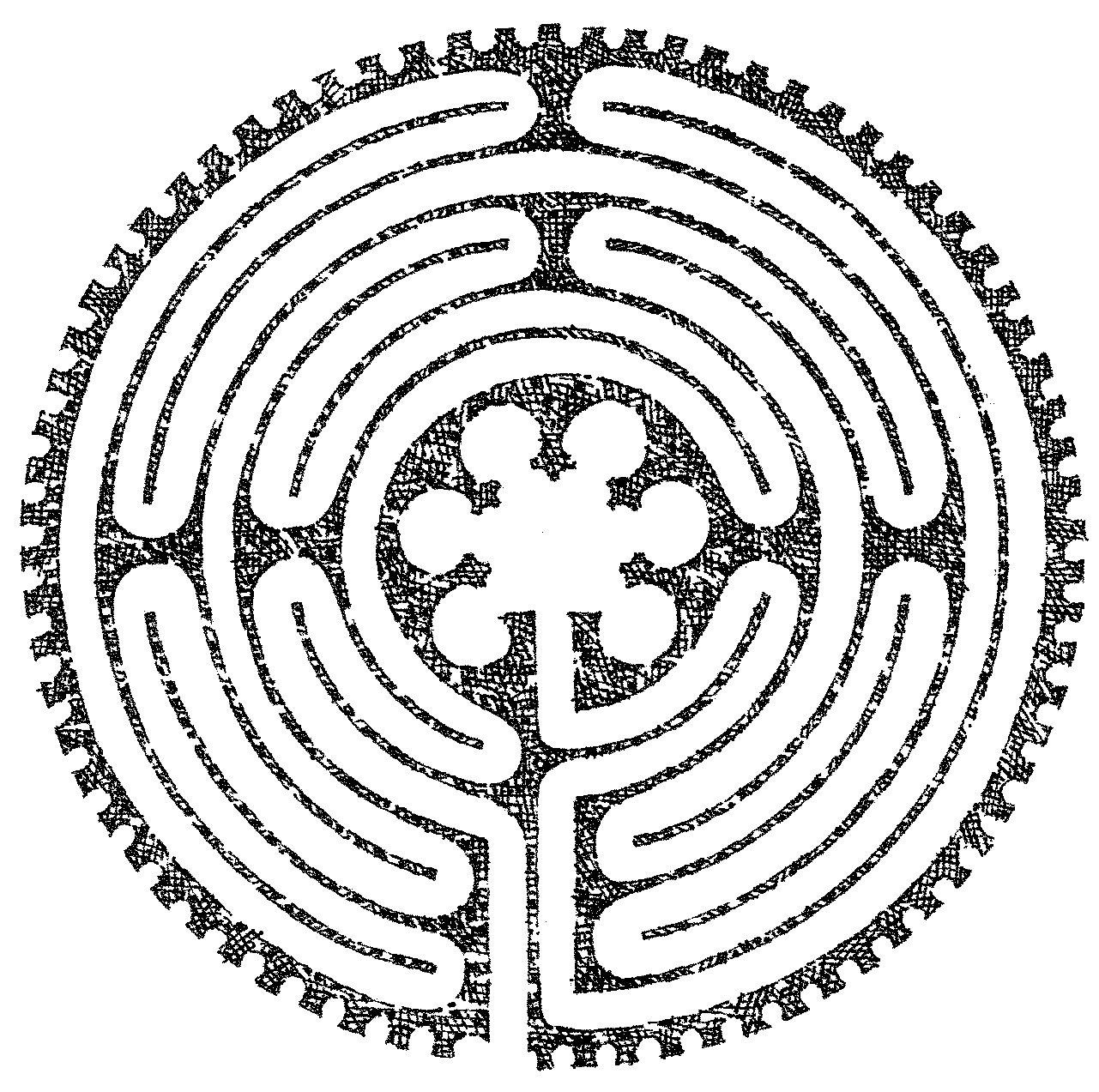
*Common Worship*

O gracious and holy Father, give us wisdom to perceive you, diligence to seek you, patience to wait for you, eyes to behold you, a heart to meditate upon you, and a life to proclaim you, through the power of the spirit of Jesus Christ our Lord.

*St Benedict*

**A Prayer Labyrinth**

You might find it helpful to ‘walk’ the labyrinth by tracing it with your finger as you pray.



**For Prayer Colouring**



