



SPIRITUAL RESOURCES

for keeping the faith aflame while at home

"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)



For the Season of Lent

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THIS BOOKLET

We began praying together in November, in the second Lockdown, when we committed to pray each evening at 6pm with other Christians across the country in support of a national wave of prayer. This has continued during the third Lockdown and, in response to the Archbishop's call to the nation to pray, we have begun at 6pm by pausing to reflect and remember.

Our primary vocation as the Church of Jesus Christ is that of prayer and service and we continue to commit to that call during the Season of Lent by continuing to gather for Evening Prayer on Tuesday, Wednesday and Thursday evenings.

The resources in this booklet are offered to help us all to rely upon and draw close to the presence of Christ at all times, especially in these difficult days. Our hope is that we will know that we remain the Body of Christ even when kept physically apart, because we can trust that we are praying together.

The booklet can also be used to join with the Evening Prayer online services we are offering, joining details can be found on our website. However, the booklet is also designed to help provide you with some resources to pray at home, and we have tried to include some different liturgies for you to try.

Please know that the church continues to pray always and by using this booklet we all join in this wider community of prayer

We also know that God's nature is love. Praying is about our relationship with God and please be reassured that there are no right or wrongs in praying, we pray as we can and not as we can't. Prayer ultimately is keeping company with the God who loves us.

God Bless you all.

SIMPLE FORMS OF PRAYER

- * Lighting a candle and sitting quietly before you pray can help you focus and listen.
- * Jesus taught us the Lord's Prayer so that we would always have words to say. Please do use it, it is a perfect prayer.
- * 'Lord Jesus Christ, son of the Living God, have mercy on me a sinner' is a simple prayer from the Orthodox tradition that is repeated quietly for a period of time.
- * The "Examen", despite its name, is a very simple way to prayerfully review your day with God in five steps
 1. Become aware of God's presence, or ask God to help you remember that he's there with you
 2. Review the day with gratitude (as best you can!)
 3. Pay attention to how you are feeling about it.
 4. Choose one feature of the day and pray about it.
 5. Look toward tomorrow. What do you expect the day to hold?Ask God to help you remember that He is with you.

EVENING PRAYER

Lent

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

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

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.

Silence is kept.

As our evening prayer rises before you, O 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

Psalm 51 or a Psalm from the list on page 24

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. *R*

6 I have been wicked even from my birth, ♦
a sinner when my mother conceived me.

7 Behold, you desire truth deep within me ♦
and shall make me understand wisdom
in the depths of my heart.

8 Purge me with hyssop and I shall be clean; ♦
wash me and I shall be whiter than snow.

9 Make me hear of joy and gladness, ♦
that the bones you have broken may rejoice. *R*

10 Turn your face from my sins ♦
and blot out all my misdeeds.

11 Make me a clean heart, O God, ♦
and renew a right spirit within me.

12 Cast me not away from your presence ♦
and take not your holy spirit from me.

13 Give me again the joy of your salvation ♦
and sustain me with your gracious spirit;

14 Then shall I teach your ways to the wicked ♦
and sinners shall return to you.

**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.**

Bible Reading

A reading set for the day or see page 24 for others

Optional reflection

(Luke 21.36)

Magnificat

1. My soul proclaims the greatness of the Lord:
my spirit rejoices in God my Saviour;
2. for he has looked with favour on his lowly servant:
from this day all generations will call me blessed;
3. the Almighty has done great things for me:
and holy is his name.
4. He has mercy on those who fear him:
in every generation.
5. He has shown the strength of his arm:

- he has scattered the proud in their conceit.
6. He has cast down the mighty from their thrones:
and has lifted up the lowly.
7. He has filled the hungry with good things:
and the rich he has sent away empty.
8. He has come to the help of his servant Israel:
for he has remembered his promise of mercy,
9. the promise he made to our fathers:
to Abraham and his children for ever.

**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

*We keep silence or pray in our own words for the church, the world,
those we care for, and those in need. Please pray for the parish
and those on the Pew Sheet who are need of our prayers.*

Kyrie

Lord have mercy upon us.
Christ have mercy upon us.
Lord have mercy upon us.

Collect and Conclusion

(this prayer or the Collect on the Pew Sheet)

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 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.

The Lord's Prayer

May God our Redeemer show us compassion and love.
Amen

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

Copyright: Common Worship: Daily Prayer (shortened liturgy from Evening Prayer)

CELTIC EVENING PRAYER

Scripture and meditation for the day can be found at
<https://www.northumbriacommunity.org/offices/evening-prayer/>

Said or sung all together except for the sentences marked 'Call' which are for the Leader only.

+ indicates that you may make the sign of the cross.

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

Opening sentences

**My soul waits for the Lord
more than those
who watch for the morning,
more than those
who watch for the morning.**

Call: Out of the depths I have cried to You.

Response: **O Lord, hear my voice.**

Call: With my whole heart I want to praise You.

Response: **O Lord, hear my voice.**

Call: If you, Lord, should mark iniquities:

Response: **Who could stand? who could stand?**

**I will wait for the Lord,
my soul waits,
and in His word
do I hope.**

Expressions of faith

Lord, You have always given
bread for the coming day;
and though I am poor,
today I believe.

Lord, You have always given
strength for the coming day;
and though I am weak,
today I believe.

Lord, You have always given
peace for the coming day;
and though of anxious heart,
today I believe.

Lord, You have always kept
me safe in trials;
and now, tried as I am,
today I believe.

Lord, You have always marked
the road for the coming day;
and though it may be hidden,
today I believe.

Lord, You have always lightened
this darkness of mine;
and though the night is here,
today I believe.

Lord, You have always spoken
when time was ripe;
and though you be silent now,
today I believe.

Scripture Reading

Optional Meditation

Prayers for others

Canticle

In the shadow of Your wings
I will sing Your praises, O Lord.

The Lord is my light, my salvation;
whom shall I fear?
The Lord is the refuge of my life;
of whom shall I be afraid?

In the shadow of Your wings
I will sing Your praises, O Lord.
One thing I ask of the Lord,
one thing I seek;
to dwell in the presence of my God,
to gaze on Your holy place.

In the shadow of Your wings
I will sing Your praises, O Lord.

I believe I shall see the goodness
of the Lord in the land of the living.
O wait for the Lord!
Have courage and wait,
wait for the Lord.

In the shadow of Your wings
I will sing Your praises, O Lord.

Blessing

See that you be at peace among yourselves, my children,
and love one another.

Follow the example of the wise and good
and God will comfort you and help you,
both in this world
and in the world which is to come.

ff

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

*‘Taken from Daily Office/Evening Prayer from Northumbria
Community’s Celtic Daily Prayer published by Collins.’*

IONA CELTIC EVENING LITURGY

Leader: Come to us this night O God
Come to us with light

Leader: Come to us this night O God
Speak to us your truth

Leader: Come to us this night O God
Dwell with us in love

Prayer of thanksgiving

Leader: Thanks be to you O Christ

**For the many gifts you have bestowed on us,
Each day and night, each sea and land,
Each weather fair, each calm, each wild**

Leader: Each night may we remember your mercy
Given so gently and generously.

**Each thing we have received,
from you it came,
each thing for which we hope,
from your love it will come,
each thing we enjoy,
it is of your bounty,
each thing we ask,
comes of your disposing.**

Leader: O God from whom each thing that is, freely flows,
**Grant that no tie over strict, no tie over dear,
may be between ourselves and this world.
AMEN**

The word of God

Leader: O God, as these words are read
In our hearts may we feel your presence,

Scripture Reading

Optional Meditation

Affirmation of faith

We believe, O God of all gods,
that you are the eternal god of life,
we believe, O God of all gods,
that you are the eternal god of love

We believe, O God and Maker of all creation
that you are the creator of the high heavens,
that you are the creator of the deep seas,
that you are the creator of the stable earth.

We believe, O God of all peoples,
that you created our souls and set their warp,
that you created our bodies and gave them breath,
that you made us in your own image

We give you our worship
with our whole lives,
we give you our assent
with your whole power,
we give you our existence,
with our whole mind,
we give you our kneeling,
with our whole desire.

Prayers of concern

Leader: O Christ kindle in our hearts within
A flame of love to our neighbour,
To our foes, to our friends, to our kindred all.

**O Christ of the poor and the yearning
from the humblest thing that lives
to the name that is highest of all
kindle our hearts within a flame of love**

A period of silence may follow

Intercessions:

*We keep silence or pray in our own words for the church, the world,
those we care for, and those in need.*

Leader: We are placing our souls and our bodies
Under your guarding this night, O Christ.

**O Son of the tears, of the wounds, of the piercings
may your cross this night be shielding all**

Blessing

Leader: Be the great God between your shoulders
To protect you in your going out and your coming in;
Be the Son of Mary near your heart;
And be the perfect Spirit upon you pouring.

ALL: AMEN

Taken from Iona Abbey Worship Book

IONA EVENING PRAYER – Creation

Opening Sentences

Leader: Beneath the mists of time,
before the world began,
beyond our understanding;
in the beginning ... God.

Leader: Fathering history,
mothering creation,
parenting earth's people
from the beginning ... God

Leader: Expecting the right moment,
preparing the right way,
revealing the right person
for each new beginning ... God.

Leader: We believe in on God.

ALL: Maker and mover of heaven and earth.

Optional Song

Prayer

Leader: Let us pray

God,
God the Maker,
maker of colour, sound, texture, quietness,
and the restless beauty in living things.

ALL: We bless you

Leader: God,
God the Maker,
maker of granite and mustard seed,
Of grey cloud and starlight,
Of earthquake and heartbeat,

ALL: We bless you

Leader: God
God our Maker,
maker of all that is unseen,
of all that has been
of all that words could never capture,

ALL: We bless you

Leader: God
God our Maker,
we, the children of your love,
the creatures of your kindness
the guardians of your creation
bless you

**ALL: We bless you for your making,
Your trusting,
Your loving,
Your never-ending goodness,
Amen**

Psalm 8

Leader: O, Lord our God,
how glorious is your name in all the earth;
your majesty is praised above the heavens,

**All: On the lips of children and babies
You have found praise
To foil your enemy
To silence the foe and the rebel**

Leader: When I look at the heavens,
the work of your hands,
at the moon and stars which you arranged,
what are human beings
that you should remember them,
mere mortals that you should care for them?

**All: You have made them in your own image,
and crowned them with glory and honour;
you have given them the responsibility
for your handwork,
and put all things under their dominion;**

Leader: all of them, sheep and cattle,
yes, even the savage beasts,
birds of the air and fish
that make their way through the waters.

**All: O Lord, Our God,
How glorious is your name
In all the earth**

Word of God

Reader: Listen for the Word of the Lord
All: Our ears are open.

A passage of scripture is read

Reader: This is the Word/Gospel of the Lord
All: Thanks be to God.

Optional Reflection on scripture passage

Prayers

Leader Let us pray for God's world

That its beauty may be preserved,
Its variety retained,
Its integrity respected,

All: Lord, hear us

Leader: That pollution and cruel exploitation might cease
so that rivers can clap their hands,
waste places burst into flower,
valleys laugh and sing,
wild life live in safety,
and all as you intended.

All: Lord, hear us.

Leader: That the children of tomorrow
may not need a museum to show them
the wonders of nature today,

All: Lord, hear us.

Leader: That the poorest nations of the world
may not harvest their fields
only to fill foreign tables,

All: Lord, hear us.

Leader: That Christ who pointed to the birds,
the flowers, the corn, the sunset,
might not find their beauty lacking
were he to return.

All: Lord, hear us.

Leader: Let us do as Jesus said...
Consider the lilies of the field,
Think of the birds of the air...
And as we do so, we pray for the welfare of the world its people and
all creation...

***Short time of silence in which you might like to light a candle
or place an item from the natural world before you.***

Silence is kept

Leader: Hear us, Creator of all;
convert the hearts of those who ravage the earth,
and strengthen the resolve of those who respect it .
And since the earth is your gift to us,
prevent us from destroying by thoughtlessness
that which is not ours to own.

All: Amen

Leader: Bless to us, O God,

**All: The moon that is above us,
The earth that is beneath us,
The friends who are around us,
Your image deep within us,
The rest which is before us
Amen**

*Taken from Wild Goose Worship Group
A Wee Worship Book*

NIGHT PRAYER

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 or other suitable words of penitence may be used*

Most merciful God, we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed and in what
we have failed to do. Forgive us our sins, heal us by your
Spirit and raise us to new life in Christ.
Amen.

O God, make speed to save us.
O Lord, make haste to help us.

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.

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.

From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.

O Father, that we ask be done
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.

Psalm 139

O LORD, you have searched me and known me.

² You know when I sit down and when I rise up;
you discern my thoughts from far away.

³ You search out my path and my lying down,
and are acquainted with all my ways.

⁴ Even before a word is on my tongue,
O LORD, you know it completely.

⁵ You hem me in, behind and before,
and lay your hand upon me.

⁶ Such knowledge is too wonderful for me;
it is so high that I cannot attain it.

⁷ Where can I go from your spirit?
Or where can I flee from your presence?

⁸ If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.

⁹ If I take the wings of the morning
and settle at the farthest limits of the sea,

¹⁰ even there your hand shall lead me,
and your right hand shall hold me fast.

¹¹ If I say, "Surely the darkness shall cover me,
and the light around me become night,"

¹² even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.

¹³ For it was you who formed my inward parts;
you knit me together in my mother's womb.

¹⁴ I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
that I know very well.

¹⁵ My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.

¹⁶ Your eyes beheld my unformed substance.
In your book were written
all the days that were formed for me,
when none of them as yet existed.

¹⁷ How weighty to me are your thoughts, O God!
How vast is the sum of them!

¹⁸ I try to count them—they are more than the sand;
I come to the end—I am still with you.

**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.**

Bible Reading *the following or some other*

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?

(Isaiah 58: 6,7)

Silence is kept

Into your hands, O Lord, I commend my spirit.

Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.

I commend my spirit.

Glory to the Father and to the Son and to the Holy Spirit.

Into your hands, O Lord, I commend my spirit.

Nunc Dimittis

**Christ died for us, so that, whether we wake or sleep,
we might live with him.**

- 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.

**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.**

**Christ died for us, so that, whether we wake or sleep,
we might live with him.**

Intercessions and thanksgivings may be offered here

We also keep silence or pray in our own words

The Collect

Almighty God,
may we, by the prayer and discipline of Lent,
enter into the mystery of Christ's sufferings;
that by following in the Way,
we may come to share in the glory;
through Jesus Christ our Lord. **Amen.**

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.

The Lord's Prayer *may be said.*

The Conclusion

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.

May God bless us,
that in us may be found love and humility,
obedience and thanksgiving,
discipline, gentleness and peace. **Amen**

With thanks to the Church of England for this form of Night Prayer

Psalms Cycle

Lent

<i>Any day</i>	51: 1-10
Sunday	51: 11-end
Monday	3
Tuesday	6
Wednesday	11
Thursday	12
Friday	32
Saturday	61

Scripture Cycle

Lent

<i>Any day</i>	<i>Luke 15:7</i>
Sunday	Romans 6: 3-5
Monday	Joel 2: 12-14
Tuesday	1 Corinthians 9: 24-end
Wednesday	Romans 7: 21-25a
Thursday	Isaiah 58: 6-9a
Friday	Matthew 6: 1-4
Saturday	Luke 10: 38-end

Psalms Cycle

Passiontide

<i>Any day</i>	22: 1-11
Sunday	27: 1-8
Monday	43
Tuesday	142
Wednesday	143
Thursday	23
Friday	69: 1-13
Saturday	130

Scripture Cycle

Passiontide

<i>Any day</i>	<i>Galatians 2: 19b,20a</i>
Sunday	Hebrews 2: 10-12
Monday	Mark 8: 31-35
Tuesday	Isaiah 53: 4-6
Wednesday	1 Corinthians 1: 18,22-25
Thursday	1 Peter 2: 24,25
Friday	Romans 5: 6-8
Saturday	John 12: 23-26

OTHER PRAYERS

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

FOR COMFORT

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.

FOR OTHERS

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.

A PRAYER FOR THOSE WHO FEEL ALONE

God who is three and one, your son was surrounded by
people,

and chose disciples yet was sometimes very alone.

By the power of your Holy Spirit, be a companion
to any who feel isolated, abandoned, or forgotten.

Walk with those who nurse deep wounds,

all who struggle with profound fears,

and any who have no one with whom to share troubling
secrets.

Teach each one of us to be our own friend
in comfort and in challenge.

Embrace any who seek oblivion

because they can't face the burden of what they are going
through.

And meet us in the places

where we struggle with pain, grief or regret.

In your son Jesus Christ, Amen.

Revd Dr Sam Wells

Other Sources for Prayer and Worship

Prayers for Coronavirus -

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-parishes/coronavirus-covid-19-liturgy-and-prayer>

Daily Hope - Free 24/7 telephone line for hymns and prayers
0800 804 8044 updated for the seasons.

Daily prayer resources for morning and evening prayer and compline can be found at

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

Also on Apps Common Worship Daily Prayer
Lectio 365 - Pray as you go

God Bless you all

please take good care of yourself at this time.

With thanks to The Revd Arwen Folkes for her generous and gracious sharing of resources.