



HOLY TRINITY CHURCH LEAMINGTON SPA



Together at Home PRAYER RESOURCES

to use at home

when you can't worship in church

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Introduction

We are all facing a crisis and looking for guidance, hope and support.

Although this is a health crisis, it's having profound economic and social effects, on our lives, our community and our society.

It is also a spiritual challenge. Many people are afraid, some are isolated and some lonely. Some may well be, or will become, ill. Some have close friends and relatives who are, or will be, ill. Some may face bereavements.

This is happening at a time when our churches, have rightly, suspended all public worship. For many Christians much of our normal spiritual routine has been taken away. This is particularly hard for those, for whom the Eucharist is at the heart of our relationship with God and our practices of prayer.

We all need the support, not only of friends and families, but of our fellow Christians as we seek to be faithful to our calling.

It is vital to remember that, as Christians, we are not alone. We are part of the Church – and that means all God's people, living and departed. We are assured of God's presence with us and in us. He has lived among us and is with us for 'the long haul'.

It is therefore very important that we make a conscious effort to pray daily, with the Body of Christ, for God's people and for God's world.

- Say a **Daily Prayer** for our church and community, such as the Collect for the Fourth Sunday before Lent:

O God, You know us all to be set in the midst of so many and great dangers, that by reason of the frailty of our nature we cannot always stand upright: grant us such strength and protection as may support us in all dangers and carry us through all temptations; through Jesus Christ our Lord. Amen.

- Use some form of **Daily Office** and pray for those who are isolated, frightened and ill; for front line emergency and health workers; and for those in government who have to make crucial decisions.
- It is important each Sunday at 10.30 am, when we would have been at our Parish Eucharist, to join ourselves to Christ in His Eucharist, and of course to one another, by making, what is known as, an **Act of Spiritual Communion**. This is an ancient practice and has been important for those who could not attend a Eucharist, because of illness, or circumstances.

Praying

There is nothing tricky about prayer.

It's simply tuning in to God's presence - and God is always present.

Not simply alongside me, but within me at the deepest part of who I am.

I never have to get God's attention. I have God's total attention. Always. Everywhere.

I never have to make an appointment with God. I'm "first on the list".

My appointment is always "right now."

When I call God, I never get voicemail. It's direct.

To draw near to God, I don't have to travel anywhere.

God does all the travelling.

I don't have to figure out the right words to get started.

God is already speaking to me.

All I have to do is turn off the "mute" button.

The reason I pray is to become more who I am.

I'm made in the image and likeness of God.

When I pray, I become more and more like God.

Try it.

I can use words if I wish.

But I can also just sit quietly with God.

It's a fine way to spend a few minutes.

The Little Black Book for Lent 2017

Daily Prayer

Preparation

O God make speed to save us.

O Lord make haste to help us.

My heart tells of your word, 'Seek my face.'

Your face, Lord, will I seek.

Psalm 27.10

Praise

We praise you, O God,
we acclaim you as the Lord;
all creation worships you,
the Father everlasting.
To you all angels, all the powers of heaven,
the cherubim and seraphim, sing in endless praise:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.

from Te Deum Laudamus

The Word

Read a psalm, such as:

Psalm 20

Psalm 34

Psalm 115 1-13

Psalm 116

Conclude

**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.**

A short reading

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

Genesis 1.1-5

If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself.

2 Corinthians 5.17-19a

The man went away and told the Jews that it was Jesus who had made him well. Therefore the Jews started persecuting Jesus, because he was doing such things on the sabbath. But Jesus answered them, 'My Father is still working, and I also am working.' For this reason the Jews were seeking all the more to kill him, because he was not only breaking the sabbath, but was also calling God his own Father, thereby making himself equal to God.

John 5.15-18

I, John, saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.'

Revelation 21.1-4

Response

Jesus said, I am the living bread that came down from heaven.

Whoever eats of this bread will live for ever.

John 6.51a

Prayers

Prayers may include these concerns:

- for the day and its tasks
- for the peace of the world and its needs
- for the Church and her life
- for ourselves and those on our heart

The Collect of the day or the following prayer may be said

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

As our Saviour taught us, so we pray

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.

Conclusion

May Christ dwell in our hearts by faith. Amen

Collects, Readings and Other Prayers

The Parish Prayer

God of creation and new beginnings,
Who alone brings growth to your Church.
Strengthen and renew the life of our church by your living presence.
Open our eyes to catch your vision.
Guide our decision making and empower our witness.
Make us one in heart and mind,
as we work with you to become a worshipping community,
of welcome, caring and service.
Through Jesus Christ our Lord. Amen

Prayer of Preparation

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 hold name:
through Christ or Lord. Amen.

Evening Prayers

Lighten our darkness, we beseech thee, O Lord:
and by thy great mercy
defend us from all perils and dangers of this night:
for the love of thy only Son,
our Saviour, Jesus Christ. Amen.

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

The Sarum Prayer

God be in my head, and in my understanding;
God be in mine 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.

Discipleship

Thanks be to you, Lord Jesus Christ,
For all the benefits you have given us,
For all the pains and insults you have borne for us.
Most merciful Redeemer, friend and brother,
May we know you more clearly,
Love you more dearly,
And follow you more nearly,
now and for evermore. Amen.

Service

Teach us, good Lord
To serve you as you deserve,
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 not to ask for any reward;
Except that of knowing that we do thy will
Through Christ our Lord. Amen.

St. Ignatius Loyola

Discernment

O gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you,
patience to wait for you,
and eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the Holy Spirit
of Jesus Christ our Lord. Amen.

Benedict of Nursia

The Benediction

The Lord bless you and keep you
The Lord make his face to shine upon you and be gracious to you
The Lord lift up his countenance upon you and give you peace

Numbers 6.24-26

Intercession during the coronavirus outbreak

Let us pray to God,
who alone makes us dwell in safety:
For all who are affected by coronavirus,
through illness or isolation or anxiety,
that they may find relief and recovery:

Lord, hear us,
Lord, graciously hear us.

For those who are guiding our nation at this time,
and shaping national policies,
that they may make wise decisions:

Lord, hear us,
Lord, graciously hear us.

For doctors, nurses and medical researchers,
that through their skill and insights
many will be restored to health:

Lord, hear us,
Lord, graciously hear us.

For the vulnerable and the fearful,
for the gravely ill and the dying,
that they may know your comfort and peace:

Lord, hear us,
Lord, graciously hear us.

For a blessing on our local community,
that our neighbourhoods may be places of trust and friendship,
where all are known and cared for:

Lord, hear us,
Lord, graciously hear us.

We commend ourselves, and all for whom we pray,
to the mercy and protection of God.

**Merciful Father,
accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.**

Spiritual Communion

taken from St. Augustine's Prayer Book

The Book of Common Prayer reminds us that if we are unable to consume the consecrated bread and wine due to extreme sickness, or disability, the desire is enough for God to grant all the benefits of communion.

When being present at a celebration of the Eucharist is absolutely impossible, this act of prayer and meditation can provide the means by which we can associate ourselves with the Eucharistic Action and open ourselves to God's grace and blessing.

Preparation

Blessed be God, Father, Son, and Holy Spirit. And blessed be his kingdom, now and forever. Amen.

Let the power of the Holy Spirit come upon me, O Lord, to mercifully cleanse my heart and defend me from all adversities; through Jesus Christ our Lord. Amen.

The Word

The Epistle: Revelation 3:20 Behold, I stand at the door and knock. If you hear my voice and open the door, I will come in to you and eat with you and you with me.

The Psalm: Psalm 23:5-6 You prepare a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over. Surely your goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord forever.

The Gospel: John 15:5 I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me, you can do nothing.

The Creed

The Apostles' Creed may be said.

I believe in God,
the Father Almighty,
Creator of heaven and earth,
and in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
He descended into hell;
on the third day He rose again from the dead;

He ascended into heaven,
and is seated at the right hand of God the Father Almighty;
from there He will come to judge the living and the dead.
I believe in the Holy Spirit,
the Holy Catholic Church,
the communion of Saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

Intercession

In your own words, pray for:

- the day and its tasks
- for the needs and peace of the world
- for the life of the Church
- for those on your heart

And at the end.

Merciful Father,
accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.

Penitence

After offering these intercessions, continue with this Act of Contrition

O God, I am very sorry that I have sinned against you and for all the wrongs I have done and the good I have not done. Especially I confess... Forgive me for Jesus' sake, and grant me strength and wisdom to amend my life. Amen.

Act of Reception

In union, O Lord, with the faithful gathered at every altar of your Church where your blessed Body and Blood are offered this day, (and remembering particularly the Parish of Holy Trinity and the Cathedral Church of St Michael, Coventry) I long to offer praise and thanksgiving, for creation and all the blessings of this life, for the redemption won for us by your life, death, and resurrection, for the means of grace and the hope of glory.

And particularly for the blessings given to me...

I believe that you are truly present in the Holy Sacrament, and, since I cannot at this time receive communion, I pray you to come into my heart.

I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing ever separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace. Amen.

You may wish to sit in silence for a while, before saying the Lord's 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 this day 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 forever. Amen.

Prayer and Blessing

Father of all,
we give you thanks and praise,
that when we were still far off
you met us in your Son and brought us home.
Dying and living, he declared your love,
gave us grace and opened the gate of glory.
May we who share Christ's body live his risen life;
we who drink his cup bring life to others;
we whom the Spirit lights give light to the world.
Keep us firm in the hope you have set before us,
so we and all your children shall be free,
and the whole earth live to praise your name;
through Christ our Lord. Amen.

And may the peace of God, which passes all understanding,
keep my heart and mind in the knowledge and love of God,
and of his Son Jesus Christ my Lord;
and the blessing of God Almighty, the Father, the Son,
and Holy Spirit, be with me now and always. Amen

Online Resources

Church of England

You can find forms of service of Morning, Midday, Evening and Night Prayer online at: <https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/daily-prayer>

Coventry Diocesan Prayer Diary

Available to download on the 20th of each month - a daily prayer topic, a reflection and news of the Deaneries in turn <http://www.dioceseofcoventry.org/prayerdiary>

Coventry Cathedral

During the current crisis Coventry Cathedral is streaming a live service of Morning Worship every day from 9.15 am - 9.45 am and the Litany of Reconciliation from 12.00 noon - 12.15 pm, via the Cathedral Facebook page <https://www.facebook.com/coventrycathedral/>

Northumbria Community

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

Pray as you go

A free on-line resource which provides a 12 minute daily meditation, including a scripture passage, thought for the day and music. <https://pray-as-you-go.org/>

Reflections for Daily Prayer

A Church House on line subscription service, with an app, which brings the daily reading, a short form of prayer and a commentary on the reading, to your tablet (£12.99 for 12 months) <https://www.chpublishing.co.uk/apps/reflections-for-daily-prayer>

Word Live

Daily Bible Study and prayer points from the Scripture Union <https://content.scriptureunion.org.uk/wordlive/ways-worship>

