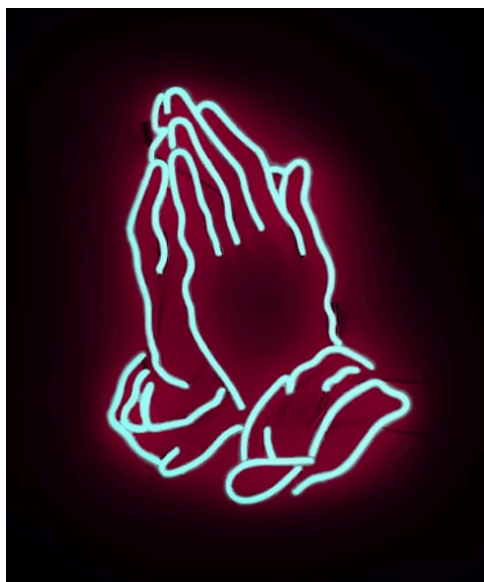


Parish Prayer Book



www.mossleyparishchurch.org.uk

Facebook/Twitter: @mossleyparish **YouTube:** Parish of Mossley

Version 1 - June 2020

The ancient daily offices of ***Morning & Night Prayer*** are offered as simple acts of worship that can be prayed at home by anyone wishing to deepen their personal prayer life, or when unable to attend church.

An act of ***Spiritual Communion*** is offered, for anyone unable to attend the Eucharist and receive Holy Communion.

A page is included before each service to add the names of those people or situations you wish to bring to God - *a list at each means we can pray for the same, and different situations each time we worship without forgetting anyone or anything - and don't worry, if we forget, God doesn't!*

As our prayer deepens, all of us find our own rhythm of prayer and praise - *there is no right or wrong way!* We are invited to speak quietly and prayerfully, and if in company, to ensure our voice blends with and does not overpower others. It is customary to pause in the psalms and canticles at the ♦ for a breath, as we allow scripture to envelop us.

You may find it helpful to safely light a candle, sit in front of a cross, icon or helpful picture, or play some suitable music, or to sit in a particular chair - *experiment with what works for you!*

Morning Prayer each Tuesday at 9am at St John's follows the service as set out in this booklet - you may like to pray at this time, knowing ourselves joined in prayer.

The Lord's Prayer

**Our Father in heaven,
hallowed be 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.**

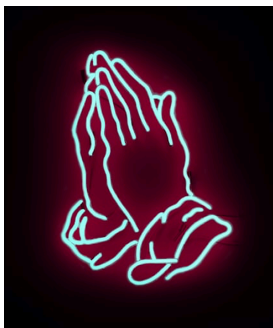
or

**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.**

Matthew 6.9-13

Luke 11.2-4

My prayer list for Morning Prayer



Morning Prayer

Opening Sentences

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

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

Pause for reflection as you offer the day to God.

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.**

Psalmody

You may wish to say one of the psalms below, or chose another psalm.

In the Lord have I taken refuge; ♦ how then can you say to me, ‘Flee like a bird to the hills,

‘For see how the wicked bend the bow and fit their arrows to the string, ♦ to shoot from the shadows at the true of heart.

‘When the foundations are destroyed, ♦ what can the righteous do?’

The Lord is in his holy temple; ♦ the Lord’s throne is in heaven.

His eyes behold, ♦ his eyelids try every mortal being.

The Lord tries the righteous as well as the wicked, ♦ but those who delight in violence his soul abhors.

Upon the wicked he shall rain coals of fire and burning sulphur; ♦ scorching wind shall be their portion to drink.

For the Lord is righteous; he loves righteous deeds, ♦ and those who are upright shall behold his face.

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.

Psalm 11

The Lord is my shepherd; ♦ therefore can I lack nothing.

He makes me lie down in green pastures ♦ and leads me beside still waters.

He shall refresh my soul ♦ and guide me in the paths of righteousness for his name's sake.

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.

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.

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.

Glory to the Father...

Psalm 23

O God, make speed to save me; ♦ O Lord, make haste to help me.

Let those who seek my life be put to shame and confusion; ♦ let them be turned back and disgraced who wish me evil.

Let those who mock and deride me ♦ turn back because of their shame.

But let all who seek you rejoice and be glad in you; ♦ let those who love your salvation say always, 'Great is the Lord!'

As for me, I am poor and needy; ♦ come to me quickly, O God.

You are my help and my deliverer; ♦ O Lord, do not delay.

Glory to the Father...

Psalm 70

O be joyful in the Lord, all the earth; ♦ serve the Lord with gladness and come before his presence with a song.

Know that the Lord is God; ♦ it is he that has made us and we are his; we are his people and the sheep of his pasture.

Enter his gates with thanksgiving and his courts with praise; ♦ give thanks to him and bless his name.

For the Lord is gracious; his steadfast love is everlasting, ♦ and his faithfulness endures from generation to generation.

Glory to the Father...

Psalm 100

O praise the Lord, all you nations; ♦ praise him, all you peoples.

For great is his steadfast love towards us, ♦ and the faithfulness of the Lord endures for ever.

Glory to the Father...

Psalm 117

I lift up my eyes to the hills; ♦ from where is my help to come?

My help comes from the Lord, ♦ the maker of heaven and earth.

He will not suffer your foot to stumble; ♦ he who watches over you will not sleep.

Behold, he who keeps watch over Israel ♦ shall neither slumber nor sleep.

The Lord himself watches over you; ♦ the Lord is your shade at your right hand,

So that the sun shall not strike you by day, ♦ neither the moon by night.

The Lord shall keep you from all evil; ♦ it is he who shall keep your soul.

The Lord shall keep watch over your going out and your coming in, ♦ from this time forth for evermore.

Glory to the Father...

Psalms 121

O praise God in his holiness; ♦ praise him in the firmament of his power.

Praise him for his mighty acts; ♦ praise him according to his excellent greatness.

Praise him with the blast of the trumpet; ♦ praise him upon the harp and lyre.

Praise him with timbrel and dances; ♦ praise him upon the strings and pipe.

Praise him with ringing cymbals; ♦ praise him upon the clashing cymbals.

Let everything that has breath ♦ praise the Lord.

Glory to the Father...

Psalms 150

Bible Reading

You may wish to use the weekly pattern of short readings given below, or choose a passage of your own.

Sunday

But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Saviour.

Isaiah 43.1-3a

Monday

‘Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.’ Thomas said to him, ‘Lord, we do not know where you are going. How can we know the way?’ Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me.

John 14.1-6

Tuesday

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.

Philippians 4.8-9

Wednesday

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3.16,17 5

Thursday

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

Ephesians 2.19-22

Friday

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

Romans 19.9-12

Saturday

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—

you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

Luke 12.22-31

Gospel Canticle - Benedictus

Blessed be the Lord the God of Israel, ♦ who has come to his people and set them free.

He has raised up for us a mighty Saviour, ♦ born of the house of his servant David.

Through his holy prophets God promised of old ♦ to save us from our enemies, from the hands of all that hate us,

To show mercy to our ancestors, ♦ and to remember his holy covenant.

This was the oath God swore to our father Abraham: ♦ to set us free from the hands of our enemies,

Free to worship him without fear, ♦ holy and righteous in his sight all the days of our life.

And you, child, shall be called the prophet of the Most High, ♦ for you will go before the Lord to prepare his way,

To give his people knowledge of salvation ♦ by the forgiveness of all their sins.

In the tender compassion of our God ♦ the dawn from on high shall break upon us,

To shine on those who dwell in darkness and the shadow of death, ♦ and to guide our feet into the way of peace.

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.

Luke 1.68-79

Prayers

You may wish to use some of the additional prayers from this booklet, as well as adding your own petitions.

Almighty and everlasting God, we thank you that you have brought us safely to the beginning of this day. Keep us from falling into sin or running into danger; order us in all our doings and guide us to do always what is righteous in your sight; through Jesus Christ our Lord. **Amen.**

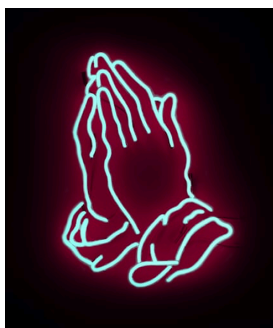
The Lord's Prayer

The Conclusion

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

Let us bless the Lord. **Thanks be to God.**

My prayer list for Night Prayer



Night Prayer

Opening Sentences

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.**

Pause and reflect on the day that is past.

Save us, O Lord, while waking, and guard us while sleeping, that awake we may watch with Christ and asleep may rest in peace.

Psalmody

You may wish to say the psalm given below, or chose another psalm.

Whoever dwells in the shelter of the Most High ♦ and abides under the shadow of the Almighty,

Shall say to the Lord, ‘My refuge and my stronghold, ♦ my God, in whom I put my trust.’

For he shall deliver you from the snare of the fowler ♦ and from the deadly pestilence.

He shall cover you with his wings and you shall be safe under his feathers; ♦ his faithfulness shall be your shield and buckler.

You shall not be afraid of any terror by night, ♦ nor of the arrow that flies by day;

Of the pestilence that stalks in darkness, ♦ nor of the sickness that destroys at noonday.

Though a thousand fall at your side and ten thousand at your right hand, ♦ yet it shall not come near you.

Your eyes have only to behold ♦ to see the reward of the wicked.

Because you have made the Lord your refuge ♦ and the Most High your stronghold,

There shall no evil happen to you, ♦ neither shall any plague come near your tent.

For he shall give his angels charge over you, ♦ to keep you in all your ways.

They shall bear you in their hands, ♦ lest you dash your foot against a stone.

You shall tread upon the lion and adder; ♦ the young lion and the serpent you shall trample underfoot.

Because they have set their love upon me, therefore will I deliver them; ♦ I will lift them up, because they know my name.

They will call upon me and I will answer them; ♦ I am with them in trouble, I will deliver them and bring them to honour.

With long life will I satisfy them ♦ and show them my salvation.

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.

Psalm 91

Bible Reading

You may wish to use one of the following short readings or choose a passage of your own.

Sunday evening

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

Monday

Thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength.

Isaiah 30.15

Tuesday

Jesus said, '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.

Matthew 11.28-end 12

Wednesday

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.

1 Peter 5.6,7

Thursday

Jesus said, 'I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!'

John 16.33

Friday

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

1 Thessalonians 5.9,10

Saturday

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

John 8.12

Gospel Canticle - Nunc Dimittis

Now, Lord, you let your servant go in peace: ♦ your word has been fulfilled.

My own eyes have seen the salvation ♦ which you have prepared in the sight of every people;

A light to reveal you to the nations ♦ and the glory of your people Israel.

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.

Luke 2.29-32

Prayers

You may wish to use some of the additional prayers from this booklet, as well as adding your own petitions.

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.**

Visit this place, O Lord, we pray, and drive far from it the snares of the enemy; may your holy angels dwell with us in peace, and may your blessing be always upon us; through Jesus Christ our Lord. **Amen.**

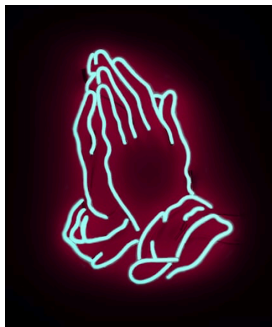
The Lord's Prayer

The Conclusion

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

The Lord bless us and watch over us; The Lord make his face to shine upon us and be gracious to us; The Lord look kindly upon us and give us peace. **Amen.**

My prayer list if I can't attend church



An act of Spiritual Communion

In the name of the Father, and of the Son, and of the Holy Spirit.
Amen.

The Collect for Purity

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 Confession

Examine your heart and confess your sins to God.
Father eternal, giver of light and grace,
we have sinned against you and against our neighbour,
in what we have thought,
in what we have said and done,
through ignorance, through weakness,
through our own deliberate fault.
We have wounded your love
and marred your image in us.
We are sorry and ashamed
and repent of all our sins.
For the sake of your Son Jesus Christ, who died for us,
forgive us all that is past and lead us out from darkness
to walk as children of light. **Amen.**

The Almighty and merciful Lord, grant me pardon and absolution
of all my sins. **Amen.**

Spiritual Communion

In union, O Lord with the faithful at every altar of your Church, where the Holy Eucharist is celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united to you. And since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I unite myself to you, and embrace you with all the affections of my soul. Let nothing ever separate you from me. May I live and die in your love. **Amen.**

Prayers

You may wish to use some of the additional prayers from this booklet, as well as adding your own petitions.

The Lord's Prayer

The Conclusion

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. **Amen.**

Additional Prayers

Almighty God, the fountain of all goodness, bless our Sovereign Lady, ***Queen Elizabeth***, and all who are in authority under her; that they may order all things in wisdom and equity, righteousness and peace, to the honour of your name, and the good of your Church and people; through Jesus Christ our Lord. **Amen.**

Almighty and everlasting God, the only worker of great marvels, send down upon our bishops and other pastors and all congregations committed to their care the spirit of your saving grace; and that they may truly please you, pour upon them the continual dew of your blessing. Grant this, O Lord, for the honour of our advocate and mediator, Jesus Christ. **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.**

Almighty God, you have given your Holy Spirit to the Church to lead us into all truth: bless with the Spirit's grace and presence the members of this parish; keep us steadfast in faith and united in love, that we may manifest your glory and prepare the way of your kingdom; 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.**

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.**

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.**

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. **Amen.**

O God, our sovereign and our shepherd, who brought again your Son Jesus Christ from the valley of death, comfort us with your protecting presence and your angels of goodness and love, that we also may come home and dwell with him in your house for ever. **Amen.**

O Lord Jesus Christ, Son of the living God, set your passion, cross and death between your judgement and our souls, now and in the hour of our death. Grant mercy and grace to the living, rest to the departed, to your Church peace and concord and to us sinners forgiveness, and everlasting life and glory; for, with the Father and the Holy Spirit, you are alive and reign, God, now and for ever. **Amen.**

Almighty God, you see that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord. **Amen.**

Loving Lord, we thank you for your love so freely given to us all. We pray for families around the world. Bless the work of the ***Mothers' Union*** as we seek to share your love through the encouragement, strengthening and support of marriage and family life. Empowered by your Spirit, may we be united in prayer and worship, and in love and service reach out as your hands across the world. In Jesus' name. **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.**

Sovereign God, the defence of those who trust in you and the strength of those who suffer: look with mercy on our affliction and deliver us through our mighty Saviour Jesus Christ. **Amen.**

Lord God, whose Son, Jesus Christ, understood people's fear and pain before they spoke of them, we pray for those in hospital or sick at home; surround the frightened with your tenderness; give strength to those in pain; hold the weak in your arms of love, and give hope and patience to those who are recovering; we ask this through the same Jesus Christ, our Lord. **Amen.**

O Lord our God, grant us grace to desire you with our whole heart; that so desiring, we may seek and find you; and so finding, may love you; and so loving, may hate those sins from which you have delivered us; 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.**

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.**

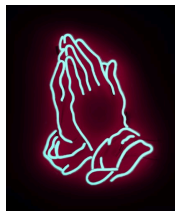
Lord Jesus Christ, Son of the living God, who at this evening hour lay in the tomb and so hallowed the grave to be a bed of hope for all who put their trust in you: give us such sorrow for our sins, which were the cause of your passion, that when our bodies lie in the dust, our souls may live with you forever. **Amen.**

Christ has no body on earth now but yours, no hands but yours, no feet but yours; yours are the eyes through which he looks with compassion on the world; yours are the feet with which he walks to do good; yours are the hands with which he blesses all the world. **Amen.**

St Teresa of Ávila

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 for seek for rest; to labour and not to ask for any reward save that of knowing that we do thy will. **Amen.**

St Ignatius Loyola



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