

Simple Acts of Worship and Prayers

Prayer resources for those who are unable to meet together



**“The LORD is good, a strong refuge when trouble comes.
He is close to those who trust in him.” Nahum 1:7**

‘Growing the Love of God in our Communities’

The Netherexe Parishes Mission Community

The Parishes of Bramford Speke, Cadbury, Newton St Cyres,
Poltimore with Huxham, Rewe with Netherexe, Stoke Canon,
Thorverton and Upton Pyne

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These simple acts of worship, and some selected prayers have been created for you if you are unable to attend church.

Christians across the world say worship daily, so you will be taking part in these acts of worship in company with many others!

If you are well enough, why not pause for a moment in the morning and evening to spend a few moments with God.

You may like to have to hand:

a Bible,

a candle to light,

some reflective music.

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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.

Saying sorry to God:

God our Father, we come to you in sorrow for our sins.

Keep a short silence

For turning away from you, and ignoring your will for our lives;
Father, forgive us: save us and help us.

For behaving just as we wish, without thinking of you;
Father, forgive us: save us and help us.

For failing you by what we do and think and say;
Father, forgive us: save us and help us.

For letting ourselves be drawn away from you
by temptations in the world about us;
Father, forgive us: save us and help us.

For living as if we were ashamed to belong to your Son;
Father, forgive us: save us and help us.

Forgiveness:

May the God of love bring us back to himself, forgive us our sins, and assure us of his eternal love in Jesus Christ our Lord. Amen.

Find the bible reading for today on the Church of England Website or use the readings for Sunday found on page 8 onwards

Let us declare our faith in God.

We believe in God the Father,
from whom every family
in heaven and on earth is named.

We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.

We believe in God the Holy Spirit,
who strengthens us
with power from on high.

We believe in one God;
Father, Son and Holy Spirit. Amen.

We pray 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 our country

Pray for the world

Lord's Prayer:

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

[How to find a Bible reading.](#)

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

Sun 22 Mar 2020 The Fourth Sunday of Lent

Colossians 3.12-17 Luke 2.33-35 Psalm 127. 1-4

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

Sun 29 Mar 2020 The Fifth Sunday of Lent

Romans 8.6-11 John 11.1-45 Psalm 130

Gracious Father, you gave up your Son out of love for the world: lead us to ponder the mysteries of his passion, that we may know eternal peace through the shedding of our Saviour's blood, Jesus Christ our Lord. Amen

Sun 5 Apr 2020 Palm Sunday

Philippians 2.5-11 Matthew 21.1-11 Psalm 118.1-2,19-29

True and humble king, hailed by the crowd as Messiah: grant us the faith to know you and love you, that we may be found beside you on the way of the cross, which is the path of glory. Amen

Sun 12 Apr 2020 Easter Day

Acts 10:34-43 Matthew 28.1-10 Psalm 118:1-2,14-24

God of glory, by the raising of your Son you have broken the chains of death and hell: fill your Church with faith and hope; for a new day has dawned and the way to life stands open in our Saviour Jesus Christ. Amen

Sun 19 Apr 2020 The Second Sunday of Easter

Acts 2.14a,22-32 John 20.19-end Psalm 16

Risen Christ, for whom no door is locked, no entrance barred: open the doors of our hearts, that we may seek the good of others and walk the joyful road of sacrifice and peace, to the praise of God the Father.

Amen

Sun 26 Apr 2020 The Third Sunday of Easter

Acts 2.14a,36-41 Luke 24.13-35 Psalm 116. 1-4,12-19

Risen Christ, you filled your disciples with boldness and fresh hope: strengthen us to proclaim your risen life and fill us with your peace, to the glory of God the Father. Amen

Sun 3 May 2020 The Fourth Sunday of Easter

Acts 2.42-47 Psalm 23 John 10.1-10

Risen Christ, faithful shepherd of your Father's sheep: teach us to hear your voice and to follow your command, that all your people may be gathered into one flock, to the glory of God the Father. Amen

Sun 10 May 2020 The Fifth Sunday of Easter

Acts 7.55-60 Psalm 31.1-5 John 14.1-14

Risen Christ, your wounds declare your love for the world and the wonder of your risen life: give us compassion and courage to risk ourselves for those we serve, to the glory of God the Father. Amen

Sun 17 May 2020 The Sixth Sunday of Easter

Acts 17.22-31 Psalm 66.7-18 John 14.15-21

Risen Christ, by the lakeside you renewed your call to your disciples: help your Church to obey your command and draw the nations to the fire of your love, to the glory of God the Father. Amen

Sun 24 May 2020 Sunday after Ascension Day

Acts 1.6-14 Psalm 68.1-10 John 17.1-11

Risen, ascended Lord, as we rejoice at your triumph, fill your Church on earth with power and compassion, that all who are estranged by sin may find forgiveness and know your peace, to the glory of God the Father. Amen

Sun 31 May 2020 Day of Pentecost

Acts 2.1-21 Psalm 104.26-35 John 20.19-23

Holy Spirit, sent by the Father, ignite in us your holy fire; strengthen your children with the gift of faith, revive your Church with the breath of love, and renew the face of the earth, through Jesus Christ our Lord. Amen

An order for the office of Compline (Night Prayer)

The office of Compline (Night prayer) is a good way to end the day in quiet contemplation and reflection upon the past day before commending oneself to God and a peaceful night's sleep. 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.

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.

**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.**

*Find the bible reading for today on the Church of England Website or
use the readings for Sunday found on page 8 onwards*

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.

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.

Our Father in heaven,
hallowed by your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin
against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen

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.

Various prayers

For those in isolation

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 unfailing and tender care, those who are ill or in pain, knowing that whenever danger threatens your everlasting arms are there to hold us safe. Comfort and heal them, and restore them to health and strength; through Jesus Christ our Lord. Amen.

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.

Prayers for when you can't get to church

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.

Prayer on TV, Radio and the internet

Television programs

- Songs of Praise Sundays at 1.15pm on BBC 1

Radio programs

- Prayer for the Day daily at 5.43am on Radio 4
- Sunday Worship Sundays at 8.10am on Radio 4
- Sunday Service at 6.30am on BBC Radio Devon
- Daily Service Monday to Friday at 9.45am on Radio 4 Longwave and DAB
- 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 news from our team of churches at www.netherexe.org or by accessing one of the churches Facebook pages.
- The Church of England website is producing a range of resources, including live services from around the country, podcasts and audio resources. <https://www.churchofengland.org/>
- Keep up to date with news from the Diocese, including the most up to date information at <https://exeter.anglican.org/>
- Audio daily prayer <https://pray-as-you-go.org>
- <https://www.24-7prayer.com>

If you are lonely whilst self-isolating

- Please do call one another on the telephone- it is good to offer comfort and support to one another.
- We are able to share telephone numbers of those who have agreed to them being passed on. If you would like your number to be shared with others in the church for this purpose, please ring the Church Admin team 07594714590 or Rev Katie Cross (Rector) 01392 759612.
- You can call the Samaritans free on 116 123
- You can call Silverline (aged 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.
- You can, of course, call Rev Katie Cross on 01392 759612. Do leave an answerphone message if she is unavailable and she will get back to you asap. Do keep in touch – you are not alone

Psalm 121

I lift up my eyes to the mountains, where does my help come from?

My help comes from the LORD, the Maker of heaven and earth.

He will not let your foot slip he who watches over you will not slumber;
indeed, he who watches over Israel will neither slumber nor sleep.

The LORD watches over you the LORD is your shade at your right hand;
the sun will not harm you by day, nor the moon by night.

The LORD will keep you from all harm he will watch over your life;
the LORD will watch over your coming and going
both now and for evermore.