



A BOOK OF PRAYERS

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A prayer for each day

*Loving and faithful God,
through your Spirit, gather us in peace and hope,
bless and protect us, our friends and families,
our communities and neighbours, we pray;
and strengthen and uphold us in the race that is before us;
for the love of your son Jesus Christ, Our Lord and Saviour.
Amen.*

INTRODUCTION

*'The voice of prayer is never silent,
nor dies the strain of praise away.'*

To pray is simply to relate to God. It's possible to pray at any time and in any place or situation, and there are many and varied ways to do so – from improvising prayer, to keeping silence. At this time when we need to remain psychically apart from each other, it is essential that we come together in prayer before the Lord. From earliest times, Christians gathered at regular hours during each day and night to respond to God's word with praise on behalf of all creation and with intercession for the world. It has helped Christians deepen their faith through creating and sustaining a rhythm of prayer and closeness to God through the day.

So, please find a way of praying that works for you. You don't need to have set words, but others find this helpful. This booklet has been put together to give you some prayer resources to use.

As part of this booklet, you'll find a service for 'Spiritual Communion'. This is so that you can join together with the whole Church as we remember the body and blood of Christ shed for us and for the life of the whole world. This might be especially appropriate on a Sunday when together we would as the Body of Christ gathered around the Lord's table in worship and thanksgiving.

It is really healthy to have a regular rhythm of prayer and reading the Bible, and many of us have a set pattern already. If you don't, I strongly encourage you to find a pattern of prayer and Bible reading that works for you: it can gift to you moments of stillness and refreshment, and very much helps to mark and honour the

passing of time, whether that's first thing in the morning or the last thing at night.

If you have access to the internet, you might like to access the Daily Office (Morning and Evening Prayer). This can easily be found by searching on the internet or by going to this website address: <https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>.

In this booklet you will find outlines for Morning and Evening Prayer, for Night Prayer (Compline) and the words of the Litany, all of which might be formative during this period when we are separate physically but still united in God and his great love for us all. Use this book as little or as much as you want or just dip in – but whatever you do – pray and read Scripture!

As St Paul reminds us in his epistle to the Philippians (4.8-9):

'Finally, beloved whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.'

May God bless and protect you, uphold you, and surround you and those whom you care for with his loving presence and peace.

A handwritten signature in black ink that reads "Andrew". The signature is written in a cursive style with a long, sweeping tail on the letter 'd'.

The Reverend Andrew B Norman
Priest-in-Charge

SPIRITUAL COMMUNION

for when unable to attend a celebration of Holy Communion

If a household is praying together one person could act as leader and the others as the congregation and they join in the sections in bold type. If alone read all the words aloud. You may want to light a candle before you begin, and have a bible, cross or crucifix to look at or some music to play.

The Gathering

The Lord is here.

All **His Spirit is with us.**

All **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.**

The Collect

You may want to pray the Collect of the Day or Week (they can be found at <http://almanac.oremus.org/>), or the following Collect:

God our redeemer,
you have delivered us from the power of darkness
and brought us into the kingdom of your Son:
grant, that as by his death he has recalled us to life,
so by his continual presence in us
he may raise us to eternal joy;
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.

You could use one or more of the readings of the day or the following short readings:

First Reading

Revelation 3:20

Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me.

Psalm

Psalm 62

On God alone my soul in stillness waits;
from him comes my salvation.

He alone is my rock and my salvation, my stronghold, so that I shall never be shaken.

Gospel

St John 15:5

I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

Prayer

Spend a few moments praying for the people you know and love, for your neighbours and local community, as well as the needs of the world and the Church.

Prayers of Penitence

We confess our sins to God and ask for his forgiveness.

All **Almighty God, our heavenly Father,
I have sinned against you and against my neighbour,
in thought and word and deed,
through negligence, through weakness,
through my own deliberate fault.
I am truly sorry and repent of all my sins.
For the sake of your Son Jesus Christ,
who died for us, forgive me all that is past;
and grant that I may serve you in newness of life
to the glory of your name. Amen.**

Almighty and merciful God,
pardon and deliver me from all my sins.

All **Amen.**

The Comfortable Words.

We read The Comfortable Words.

Hear the words of comfort our Saviour Christ says to all who truly turn to him: Come to me, all who labour and are heavy laden, and I will give you rest.

Matthew 11.28

God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.

John 3.16

Hear what Saint Paul says:

This saying is true and worthy of full acceptance, that Christ Jesus came into the world to save sinners.

1 Timothy 1.15

Hear what Saint John says:

If anyone sins, we have an advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins.

1 John 2.1,2

The Lord's Prayer

All **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.

Spiritual Communion

We then pray a prayer of Spiritual Communion with one of the following prayers.

O loving God, in union with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood of your dear Son, I offer you praise and thanksgiving. Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us. Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence.

or

Thanks be to you, Lord Jesus Christ, for all the benefits you have given me, for all the pains and insults you have borne for me. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. O most merciful redeemer, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

or

Lord, you stand at the door of my heart and knock. You wait for me and only I can let you in. I believe and trust in you and ask you now to fill me with your presence. Feed me with body and unite me in your blood, that I may be your blessing to a world in need. Amen.

You might then like to pray one or more of the following prayers.

Jesus, as the hem of your garment, touched in faith, healed the woman who could not touch your body, so may the soul of your servant be healed, for though I cannot receive you in the sacrament I can, through this offering of my prayer, receive you in my heart; grant this for Christ's sake. Amen.

O Lord and heavenly Father, we your humble servants entirely desire your fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching you to grant, that by the merits and death of your Son Jesus Christ, and through faith in his blood, we and all your whole Church may obtain remission of our sins, and all other benefits of his passion. 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. Amen.

Lord, in these days of mercy, make us quiet and prayerful; in these days of challenge, make us stronger in you; in these days of emptiness, take possession of us; in these days of waiting, open our hearts to the mystery of your cross, through Jesus Christ our Lord. Amen.

Almighty God, Father of all mercies, we your unworthy servants give you most humble and hearty thanks for all your goodness and loving kindness. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and for the hope of glory. And give us, we pray, such a sense of all your mercies that our hearts may be unfeignedly thankful, and that we show forth your praise, not only with our lips but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be all honour and glory, for ever and ever. Amen.

The Blessing

We pray a prayer of blessing.

The peace of God,
which passes all understanding,
keep our hearts and minds
in the knowledge and love of God,
and of his son Jesus Christ our Lord:
and may the blessing of God Almighty,
the Father, the Son,
and the Holy Spirit,
be among us and remain with us always.

All **Amen.**

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

SIMPLE MORNING PRAYER

O Lord open our lips;
All **and our mouths shall proclaim your praise.**

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.**

Psalms and Readings

For any day or during Ordinary Time:

Psalm 139.1-18

- 1 O Lord, you have searched me out and known me;
you know my sitting down and my rising up;
you discern my thoughts from afar.
- 2 You mark out my journeys and my resting place
and are acquainted with all my ways.
- 3 For there is not a word on my tongue,
but you, O Lord, know it altogether.
- 4 You encompass me behind and before
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me,
So high that I cannot attain it.
- 6 Where can I go then from your spirit?
Or where can I flee from your presence?
- 7 If I climb up to heaven, you are there;
if I make the grave my bed, you are there also.
- 8 If I take the wings of the morning
and dwell in the uttermost parts of the sea,
- 9 Even there your hand shall lead me,
your right hand hold me fast.

10 If I say, 'Surely the darkness will cover me
and the light around me turn to night,'
11 Even darkness is no darkness with you;
the night is as clear as the day;
darkness and light to you are both alike.
12 For you yourself created my inmost parts;
you knit me together in my mother's womb.
13 I thank you, for I am fearfully and wonderfully made;
marvellous are your works, my soul knows well.
14 My frame was not hidden from you,
when I was made in secret
and woven in the depths of the earth.
15 Your eyes beheld my form, as yet unfinished;
already in your book were all my members written,
16 As day by day they were fashioned
when as yet there was none of them.
17 How deep are your counsels to me, O God!
How great is the sum of them!
18 If I count them,
they are more in number than the sand,
and at the end, I am still in your presence.

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.**

Lamentations 3.22-25

The steadfast love of the Lord never ceases,
his mercies never come to an end;
they are new every morning;
great is your faithfulness.
"The Lord is my portion," says my soul,
"therefore I will hope in him."

Now turn to the Canticle and Prayer on page 16

OR during Lent:

Psalm 51.1-7

- 1 Have mercy on me, O God, in your great goodness;
according to the abundance of your compassion
blot out my offences.
- 2 Wash me thoroughly from my wickedness
and cleanse me from my sin.
- 3 For I acknowledge my faults
and my sin is ever before me.
- 4 Against you only have I sinned
and done what is evil in your sight,
- 5 So that you are justified in your sentence
and righteous in your judgement.
- 6 I have been wicked even from my birth,
a sinner when my mother conceived me.
- 7 Behold, you desire truth deep within me
and shall make me understand wisdom
in the depths of my heart.

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.**

1 Thessalonians 4. 1, 7

Brothers and sisters, we ask and urge you in the Lord Jesus that, as you learned from us how you ought to live and to please God, you should do so more and more. For God did not call us to impurity but in holiness.

Now turn to the Canticle and Prayer on page 16

OR during the Easter Season:

Psalm 150

- 1 Alleluia.
O praise God in his holiness;
praise him in the firmament of his power.
- 2 Praise him for his mighty acts;
praise him according to his excellent greatness.
- 3 Praise him with the blast of the trumpet;
praise him upon the harp and lyre.
- 4 Praise him with timbrel and dances;
praise him upon the strings and pipe.
- 5 Praise him with ringing cymbals;
praise him upon the clashing cymbals.
- 6 Let everything that has breath
praise the Lord.
Alleluia.

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.**

Acts of the Apostles 10.40-41

God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead.

Now turn to the Canticle and Prayer on page 16

OR from Ascension Day to Pentecost:

Psalm 104.1-6

- 1 Bless the Lord, O my soul.
O Lord my God, how excellent is your greatness!
- 2 You are clothed with majesty and honour,
wrapped in light as in a garment.
- 3 You spread out the heavens like a curtain
and lay the beams of your dwelling place
in the waters above.
- 4 You make the clouds your chariot
and ride on the wings of the wind.
- 5 You make the winds your messengers
and flames of fire your servants.
- 6 You laid the foundations of the earth,
that it never should move at any time.

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.**

Acts of the Apostles 5.30-32

The God of our ancestors raised up Jesus, whom you had killed by hanging him on a tree. God exalted him at his right hand as Leader and Saviour, so that he might give repentance to Israel and forgiveness of sins. And we are witnesses to these things, and so is the Holy Spirit whom God has given to those who obey him.'

Now turn to the Canticle and Prayer on page 16

Gospel Canticle and Prayers

Benedictus (*Luke 1.68–79*)

- 1 Blessed be the Lord the God of Israel,
who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour,
born of the house of his servant David.
- 3 Through his holy prophets God promised of old
to save us from our enemies,
from the hands of all that hate us,
- 4 To show mercy to our ancestors,
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,
- 6 Free to worship him without fear,
holy and righteous in his sight
all the days of our life.
- 7 And you, child,
shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation
by the forgiveness of all their sins.
- 9 In the tender compassion of our God
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness
and the shadow of death,
and to guide our feet into the way of peace.

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.**

Keep silence or use words as you feel comfortable.

Collect

God most holy,
we give you thanks for bringing us
out of the shadow of night into the light of morning;
We ask you
for the joy of spending this day in your presence
so that when evening comes, we may once give you thanks
through Jesus Christ, your Son, our Lord.

All Amen.

The Lord's Prayer

All **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.

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

SIMPLE EVENING PRAYER

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.**

Psalms and Readings

For any day or during Ordinary Time:

Psalm 103.1-5,22

- 1 Bless the Lord, O my soul,
and all that is within me bless his holy name.
- 2 Bless the Lord, O my soul,
and forget not all his benefits;
- 3 Who forgives all your sins
and heals all your infirmities;
- 4 Who redeems your life from the Pit
and crowns you with faithful love and compassion;
- 5 Who satisfies you with good things,
so that your youth is renewed like an eagle's.
- 22 Bless the Lord, all you works of his,
in all places of his dominion;
bless the Lord, O my soul.

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.**

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.

Now turn to the Canticle and Prayer on page 22

OR during Lent:

Psalm 130

- 1 Out of the depths have I cried to you, O Lord;
Lord, hear my voice;
let your ears consider well the voice of my supplication.
- 2 If you, Lord, were to mark what is done amiss,
O Lord, who could stand?
- 3 But there is forgiveness with you,
so that you shall be feared.
- 4 I wait for the Lord; my soul waits for him;
in his word is my hope.
- 5 My soul waits for the Lord,
more than the night watch for the morning,
more than the night watch for the morning.
- 6 O Israel, wait for the Lord,
For with the Lord there is mercy;
- 7 With him is plenteous redemption
and he shall redeem Israel from all their sins.

***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.**

1 Corinthians 9.24-25

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one.

Now turn to the Canticle and Prayer on page 22

OR during the Easter Season:

Psalm 114

- 1 When Israel came out of Egypt,
the house of Jacob from a people of a strange tongue,
- 2 Judah became his sanctuary,
Israel his dominion.
- 3 The sea saw that, and fled;
Jordan was driven back.
- 4 The mountains skipped like rams,
the little hills like young sheep.
- 5 What ailed you, O sea, that you fled?
O Jordan, that you were driven back?
- 6 You mountains, that you skipped like rams,
you little hills like young sheep?
- 7 Tremble, O earth, at the presence of the Lord,
at the presence of the God of Jacob,
- 8 Who turns the hard rock into a pool of water,
the flint-stone into a springing well.

***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.**

But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved— and raised us up with him and seated us with him in the heavenly places in Christ Jesus.

Now turn to the Canticle and Prayer on page 22

OR from Ascension to Pentecost:

Psalm 23

- 1 The Lord is my shepherd;
therefore can I lack nothing.
- 2 He makes me lie down in green pastures
and leads me beside still waters.
- 3 He shall refresh my soul
and guide me in the paths of righteousness
for his name's sake.
- 4 Though I walk through the valley of the shadow of death,
I will fear no evil; for you are with me;
your rod and your staff, they comfort me.
- 5 You spread a table before me
in the presence of those who trouble me;
you have anointed my head with oil
and my cup shall be full.
- 6 Surely goodness and loving mercy shall 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.**

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Now turn to the Canticle and Prayer below

Gospel Canticle and Prayers

Magnificat (*Luke 1.46-55*)

- 1 My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour;
he has looked with favour on his lowly servant.
- 2 From this day all generations will call me blessed;
the Almighty has done great things for me
and holy is his name.
- 3 He has mercy on those who fear him,
From generation to generation.
- 4 He has shown strength with his arm
and has scattered the proud in their conceit,
- 5 Casting down the mighty from their thrones
and lifting up the lowly.
- 6 He has filled the hungry with good things
and sent the rich away empty.
- 7 He has come to the aid of his servant Israel,
to remember his promise of mercy,
- 8 The promise made to our ancestors,
to Abraham and his children 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.**

Keep silence or use words as you feel comfortable.

Collect

Lord, God almighty,
come and dispel the darkness from our hearts,
that in the radiance of your brightness
we may know you, the only unfading light,
glorious in all eternity.

All **Amen.**

Lighten our darkness,
Lord, we pray;
and in your mercy
defend us from all perils and dangers of this night;
for the love of your only Son,
our Saviour Jesus Christ.

All **Amen.**

The Lord's Prayer

All **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.

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

SIMPLE NIGHT PRAYER

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.**

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

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

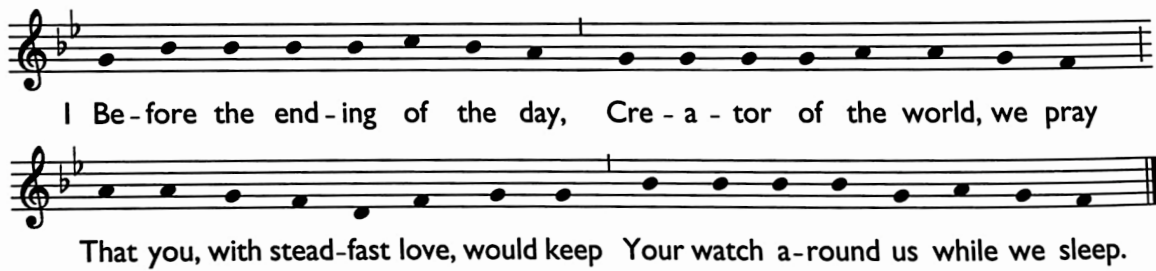
All **Most merciful God,
we confess to you,
before the whole company of heaven
and one another,
that we have sinned in thought, word and deed
and in what we have failed to do.
Forgive us our sins,
heal us by your Spirit
and raise us to new life in Christ. Amen.**

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.**

Office Hymn



I Be-fore the end-ing of the day, Cre - a - tor of the world, we pray
That you, with stead-fast love, would keep Your watch a-round 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.

Psalm

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 or more of the following passages can be 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

I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8.38-39

Let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

Colossians 3.15

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

Responsory

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 Cantic

Nunc dimittis (*Luke 2.29-32*)

- 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.

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

Keep silence or use words, as you feel comfortable.

The Collects

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.**

Look down, O Lord,
from your heavenly throne, and
illumine this night with your celestial brightness;
that by night as by day your people
may glorify your holy Name;
through Jesus Christ our Lord.

All **Amen.**

Be present, O merciful God,
and protect us through the hours of this night,
so that we who are wearied
by the changes and chances of this life
may rest in your eternal changelessness;
through Jesus Christ our Lord.

All **Amen.**

Keep watch, dear Lord, with those who work, or watch, or
weep this night, and give your angels charge over those who
sleep. Tend the sick, Lord Christ; give rest to the weary, bless
the dying, soothe the suffering, pity the afflicted, shield the
joyous; and all for your love's sake.

All **Amen.**

Support us, O Lord, all the day long of this troublous life,
until the shadows lengthen and the evening comes,
the busy world is hushed, the fever of life is over
and our work is done.

Then, Lord, in your mercy grant us a safe lodging,
a holy rest, and peace at the last; through Christ our Lord.

All **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.**

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.**

THE LITANY

A Litany is a sequence of petitions to God. It is suitable to be used at any time of day, or to replace the prayers in Morning or Evening Prayer.

Let us pray.

God the Father,

All **have mercy upon us.**

God the Son,

All **have mercy upon us.**

God the Holy Spirit,

All **have mercy upon us.**

Holy, blessed and glorious Trinity,

All **have mercy upon us.**

From all evil and mischief;
from pride, vanity and hypocrisy;
from envy, hatred and malice;
and from all evil intent,

All **good Lord, deliver us.**

From sloth, worldliness and love of money;
from hardness of heart
and contempt for your word and your laws,

All **good Lord, deliver us.**

From sins of body and mind;
from the deceits of the world, the flesh and the devil,

All **good Lord, deliver us.**

From famine and disaster;
from violence, murder and dying unprepared,
All **good Lord, deliver us.**

In all times of sorrow; in all times of joy;
in the hour of death, and at the day of judgement,
All **good Lord, deliver us.**

By the mystery of your holy incarnation;
by your birth, childhood and obedience;
by your baptism, fasting and temptation,
All **good Lord, deliver us.**

By your ministry in word and work;
by your mighty acts of power;
and by your preaching of the kingdom,
All **good Lord, deliver us.**

By your agony and trial;
by your cross and passion;
and by your precious death and burial,
All **good Lord, deliver us.**

By your mighty resurrection;
by your glorious ascension;
and by your sending of the Holy Spirit,
All **good Lord, deliver us.**

Hear our prayers, O Lord our God.
All **Hear us, good Lord.**

Govern and direct your holy Church;
fill it with love and truth;
and grant it that unity which is your will.
All **Hear us, good Lord.**

Give us boldness to preach the gospel in all the world,
and to make disciples of all the nations.

All **Hear us, good Lord.**

Enlighten James our Bishop
and Emma, Bishop of Penrith
and all who minister
with knowledge and understanding,
that by their teaching and their lives
they may proclaim your word.

All **Hear us, good Lord.**

Give your people grace to hear and receive your word,
and to bring forth the fruit of the Spirit.

All **Hear us, good Lord.**

Bring into the way of truth all who have erred
and are deceived.

All **Hear us, good Lord.**

Strengthen those who stand;
comfort and help the faint-hearted;
raise up the fallen;
and finally beat down Satan under our feet.

All **Hear us, good Lord.**

Guide the leaders of the nations
into the ways of peace and justice.

All **Hear us, good Lord.**

Guard and strengthen your servant *Elizabeth our Queen*,
that she may put her trust in you,
and seek your honour and glory.

All **Hear us, good Lord.**

Endue the High Court of Parliament
and all the Ministers of the Crown
with wisdom and understanding.

All **Hear us, good Lord.**

Bless those who administer the law,
that they may uphold justice, honesty and truth.

All **Hear us, good Lord.**

Give us the will to use the resources
of the earth to your glory,
and for the good of all creation.

All **Hear us, good Lord.**

Bless and keep all your people.

All **Hear us, good Lord.**

Bring your joy into all families;
strengthen and deliver those in childbirth,
watch over children and guide the young,
bring reconciliation to those in discord
and peace to those in stress.

All **Hear us, good Lord.**

Help and comfort the lonely,
the bereaved and the oppressed.

All **Lord, have mercy.**

Keep in safety all who are in danger.

All **Lord, have mercy.**

Heal the sick in body and mind,
and provide for the homeless,
the hungry and the destitute.

All **Lord, have mercy.**

Show your pity on prisoners and refugees,
and all who are in trouble.

All **Lord, have mercy.**

Forgive our enemies, persecutors and slanderers,
and turn their hearts.

All **Lord, have mercy.**

Hear us as we remember
those who have died in the peace of Christ,
both those who have confessed the faith
and those whose faith is known to you alone,
and grant us with them a share in your eternal kingdom.

All **Lord, have mercy.**

Give us true repentance;
forgive us our sins of negligence and ignorance
and our deliberate sins;
and grant us the grace of your Holy Spirit
to amend our lives according to your holy word.

All **Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**

You may like to end The Litany with one of the following prayers.

Come, my Light, and illumine my darkness.
Come, my Life, and revive me from death.
Come, my Physician, and heal my wounds.
Come, Flame of divine love,
and burn up the thorns of my sins,
kindling my heart with the flame of your love.
Come, my King, sit upon the throne of my heart and reign there,
for you alone are my King and my Lord. **Amen.**

Lord Jesus Christ, you are the way, the truth and the life:
let us not stray from you who are the way,
nor distrust your promises who are the truth,
nor rest in anything but you who are the life,
for beyond you there is nothing to be desired
neither in heaven nor in earth. **Amen.**

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon; where there is doubt, faith;
where there is despair, hope; where there is darkness, light;
where there is sadness, joy.
O Divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand, to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life. **Amen.**

O God of unchangeable power and eternal light,
look favourably on your whole Church,
that wonderful and sacred mystery,
and by the tranquil operation of your perpetual providence
carry out the work of our salvation:
and let the whole world feel and see
that things which were cast down are being raised up
and things which had grown old are being made new
and that all things are returning to perfection
through him from whom they took their origin,
even Jesus Christ our Lord. **Amen.**

Remember, Lord, what you have wrought in us
and not what we deserve,
and as you have called us to your service
make us worthy of our calling
through Jesus Christ our Lord. **Amen.**

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.**

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.**

For those feeling isolated or ill

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.

SOME PERSONAL PRAYERS

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.

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.

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

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. Amen.

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. Amen.

O Holy Spirit, giver of light and life,
impart to us thoughts better than our own thoughts,
and prayers better than our own prayers,
and powers better than our own powers,
that we may spend and be spent
in the ways of love and goodness,
after the perfect image of our Lord and Saviour Jesus Christ.

Heavenly Father,
in your Son Jesus Christ
you have given us a true faith and a sure hope.
Strengthen this faith and hope in us all our days,
that we may live as those who believe in
the communion of saints
the forgiveness of sins
and the resurrection to eternal life;
through Jesus Christ our Lord. Amen.

Almighty God,
who hast given us grace at this time with one accord
to make our common supplications unto thee;
and dost promise, that when two or three
are gathered together in thy name
thou wilt grant their requests:
fulfil now, O Lord, the desires and petitions of thy servants,
as may be most expedient for them;
granting us in this world knowledge of thy truth,
and in the world to come life everlasting. Amen.

O Thou, from whom to be turned is to fall,
to whom to be turned is to rise,
and in whom to stand is to abide for ever :
Grant us in all our duties thy help,
in all our perplexities thy guidance,
in all our dangers thy protection,
and in all our sorrows thy peace;
through Jesus Christ our Lord. Amen.

Eternal Light, shine into our hearts,
Eternal Goodness, deliver us from evil,
Eternal Power, be our support,
Eternal Wisdom, scatter the darkness of our ignorance,
Eternal Pity, have mercy upon us;
that with all our heart and mind
and soul and strength we may seek thy face
and be brought by thine infinite mercy to thy holy presence;
through Jesus Christ our Lord. Amen.

Give me, O Lord, a steadfast heart,
which no unworthy thought can drag downwards,
an unconquered heart, which no tribulation can wear out;
an upright heart,
which no unworthy purpose may tempt aside.
Bestow upon me also, O Lord my God,
understanding to know thee,
diligence to seek thee,
wisdom to find thee,
and a faithfulness that may finally embrace thee;
through Jesus Christ our Lord. Amen.

Teach us, good Lord,
to serve thee as thou deservest;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil, and not to seek for rest;
to labour, and to ask for no reward,
save that of knowing that we do thy will;
through Jesus Christ our Lord. Amen.

To God the Father, who first loved us,
and made us accepted in the Beloved:
To God the Son, who loved us,
and washed us from our sins in his own blood:
To God the Holy Ghost,
who sheds the love of God abroad in our hearts.
Be all love and all glory
For time and for eternity. Amen.

Prevent us, O Lord,
in all our doings with thy most gracious favour,
and further us with thy continual help;
that in all our works begun, continued, and ended in thee,
we may glorify thy holy Name,
and finally by thy mercy obtain everlasting life;
through Jesus 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.

Soul of Christ, sanctify me,
body of Christ, save me,
blood of Christ, inebriate me,
water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me:
hide me within your wounds
and never let me be separated from you.
From the wicked enemy defend me,
in the hour of my death, call me
and bid me come to you,
so that with your saints I may praise you
for ever and ever. Amen.

Christ yesterday and today, the beginning and the end,
Alpha and Omega, all time belongs to you, and all ages;
to you be glory and power
through every age and for ever. 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

O Lord God, who art light eternal, in the brightness of whose
countenance is day that knows no night, and in thy protecting arms
all quietness and tranquility: While the darkness covers the face of
the earth, receive our body and soul unto thy care and keeping; that
whether we sleep or wake, we may rest in thee, in thy light
beholding light; through Jesus Christ our Lord. Amen.

NOTES, OR YOUR FAVOURITE PRAYERS OR BIBLE VERSES:

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RESOURCES FOR PRAYER

Creative Ways of Praying

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.

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> , 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/> . “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.

The Northumbria Community:

<https://www.northumbriacommunity.org/offices/how-to-use-daily-office/> . Short but poetic forms of daily prayer in the “Celtic” style.

Pray As You Go:

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

PRAYER ON TELEVISION AND RADIO

Television programmes

- Sunday Worship - Sunday Mornings on BBC 1
- Songs of Praise - Sunday 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.*)
- Choral Evensong - Wednesdays at 3.30pm and the same service is repeated Sundays at 3pm on BBC Radio 3
- ‘Sunday Breakfast’ on BBC Radio Cumbria (6.00am-9.00am) each Sunday morning, which will include an act of virtual worship during the suspension of public worship. Radio Cumbria can be found on FM 95.2, 95.6, 96.1, 104.1, 104.2 or on Freeview Channel 721.

‘NOW MAY THE GOD OF PEACE, WHO BROUGHT BACK FROM THE DEAD OUR LORD JESUS, THE GREAT SHEPHERD OF THE SHEEP, BY THE BLOOD OF THE ETERNAL COVENANT, MAKE YOU COMPLETE IN EVERYTHING GOOD SO THAT YOU MAY DO HIS WILL, WORKING AMONG US THAT WHICH IS PLEASING IN HIS SIGHT, THROUGH JESUS CHRIST, TO WHOM BE THE GLORY FOR EVER AND EVER. AMEN.’

HEBREWS 13.-20-21

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