



TRULY MY SOUL FINDS REST IN GOD; MY SALVATION COMES FROM HIM. TRULY HE IS MY ROCK AND MY SALVATION; HE IS MY FORTRESS, I WILL NEVER BE SHAKEN. PSALM 62: 1-2

Prayer & Worship from home

Connecting with God at Home

- * Pick a Bible passage. Read it slowly, noticing what jumps out at you. Read it again, ask the Holy Spirit to show you something that speaks into to your life right now. Read it a third time, and find something that prompts you to pray – for yourself, for someone else or our world.
- * Create something. Write a poem, draw a picture, sew, paint, plant something. Doesn't matter if it's a masterpiece or not. Give thanks to Creator God for the good things we have.
- * Make a list of things to be thankful for and spend a bit of time daily reflecting on some of them.
- * Play worship music. Sing along, it's ok no one will see you! Check out You Tube for your favourite worship song with the lyrics
- * If you play an instrument, play that.
- * On your own? Ring a friend and commit to praying for 5 minutes together every day on the phone, or praying separately but at the same time of day.
- * Read that book about faith you've never had time to get to or if you've got a prayer-book gathering dust somewhere, dig it out and re-discover it.
- * Work in your garden or go for a walk outside – notice nature, take your time to enjoy it and thank God.

On Line Resources

Church of England daily prayer

<https://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer>

Audio daily prayer <https://pray-as-you-go.org>

<https://www.24-7prayer.com>

Apps for your smart phone

Pray-as-you-go

#LiveLent

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.

For those who are ill or isolated

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;
Comfort and heal them,
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.

Amen.

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.

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.

Amen



You might want to light a candle as you pray, to remind you that Jesus the Light of the World is with you.

Preparation

The Lord is good, a strong refuge when trouble comes.
God is close to those who trust in him. Nahum 1.7

Opening Prayer

O Lord, open our lips
All 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.

All Amen.

The Word of God

Read a Psalm, either use the one below or another one, such as Psalm 16 or Psalm 139.

Psalm 23
A psalm of David

- 1 The Lord is my shepherd, I lack nothing.
- 2 He makes me lie down in green pastures,
he leads me beside quiet waters,

- 3 he refreshes my soul.
He guides me along the right paths
for his name's sake.
- 4 Even though I walk through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.
- 5 You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
- 6 Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
for ever.

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.**

*Read another passage from the Bible - You may wish to use
the weekly pattern of short readings given below, or choose a
passage of your own.*

Sunday Morning

Isaiah 43:1-3

But now, this is what the Lord says –
he who created you, Jacob,
he who formed you, Israel:
Do not fear, for I have redeemed you;
I have summoned you by name; you are mine.
When you pass through the waters,
I will be with you;
and when you pass through the rivers,
they will not sweep over you.
When you walk through the fire,
you will not be burned;

Some Prayers that may be useful at this time.

Prayers for those who feel alone

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.
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

Amen.

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.

For those who are anxious

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

* The peace of God
be over me to shelter me,
* under me to uphold me,
* about me to protect me,
* behind me to direct me,
ever with me to save me.

**The peace of all peace
be mine this night
+ in the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.**

the flames will not set you ablaze.
For I am the Lord your God,
the Holy One of Israel, your Saviour;

Monday Morning

John 14.1-6

'Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going.'

Thomas said to him, 'Lord, we don't know where you are going, so how can we know the way?' Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'

Tuesday Morning

Philippians 4: 8-9

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.

Wednesday Morning

Ephesians 2: 19-22

Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.

Thursday Morning

Ephesians 2: 19-22

Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.

Thursday Morning

Romans 12: 9-12

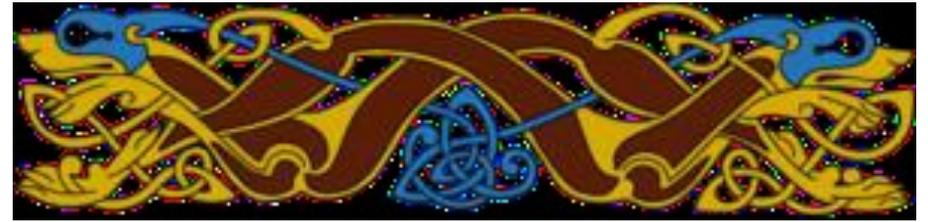
Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honour one another above yourselves. Never be lacking in zeal, but keep your spiritual fervour, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer.

Saturday Morning

Luke 12: 22-31

Then Jesus 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 clothes. Consider the ravens: they do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?

'Consider how the wild flowers grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you – you of little faith! And do not set your heart on what you will eat or drink;



NORTHUMBRIA COMMUNITY SIMPLE NIGHT PRAYER

*If this Compline is being used in a group setting the * notation indicates a change of reader; words in bold are said all together; words in bold italic are said by each person in turn; and + indicates where you might make the sign of the cross.*

+

**Calm me, O Lord,
as You stilled the storm.
Still me, O Lord, keep me from harm.
Let all the tumult within me cease.
Enfold me, Lord, in Your peace.**

* Father, bless the work that is done,
and the work that is to be.
Father, bless the servant that I am,
and the servant that I will be.

***Thou Lord and God of power,
shield and sustain me this night.***

**I will lie down this night with God,
and God will lie down with me;
I will lie down this night with Christ,
and Christ will lie down with me;
I will lie down this night with the Spirit,
and the Spirit will lie down with me;
God and Christ and the Spirit,
be lying down with me.**

The Collect for Night Prayer

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.

Amen

The Conclusion

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.

Come with the dawning of the day
**All and make yourself known in the breaking of the
bread.**

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.

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do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek his kingdom, and these things will be given to you as well.

Prayers

Take some time to bring before God those situations and people that are on your heart. There are some specific prayers on page 17 and 18 which may be helpful. Please also see the notice sheet for other points for prayer.

Collect for Morning Prayer

Lord our God,
As with all creation
We offer you the life of this new day,
Give us grace to love and serve you,
To the praise of Christ our Lord.
Amen

Silence may be kept.

The Lord's Prayer

As our Saviour taught us, so we pray
**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.**

The Conclusion

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

All **Amen.**

Let us bless the Lord.

All **Thanks be to God.**

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Prayers

We offer to the Lord our prayers for this evening. Please also see the notice sheet for other points for prayer.

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.

The Lord's Prayer

All As our Saviour taught us, so we pray
**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.**

Tuesday Evening

Matthew 11.28-end

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.'

Wednesday Evening

1 Peter 5: 6 -7

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.

Thursday Evening

John 16: 33

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!'

Friday Evening

1 Thessalonians 5: 9-10

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.

Saturday Evening

John 8: 12

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

**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.**



You might want to light a candle as you pray, to remind you that Jesus is the Light of the World, who can never be extinguished.

Preparation

The eternal God is your refuge, and underneath are the everlasting arms. Deuteronomy 33.27

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.

Take a moment to think about the day gone by, giving thanks for what was good and bringing to God those times that need His forgiveness.

All Lord God,

I have sinned against you;

I have done evil in your sight.

I am sorry and repent.

Have mercy on me according to your love.

Wash away my wrongdoing and cleanse me from my sin.

Renew a right spirit within me

and restore me to the joy of your salvation,

through Jesus Christ our Lord.

Amen

Take a moment to thank God that through Jesus' sacrifice you are forgiven.

Save us, O Lord, while waking,
and guard us while sleeping,

that awake we may watch with Christ
and asleep may rest in peace.

The Word of God

*Read a Psalm, either use the one below or another one,
such as Psalm 27*

Psalm 91

- 1 Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
- 2 I will say of the Lord, 'He is my refuge and my fortress,
my God, in whom I trust.'
- 3 Surely he will save you
from the fowler's snare
and from the deadly pestilence.
- 4 He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.
- 5 You will not fear the terror of night,
nor the arrow that flies by day,
6 nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
- 7 A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
- 8 You will only observe with your eyes
and see the punishment of the wicked.
- 9 If you say, 'The Lord is my refuge,'
and you make the Most High your dwelling,
10 no harm will overtake you,
no disaster will come near your tent.
- 11 For he will command his angels concerning you
to guard you in all your ways;

- 12 they will lift you up in their hands,
so that you will not strike your foot against a stone.
- 13 You will tread on the lion and the cobra;
you will trample the great lion and the serpent.
- 14 'Because he loves me,' says the Lord, 'I will rescue him;
I will protect him, for he acknowledges my name.
- 15 He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honour him.
- 16 With long life I will satisfy him
and show him my salvation.'

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**

*Read another passage from the Bible - You may wish to use
the weekly pattern of short readings given below, or choose a
passage of your own.*

Sunday Evening

Jeremiah 14: 9

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

Monday Evening

Isaiah 30.15

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.