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**Prayer Booklet**

An Act of Spiritual Communion

*Settle yourself into a quiet place. Use an icon or light*

*a candle and allow attention to silently withdraw*

*from external things and focus into the heart.*

*You can do this by breathing deeply and slowly*

*into the centre of your being or*

*repeating some reflective verses.*

**O God, come to our aid; O Lord, make haste to help us.**

*Next, call to mind anything you have done wrong and make an Act of Contrition;*

**Lord Jesus Christ, Son of the Living God; have mercy on us.**

*Then if you are able, pray the prayer for the day*

*and read the lesson from the Bible with a time of silence.*

*Offer your own prayers ending with the Lord’s Prayer.*

*Now imagine Jesus coming to you in a gracious*

*and kind manner, holding out to you*

*the Blessed Sacrament;*

**Lord, I am not worthy to receive you,**

**but only say the word and I shall be healed.**

*Then make an Act of Spiritual Communion in these words;*

Almighty god, in union with the faithful at every altar of your Church, where your blessed body and blood are offered to the Father, I desire to offer you praise and thanksgiving. I present to you my soul and body, with the earnest wish that I may ever 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 me from you. Let me live in your in your love. Amen.

 *As you imagine yourself receiving the Bread of Heaven, be still and rest in the love of God.*

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

*Material from* [*www.cchjm.org*](http://www.cchjm.org) *21.03.20*



A Form of Daily Prayer

Be still and know that **I AM God**

O Lord, open our lips: that our mouths shall proclaim your praise

Hear our voice, O Lord, according to your faithful Love,

according to your Judgement give us life.

**Glory to the Father, and to the Son and to the Holy Spirit as it was in the beginning, is now and shall be forever. Amen**

As we turn our face to you, O Lord, let us ever deeper into your love and accept our offering of praise and prayer on behalf of the world;

Through Jesus Christ, our Lord. Amen

**Psalms 6, 13, 26, 32, 38, 40, 51, 57, 85, 86,or 143 may be used.**

**Readings; Isaiah 58: 6-9 and Luke 11: 33-42**

*Pause for reflection*

**Response:**

Jesus, saviour of the world, come to us in your mercy;

We look to you to save us and help us.

By your cross and your life laid down, you set your people free:

We look to you save us and help us.

When they were ready to perish, you saved your disciples:

We look to you to come to our help.

In the greatness of your mercy, loose us from our chains,

Forgive the sins of all your people.

Make yourself known as our saviour and deliverer:

Save and help us that we may praise you.

Come now and dwell with us, Lord Jesus:

Hear our prayer and be with us always. And when you come in glory; make us to be one with you and to share the life of your Kingdom.



**Thursday**

Dear God, thank you for the gift of family and friends. Holding them in my heart is one of the most precious things I can never get tired of. Bless everyone, for they deserve all goodness You have given to me. If I may do something wrong today, please forgive me. Amen.

**Friday**

Dear Lord, I pray today that I will yield my spirit completely to You, that You may use me as You please. I pray that You will provide me opportunities to show people how much You mean to me. Give me discretion to know what to say and how to say it. Make me bold enough that I may proclaim salvation cheerfully and joyfully. I pray that the seeds You allow me to plant will grow and mature. I may not be able to see people at the moment but give me the opportunity to show your love in other ways. I am forever grateful for the cross; may I proclaim it in a new way today. Amen.

**Saturday**

Dear God, I pray that I will stay focused on You today. I pray that You will constantly remind me to be content in all of my circumstances. I pray that You will fill me up that I may be joyful all day, especially if stress and anxiety creep in. I know that through my contentment, You will be glorified. I want to honour You, Father, in all that I do. Amen.

**Sunday**

Dear Lord, You have brought me to the beginning of a new week. As the world is renewed fresh and clean, so I ask You to renew my heart with Your strength and purpose. Forgive me the errors of yesterday and bless me to walk closer in Your way today. This is the day I begin my life anew; shine through me so that every person I meet may feel Your presence in me. Take my hand, precious Lord for I cannot make it by myself. Amen.

Prayers adapted from: <https://www.beliefnet.com/faiths/prayer/8-morning-prayers-to-use-daily>

**Prayers**

I give thanks.................

I ask for help and guidance.............

I pray for others.....................

A Daily Prayer may be said, followed by;

**The Lord’s Prayer**

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 others, to you and the mystery of your cross.

We will bless the Lord, our merciful Creator.

Thanks be to God. Amen

The Archbishops Council 2005

**A Prayer for Every Day**

**Monday**

Dear Lord, I pray .that You give me strength today, to be strong for You in this world full of uncertainty and challenge. You know that there are struggles that I will go through today. I pray that You be with me as I go through them. Carry me when I am too weak. Amen.

**Tuesday**

Dear Lord, I don’t know what will happen today. But I do know that You are my rock and my fortress. You are my shield and my strong tower. Help me to anchor myself to You today. Teach me how to stand strong in You and choose only Your way today. Help me walk by Your truth and not my feelings. Help me to embrace anything that comes my way as an opportunity to see You at work and as opportunity to point others to You. Amen.

**Wednesday**

Dear God, I thank you for today. You have given me another sunrise to enjoy. Thank you for the wonderful sounds of nature and the cool breeze brushing through the trees making the birds sing beautiful melodies. I praise You, Father, for allowing me to live another beautiful day in Your Kingdom. Amen.

Whilst all church services are currently suspended we are first and foremost a community of prayer, hope and loving service nothing will prevent us from BEING church. In the coming days we will be looking at the ways we can support the amazing people of Blackley. Please be assured that we are praying for you. If you think we can help someone, or you would like to contact us and support our work then please do so via social media; @northmanccofe, on 0161 264 9982 or by email admin@northmanccofe.org or visit [www.achurchnearyou.com](http://www.achurchnearyou.com)