

# PRAYING IN ISOLATION

Prayer resources for those who are unable to meet together

**The Greenway Benefice:  
Holy Trinity, Badgeworth,  
St Paul's, Shurdington, and St  
Mary's, Witcombe with Bentham**



# Contents

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|  |         |
|--|---------|
| Contents                                       | page 2  |
| A reflective service: for worship in isolation | page 3  |
| How to find a bible reading                    | page 6  |
| Bible readings and collects for Sundays        | page 8  |
| An order for compline (night prayer)           | page 11 |
| Praying together whilst apart                  | page 14 |
| Prayer on TV, Radio and the internet           | page 15 |
| If you are lonely whilst self-isolating        | page 16 |

## A Reflective Service: for worship in isolation

We come from scattered lives to meet with God.  
Let us recognise God's presence with us now.

Keep a short silence, still your heart.

As God's people we have gathered;  
Let us worship God now together,  
Across the miles yet joined

Let us pray.  
Come, Holy Spirit, fill the hearts of your faithful people,  
and kindle in us the fire of your love;  
through Jesus Christ our Lord,  
Amen.

In the light of Jesus, let us examine ourselves  
and confess our sins.

Keep a short silence.

*Confession:*

Father, we have sinned against heaven and against you.  
We are not worthy to be called your children.  
We turn to you again, have mercy on us,  
bring us back to yourself as those who once were dead  
but now have life through Christ our Lord. Amen.

*Absolution:*

May the Father forgive us by the death of the Son,  
and strengthen us to live in the power of The Spirit  
all our days. Amen.

Find the bible reading for today on the Church of England  
website or use the readings for Sunday later in this booklet.

We affirm our faith in Jesus Christ the Son of God:

Though he was divine, he did not cling to equality with God,  
but made himself nothing. Taking the form of a slave,  
he was born in human likeness. He humbled himself  
and was obedient to death, even the death of the cross.  
Therefore, God has raised him on high,  
and given him the name above every name: that at the name  
of Jesus every knee should bow, and every voice proclaim  
that Jesus Christ is Lord, to the glory of God the Father.  
Amen.

*cf Philippians 2.6-11*

We intercede for others in the quiet of our hearts.  
Lord, meet us in the silence  
And hear our prayer.

**Silence for prayer is kept:**

*Pray for yourself in your isolation, that God would sit with you*  
*Pray for others in their loneliness*  
*Pray for the church and leaders of the nations*  
*Pray for our country*  
*Pray for the world*

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.

Silence is kept

Faithful God, may we who share in this time of worship  
Glory in the cross of our Lord Jesus Christ,  
Our salvation and hope, who reigns as Lord now and forever.

Fill us, Good Lord with your Spirit of love;  
And as you have fed us with your presence,  
so, make us one in heart and mind,  
In Jesus Christ our Lord.  
Amen.

Let us bless the Lord  
Thanks be to God.

“For God has said, ‘I will not leave you or forsake you’ so we  
can confidently say, ‘The Lord is my helper; I will not fear.’”  
(Hebrews 13:5-6)

“It is the Lord who goes before you. He will be with you; he  
will not leave you or forsake you. Do not be dismayed.”  
(Deuteronomy 31:8)

Please God, we ask that we can meet together in church  
again, soon. Amen

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## *How to find a bible reading.*

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Check the index in your bible to find out if it numbers all the pages consecutively, or starts again for the New Testament.

Before Easter the first Reading is from the Old Testament. After Easter all but the Psalms are from the New Testament.

Look at the name of the book that you need to find. Numbers before the name of the book are part of the name (to distinguish between multiple books with the same name e.g. 1 & 2 Samuel)

Use the index to find which page the book you are looking for starts on and turn to that page.

The first number after the name of the book (before the dot) is the chapter number.

Most bibles use a large print number in the text at the beginning of each chapter. Many also write the book name and chapters on that page at the top of each page to help you find your way around (This is especially helpful in the longer books).

Turn over the pages until you find the start of the chapter you are looking for.

The numbers after the dot are the verse numbers, which are indicated by small numbers in the text often raised above the

line of the text to stop them interrupting the flow of reading. Once you've found the chapter look for the verses that you need to start and end at.

Examples:

Straight forward

1 Samuel 16.1-13

Book= 1st book of Samuel (in the Old Testament)

Chapter =16 Verses 1-13

More complicated

1 Peter 4.12-14; 5.6-11

Book= 1st letter of Peter (in the New Testament)

Chapter 4 verses 12-14 then skip a chunk and re-start at chapter 5 verses 5 and 6.

Acts 2.14a,36-41

Book= Acts of the Apostles (in the New Testament)

Chapter 2 Verse 14a- means the first sentence of verse 14, then skip a section and restart at verse 36 and read until verse 41

A comma means skip a section, a or b means first or last sentence of the verse.

Don't worry if you don't find exactly the right passage- St Paul assure us that "All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness" so whatever you read will help you to grow closer to God.

## Bible readings and Collects for Sundays

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### **Sun 22 Mar 2020 The Fourth Sunday of Lent**

Exodus 2: 1-10, II Corinthians 1: 3-7, Gospel Luke 2: 33-35  
Psalm 34.11-20

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself:

strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Amen

### **Sun 29 Mar 2020 The Fifth Sunday of Lent**

Ezekiel 37.1-14; Romans 8.6-11; Psalm 130;  
John 11.1-45

Most merciful God,

who by the death and resurrection of your Son Jesus Christ delivered and saved the world:

grant that by faith in him who suffered on the cross we may triumph in the power of his victory; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.



### **Sun 5 Apr 2020 Palm Sunday**

Isaiah 50.4-9a; Philippians 2.5-11; Psalm 31.9-16;  
Matthew 21: 1-11

Almighty and everlasting God,  
who in your tender love towards the human race  
sent your Son our Saviour Jesus Christ  
to take upon him our flesh  
and to suffer death upon the cross:  
grant that we may follow the example  
of his patience and humility,  
and also be made partakers of his resurrection;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### **Sun 12 Apr 2020 Easter Day**

Acts 10.34-43; Colossians 3.1-4; Psalm 118.1-2,14-24;  
John 20: 1-18

Lord of all life and power,  
who through the mighty resurrection of your Son  
overcame the old order of sin and death  
to make all things new in him:  
grant that we, being dead to sin  
and alive to you in Jesus Christ,  
may reign with him in glory;  
to whom with you and the Holy Spirit  
be praise and honour, glory and might,  
now and in all eternity.  
All Amen.

### **Sun 19 Apr 2020 The Second Sunday of Easter**

Acts 2.14a,22-32; 1 Peter 1.3-9; Psalm 16; John 20.19-end

Almighty Father,  
you have given your only Son to die for our sins  
and to rise again for our justification:  
grant us so to put away the leaven of malice and wickedness  
that we may always serve you in pureness of living and truth;  
through the merits of your Son Jesus Christ our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### **Sun 26 Apr 2020 The Third Sunday of Easter**

Acts 2.14a,36-41; 1 Peter 1.17-23; Psalm 116.1-3,10-17; Luke  
24.13-35

Almighty Father,  
who in your great mercy gladdened the disciples  
with the sight of the risen Lord:  
give us such knowledge of his presence with us,  
that we may be strengthened and sustained by his risen life  
and serve you continually in righteousness and truth;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **An order for the office of Compline (Night Prayer)**

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The office of Compline (Night prayer) comes from an ancient practice of daily prayers by Christian monastic communities. It is a good way to end the day in quiet contemplation before commending oneself to God and a peaceful night's sleep. The prayers should be said before bed in a quiet and calm way; a candle may be lit and you might like to sing a simple hymn.

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.**

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

**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.**

***The following or another suitable hymn may be said or sung.***

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.  
From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.  
O Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.

***The following psalm may be used.***

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.

***At the end of the psalm, the following is said or sung***

**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 following short lesson or another suitable passage is read:***

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*

***The following may be said:***

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

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

For you have redeemed me, Lord God of truth.

**I commend my spirit.**

Glory to the Father and to the Son

and to the Holy Spirit.

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

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

**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*

**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 of intercession 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.  
**Amen.**

***The Lord's Prayer may be said. You can find that earlier  
in this booklet on page 4.***

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

Abide with us, Lord Jesus,  
**for the night is at hand and the day is now past.**

As the night watch looks for the morning,  
**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.  
**Amen.**

## Praying together whilst apart

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### **The Lord's Prayer at noon every day**

Please say the Lord's Prayer every day at noon, if you are able, as an act of corporate worship. Sometimes, and while Revd Susan is well, there may be a live stream of prayer on Facebook.

There will also be a livestream service on Sundays at 10am, broadcast from the vicarage, on the Greenway Churches Facebook page. The link is given on the next page.

# Prayer on TV, Radio and the internet

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## Television programmes

- Songs of Praise Sundays at 1.15pm on BBC 1

## Radio programmes

- Prayer for the Day daily at 5.43am on Radio 4
- Sunday Worship Sundays at 8.10am on Radio 4
- Daily Service Monday to Friday at 9.45am on Radio 4 Longwave and DAB

(The Daily Service is available on a Radio 4 DAB side channel which is automatically made available about a minute before the programme begins.)

- Lent Talks Wednesdays at 8.45pm on Radio 4
- Choral evensong- Wednesdays at 3.30pm and the same service is repeated Sundays at 3pm on BBC Radio 3

## A few internet resources

- Keep up to date with benefice news at [www.achurchnearyou](http://www.achurchnearyou) – each church has a page
- On Facebook <https://www.facebook.com/greenwaychurches/>
- 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>
- Inspirational prayers [https://www.lords-prayer-words.com/prayers\\_before/prayer\\_for\\_protection.html](https://www.lords-prayer-words.com/prayers_before/prayer_for_protection.html)

## If you are lonely whilst self-isolating

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Should there be a need for personal prayer or simply a quick chat to a friendly voice if you live alone or are self-isolating, then you can contact one of the Pastoral Care Team on the numbers below.

### **Pastoral Care Team Contact Numbers**

|                   |              |
|-------------------|--------------|
| Revd Susan Cooke  | 01242 321806 |
| Mr Robert Poole   | 01452 855660 |
| Mrs S Padfield    | 01452 862509 |
| Mrs Clare Stewart | 01242 862598 |
| Mrs Chris Nation  | 01242 521280 |
| Mrs Mary Tombs    | 01452 713200 |

- Please do also call one another on the telephone – each member of the church should be able to bring comfort and succour to one another
- You can call the Samaritans free on 116123
- You can call Silverline (age 55+) on 0800 4 70 80 90 to arrange for a weekly 30 min phone call from a friendly volunteer who will be there to listen.

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*With thanks to various Church of England clergy who helped compile much of the information contained in this booklet that we might continue to praise and worship God.*