



Brereton, Rugeley & Armitage Team Ministry
One Church in Six Places

Prayer Resource for those not able to come to church



"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

Isaiah 41:10

"And behold, I am with you always, to the end of the age." ***Matthew 28:20***

Morning Prayer in Lent

O Lord, open our lips
and our mouth shall proclaim your praise.

Hear our voice, O Lord, according to your faithful love,
according to your judgement give us life.

Blessed are you, God of compassion and mercy,
to you be praise and glory for ever.

In the darkness of our sin,
your light breaks forth like the dawn
and your healing springs up for deliverance.

As we rejoice in the gift of your saving help,
sustain us with your bountiful Spirit
and open our lips to sing your praise.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God for ever.

A prayer of thanksgiving

- 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 Cast me not away from your presence ◆
and take not your holy spirit from me.
- 7 Give me again the joy of your salvation ◆
and sustain me with your gracious spirit;
- 8 Then shall I teach your ways to the wicked ◆
and sinners shall return to you.

9 Deliver me from my guilt, O God,
the God of my salvation, ◆
and my tongue shall sing of your righteousness.

Psalm 51.1–5,12–15

**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 night has passed, and the day lies open before us;
let us pray with one heart and mind.

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.

Amen.

The Word of God

One or more psalm can be read

Psalm 12	Psalm 57
Psalm 28	Psalm 85
Psalm 32	Psalm 142

Each psalm or group of psalms may end with

**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

Readings of the Day or one or more readings below can be read

I am the Lord, your Holy One, the Creator of Israel, your King.
Yet you did not call upon me, O Jacob; but you have been weary of
me, O Israel! You have not brought me your sheep for burnt offerings,
or honoured me with your sacrifices. I have not burdened you with

offerings, or wearied you with frankincense. You have not bought me sweet cane with money, or satisfied me with the fat of your sacrifices. But you have burdened me with your sins; you have wearied me with your iniquities. I, I am He who blots out your transgressions for my own sake, and I will not remember your sins.

Isaiah 43:15, 22-25

Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the Lord, your God?

Joel 2:12-14

For I know how many are your transgressions, and how great are your sins— you who afflict the righteous, who take a bribe, and push aside the needy in the gate. Therefore the prudent will keep silent in such a time; for it is an evil time. Seek good and not evil, that you may live; and so the Lord, the God of hosts, will be with you, just as you have said. Hate evil and love good, and establish justice in the gate; it may be that the Lord, the God of hosts, will be gracious to the remnant of Joseph.

Amos 5:12-15

“Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

“So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

Matthew 6:1-4

Gospel Canticle

The Benedictus (The Song of Zechariah)

**Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.**

- 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.

Luke 1.68–79

**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.**

**Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.**

Prayers

Prayers are offered

- *for the day and its tasks*
- *for the world and its needs*
- *for the Church and her life*

A Collect Prayer

Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent: create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. **Amen.**

The Lord's Prayer

Trusting in the compassion of God,
let us pray with confidence as our Saviour has taught us

**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.**

The Conclusion

May God our Redeemer show us compassion and love.

Amen.

Let us bless the Lord.

Thanks be to God.

Evening Prayer in Lent

○ God, make speed to save us.

○ Lord, make haste to help us.

Hear our voice, ○ Lord, according to your faithful love,
according to your judgement give us life.

A prayer of thanksgiving

Blessed are you, Lord God of our salvation,
to you be glory and praise for ever.

In the darkness of our sin you have shone in our hearts
to give the light of the knowledge of the glory of God
in the face of Jesus Christ.

Open our eyes to acknowledge your presence,
that freed from the misery of sin and shame
we may grow into your likeness from glory to glory.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God for ever.

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.

As our evening prayer rises before you, ○ God,
so may your mercy come down upon us
to cleanse our hearts
and set us free to sing your praise
now and for ever.

Amen.

The Word of God

One or more psalm can be read

Psalm 12 Psalm 28 Psalm 32
Psalm 57 Psalm 85 Psalm 142

Each psalm or group of psalms may end with

**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

Readings of the Day or one or more readings can be read

Then Moses summoned Joshua and said to him in the sight of all Israel: “Be strong and bold, for you are the one who will go with this people into the land that the Lord has sworn to their ancestors to give them; and you will put them in possession of it. It is the Lord who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed.”

Deuteronomy 31:7-8

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

Isaiah 58:6-9a

Blessed are those who trust in the Lord, whose trust is the Lord. They shall be like a tree planted by water, sending out its roots by the stream. It shall not fear when heat comes, and its leaves shall stay green; in the year of drought it is not anxious, and it does not cease to bear fruit. The heart is devious above all else; it is perverse—who can understand it? I the Lord test the mind and search the heart, to give to all according to their ways, according to the fruit of their doings.

Jeremiah 17:7-10

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord’s feet and listened to what he was

saying. But Martha was distracted by her many tasks; so she came to him and asked, “Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.” But the Lord answered her, “Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.” *Luke 10:38-end*

Gospel Canticle

The Magnificat (The Song of Mary)

**Come, let us return to the Lord,
for our God will richly pardon.**

- 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.

Luke 1.46–55

**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, let us return to the Lord,

for our God will richly pardon.

Prayers

Thanksgiving may be made for the day.

Prayers are offered

- *for peace*
- *for individuals and their needs*

A Collect Prayer

Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Lord.

Amen.

The Lord's Prayer

Trusting in the compassion of God,
let us pray with confidence as our Saviour has taught us

**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.

The Conclusion

May God our Redeemer show us compassion and love.

Amen.

Let us bless the Lord.

Thanks be to God.

Collection of Prayers

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.
Amen.

From St. Patrick's Breastplate

Lord, make us instruments of your peace.
Where there is hatred, let us 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 we 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

Prayer of St. Francis

Church of England 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.

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

Praying for Others

When we are isolated from others it can feel very lonely. And those we care about will be feeling lonely too. Don't forget to pray for them! You could:

- Use photographs of friends and family to help you focus when you pray
- Find some pebbles from the garden. Wash and dry them, and write the names of people you want to pray for on them with a pencil, felt tip or a sharpie.
- Make a prayer wall in your house where you can stick post-it notes with names or prayer requests. Some more adventurous alternatives might be to make a prayer tree with a branch from the garden, or how about a 'prayer fridge' where you can stick the names on the front and pray for one or two each time you go to get anything out!

Prayer can be practical too...

Why not hold others in prayer by:

- Picking up the phone – particularly if you know that they are also self-isolating or may be worried or lonely
- Writing a letter to someone you haven't seen for a long time
- If you can, sending a quick text of reassurance – let someone know you're praying for them.

Praying with others

It may not be possible to meet in person, but you can pray with others by using the same words at (roughly) the same time.

- Use the printed order of service and the reading list
- Download the 'Pray as you go' app (or the C of E's 'Daily Prayer' app)
- Pray the Lord's Prayer.

Lectio Divina (Sacred Reading)

Lectio Divina is an ancient method of meditating on Scripture. It was first introduced by St. Gregory of Nyssa (c 330- 395), and also encouraged by St. Benedict of Nursia (c 480-547), the founder of the Benedictine order. In Lectio Divina, the chosen passage is read prayerfully several times. This gives an opportunity to think deeply about it and respond thoughtfully. You may even find yourself imagining that you are part of the scene – it can give a new way of understanding familiar passages.

The 4 ‘R’s of Lectio Divina:

LECTIO (READ) Take your time to read the passage. Get a sense of what it is saying. Read the passage for a second time. Listen for any words or phrases that strike you, and listen with your heart.

MEDITATIO (REFLECT) Read the passage again, slowly. As you pause on the words or phrases that strike you, take time to consider what that word, phrase or passage means, particularly in your life.

ORATIO (RESPOND) Read the passage again, slowly. Consider now how God has spoken to you in this passage and respond back to him. If you are upset or angry, say so! It is OK to ask questions! You may want to consider how this passage is asking you to act differently.

CONTEMPLATIO (REMAIN) Now take some time simply to rest and remain in the presence of God. You may want to record some of your thoughts or prayers in a journal so you can come back to them later.

Some scripture passages to pray with:

Matthew 9:9-13 Matthew 11:25-30 Mark 4:35-41 Luke 8:4-8
Luke 15:1-7 Luke 18:35-43 Luke 23:39-43 John 15:1-11

The Ignatian Examen

Over 400 years ago St. Ignatius Loyola encouraged prayer-filled mindfulness through the Daily Examen. The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern his direction for us.

1. Become aware of God's presence.

Look back on the events of the day in the company of the Holy Spirit. The day may seem confusing to you—a blur, a jumble, a muddle. Ask God to bring clarity and understanding.

2. Review the day with gratitude.

Gratitude is the foundation of our relationship with God. Walk through your day in the presence of God and note its joys and delights. Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures. God is in the details.

3. Pay attention to your emotions.

One of St. Ignatius' great insights was that we detect the presence of the Spirit of God in the movements of our emotions. Reflect on the feelings you experienced during the day. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

4. Choose one feature of the day and pray from it.

Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. It may involve a feeling—positive or negative. It may be a significant encounter with another person or a vivid moment of pleasure or peace. Or it may be something that seems rather insignificant. Look at it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

5. Look toward tomorrow.

Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow

these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.

St. Ignatius encouraged people to talk to Jesus like a friend. End the Daily Examen with a conversation with Jesus. Ask forgiveness for your sins. Ask for his protection and help. Ask for his wisdom about the questions you have and the problems you face. Do all this in the spirit of gratitude. Your life is a gift, and it is adorned with gifts from God. End the Daily Examen with the Lord's Prayer.

(Adapted from <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray/>)

Simple Act of Prayer

If you ever run out of words...

Light a candle (or have a battery powered one) and know that God is with you, and that the Holy Spirit *'intercedes with sighs too deep for words'*.

(Romans 8:26)

(Finger) Walking a Labyrinth

Walking a labyrinth is an ancient meditation practice drawn from Celtic Christianity. Often Labyrinths were marked out with stones or cut into the hillside. Sometimes you find labyrinth patterns on the floors of cathedrals – the labyrinth at Chartres being the most famous.

If mobility is difficult or you cannot get outside though (If you are self-isolating, for example!) then you can ‘take your finger for a walk’ around a labyrinth instead – tracing the lines slowly and meditatively into the centre and out again.

A Labyrinth is different from a maze. There is only one path. You cannot get lost.

As you travel inwards, think about your life journey up until this point. Think of all the highs and lows. All the turning points. All the times when you have noticed God at work. Notice how the path turns back on itself and you pass close by to events in the past. How have things in your life been connected?

Offer all of these to God.

When you get to the centre, rest a while in God’s presence. Just be still and attentive.

When you are ready, slowly trace your finger back out of the labyrinth. Imagine you are walking outwards, back into the world, knowing God’s presence with you. Listen to what new things God may be calling you to now.



Celebration of The Eucharist

Greeting

The peace of the Lord be always with you.

Prayers of Penitence

God shows his love for us in that while we were still sinners, Christ died for us. Let us then show our love for him by confessing our sins in penitence and faith.

Lord God,

**we have sinned against you;
we have done evil in your sight.**

We are sorry and repent.

Have mercy on us according to your love.

Wash away our wrongdoing and cleanse us from our sin.

**Renew a right spirit within us
and restore us to the joy of your salvation,
through Jesus Christ our Lord.**

Amen.

Absolution

May almighty God,
who sent his Son into the world to save sinners,
bring you his pardon and peace,
now and for ever.

Amen.

The Collect

God of love, passionate and strong, tender and careful;
Watch over us and hold us all the days of our life;
Through Jesus Christ our Lord.

Amen.

Bible Reading(s)

Short Reflection

This will lead into a time of prayer

The Peace

The peace of the Lord be with you.

Eucharistic Prayer

The Lord is here

His Spirit is with us.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give thanks and praise.

It is right to praise you, Father, Lord of all creation;
in your love you made us for yourself.

When we turned away you did not reject us,
but came to meet us in your Son.

**You embraced us as your children
and welcomed us to sit and eat with you.**

In Christ you shared our life
that we might live in him and he in us.

**He opened his arms of love upon the cross
and made for all the perfect sacrifice for sin.**

On the night he was betrayed,
at supper with his friends
he took bread, and gave you thanks;
he broke it and gave it to them, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.

**Father, we do this in remembrance of him:
his body is the bread of life.**

At the end of supper, taking the cup of wine,
he gave you thanks, and said:
Drink this, all of you;
this is my blood of the new covenant,
which is shed for you for the forgiveness of sins;
do this in remembrance of me.

**Father, we do this in remembrance of him:
his blood is shed for all.**

As we proclaim his death and celebrate his rising in glory,
send your Holy Spirit that this bread and this wine
may be to us the body and blood of your dear Son.

**As we eat and drink these holy gifts
make us one in Christ, our risen Lord.**

With your whole Church throughout the world
we offer you this sacrifice of praise
and lift our voice to join the eternal song of heaven:

**Holy, holy, holy Lord,
God of power and might,
Heaven and earth are full of your glory.
Hosanna in the highest.**

The Lord's Prayer

Let us prayer as Jesus taught us

**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.**

Breaking Bread

We break this bread
to share in the body of Christ.
**Though we are many, we are one body,
because we all share in one bread.**

Invitation to Communion

Draw near with faith.
Receive the body of our Lord Jesus Christ
which he gave for you,
and his blood which he shed for you.
Eat and drink
in remembrance that he died for you,
and feed on him in your hearts
by faith with thanksgiving.

Communion is received

Post Communion Prayer

The Post Communion prayer is said and then we all pray together

**Almighty God,
we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you our souls and bodies
to be a living sacrifice.
Send us out
in the power of your Spirit
to live and work
to your praise and glory.
Amen.**

Blessing

The almighty and merciful Lord,
Father, Son, and Holy Spirit,
bless us and keep us. **Amen.**