

Spiritual resources

There are a range of Christian resources available for spiritual nourishment during this challenging period:

- #LiveLent: Care for God's Creation - The Church of England's Lent campaign for 2020. With weekly themes shaped around the first Genesis account of creation, it explores the urgent need for humans to value and protect the abundance God has created. This daily audio content is available via the app and daily emails.

<https://www.churchofengland.org/our-faith/living-out-our-faith/lent-holy-week-and-easter/livelent-care-gods-creation>

The BBC's Daily Service and Sunday Worship radio programmes will be using some of the themes from #LiveLent as part of their broadcasts. Find out more online.

<https://www.bbc.co.uk/programmes/b006wzfs>

- Prayer for the day - each day the Church of England publishes audio and text of the Prayer for the Day.

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

Join the Northumbrian Community for Celtic daily prayer:

<https://www.northumbriacommunity.org › how-to-use-daily-office>

- Smart speakers – daily prayer and #LiveLent audio content can be accessed via smart speaker apps. Enable the Church of England smart speaker app
- Live streaming services - watch live streams of services from a range of churches

All Hallows by the Tower
Buckingham Parish Church
St Nicholas Church, Canvey Island
St James' Church, Clitheroe
St Mary's Kenton.

Suggested Books

If you would like to read a sermon/reflection try the following:

Reflections for Daily Prayer is available as a paperback or app. It gives reflections on the days Bible readings.

Daily Prayer by Nick Fawcett

The Things He Did by Stephen Cottrell – particularly suitable for Lent

40 Days of Reflections on the Beatitudes by Steven Croft.

Everyday Faith – Church House Publishing

Prayers

Prayers about the outbreak

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
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.

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

Lord God, you are always with me.
You are with me in the day and in the night.
You are with me when I'm happy and when I'm sad.
You are with me when I'm healthy and when I am ill.
You are with me when I am peaceful and when I am anxious.
Today I am feeling *(name how you are feeling)* because *(reasons you are feeling this way)*.
Help me to remember that you love me and are with me in everything today.
Amen.

For those who are ill

Merciful God,
we entrust to your tender care
those who are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold them safe.
Comfort and heal them,
and restore them to health and strength;
through 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.

From one who is ill or isolated

O God,
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
revealed in 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.

Barbara Glasson, President of the Methodist Conference

A prayer for the world

God of love and hope,
you made the world and care for all creation,
but the world feels strange right now.
The news is full of stories about Coronavirus.
Some people are worried that they might get ill.
Others are anxious for their family and friends.
Be with them and help them to find peace.
We pray for the doctors and nurses and scientists,
and all who are working to discover the right medicines
to help those who are ill.
Thank you that even in these anxious times,
you are with us.
Help us to put our trust in you and keep us safe.
Amen.

Prayers for the night

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.

Tonight we pray especially for *(names family or friends who are affected by Coronavirus)* and the people of *(country or place which is affected by Coronavirus)*.
Please give skill and wisdom to all who are caring for them.
Amen.

God our Father, by whose mercy
the world turns safely into darkness and returns again to light:
we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes,
knowing that only what you bless will prosper.
To your love and protection
we commit each other and all those we love,
knowing that you alone are our sure defender,
through Jesus Christ our Lord. Amen

A prayer remembering God is with us

Lord God, you are always with me.
You are with me in the day and in the night.
You are with me when I'm happy and when I'm sad.
You are with me when I'm healthy and when I am ill.
You are with me when I am peaceful and when I am worried.
Today I am feeling (*name how you are feeling*) because (*reasons you are feeling this way*).
Help me to remember that you love me and are with me in everything today.
Amen.

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

Intercessions

SET A

Let us pray to God,
who alone makes us dwell in safety:

For all who are affected by coronavirus,
through illness or isolation or anxiety,
that they may find relief and recovery:
Lord, hear us,
Lord, graciously hear us.

For those who are guiding our nation at this time,
and shaping national policies,
that they may make wise decisions:
Lord, hear us,
Lord, graciously hear us.

For doctors, nurses and medical researchers,
that through their skill and insights
many will be restored to health:
Lord, hear us,
Lord, graciously hear us.

For the vulnerable and the fearful,
for the gravely ill and the dying,
that they may know your comfort and peace:
Lord, hear us,
Lord, graciously hear us.

We commend ourselves, and all for whom we pray,
to the mercy and protection of God.

Merciful Father,
accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.

SET B

Let us pray to the Lord,
who is our refuge and stronghold.

For the health and well-being of our nation,
that all who are fearful and anxious
may be at peace and free from worry:
Lord, hear us,
Lord, graciously hear us.

For the isolated and housebound,
that we may be alert to their needs,
and care for them in their vulnerability:
Lord, hear us,
Lord, graciously hear us.

For our homes and families,
our schools and young people,
and all in any kind of need or distress:
Lord, hear us,
Lord, graciously hear us.

For a blessing on our local community,
that our neighbourhoods may be places of trust and friendship,
where all are known and cared for:
Lord, hear us,
Lord, graciously hear us.

We commend ourselves, and all for whom we pray,
to the mercy and protection of God.
Merciful Father,
accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.