

PRAYING IN A PANDEMIC

Prayer resources for when we are unable to
meet together



**St Mark and St Cuthbert's
St Lawrence the Martyr
St Peter's
South Shields**

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.

In the light of Jesus, let us examine ourselves
and confess our sins.

Keep a short silence, leave your sins at the cross

Confession:

Father, we have sinned against heaven and against you.
We are not worthy to be called your children.
We turn to you again, have mercy on us,
bring us back to yourself as those who once were dead
but now have life through Christ our Lord. Amen.

Absolution:

May the Father forgive us by the death of the Son,
and strengthen us to live in the power of The Spirit
all our days. Amen.

Read a passage from the Bible (consider reading part of
Jesus' journey to the cross from the gospels)

We affirm our faith in Jesus Christ the Son of God:

Though he was divine, he did not cling to equality with God,
but made himself nothing. Taking the form of a slave,
he was born in human likeness. He humbled himself
and was obedient to death, even the death of the cross.
Therefore, God has raised him on high,
and given him the name above every name: that at the
name of Jesus every knee should bow, and every voice
proclaim
that Jesus Christ is Lord, to the glory of God the Father.
Amen. *cf Philipians 2.6-11*

We intercede 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

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

Bible readings and Collects for Sundays

Sun 22 Mar 2020 Mothering Sunday

Exodus 2:1-10; Psalm 34:11-20; Colossians 3:12-17;
John 19:25b-27

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; through Jesus Christ your Son our Lord. Amen

Sun 29 Mar 2020 The Fifth Sunday of Lent

Ezekiel 37.1-14; Romans 8.6-11; Psalm 130; John 11.1-45

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

Isaiah 50.4-9a; Philippians 2.5-11; Psalm 31.9-16;
Matthew 26.14 – 27.66

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; Colossians 3.1-4; Psalm 118.1-2,14-24;
Matthew 28.1-10

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; 1 Peter 1.3-9; Psalm 16; John 20.19-31

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; 1 Peter 1.17-23; Psalm 116.1-3,10-17; Luke 24.13-35

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; 1 Peter 2.19-25; 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; 1 Peter 2.2-10; Psalm 31.1-5,15-16;
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; 1 Peter 3.13-22; 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; 1 Peter 4.12-14; 5.6-11; Psalm 68.1-10,32-35
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; 1 Corinthians 12.3b-13; Psalm 104.26-36,37b;
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) comes from an ancient practice of daily prayers by Christian monastic communities. It 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. The office should be said before going to bed in a quiet and calm way; 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.

**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.**

The following or another suitable hymn may be said or sung.

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.

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.

The following short lesson or another suitable passage is read:

The servants of the Lamb shall see the face of God, whose name will be on their foreheads. There will be no more night: they will not need the light of a lamp or the light of the sun, for God will be their light, and they will reign for ever and ever.

Revelation 22.4,5

The following responsory may be said:

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.

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.

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

Prayers on rising:

We give you hearty thanks for the rest of the past night and for the gift of a new day, with its opportunities for pleasing you. Grant that we may so pass its hours in the perfect freedom of your service, that at eventide we may again give thanks unto you; through Jesus Christ our Lord. Amen.

-Eastern Orthodox Prayer

O Lord Christ, help us to maintain ourselves in simplicity and in joy, the joy of the merciful, the joy of brotherly/sisterly love. Grant that, renouncing henceforth all thought of looking back, and joyful with infinite gratitude, we may never fear to precede the dawn to praise and bless and sing to Christ our Lord.

-Based on the Rule of Taizé

O God, forasmuch as without thee we are not able to please thee; Mercifully grant, that thy Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord. Amen.

-BCP

Prayers before bed:

Visit this place, O Lord, we pray, and drive far from it all 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; though Jesus Christ our Lord. Amen.

-Common Worship

Grant we beseech thee, merciful Lord, to thy faithful people pardon and peace; that they may be cleansed from all their sins and serve thee with a quiet mind; through Jesus Christ our Lord. Amen. -BCP

Holy God, Holy and mighty, Holy and immortal:
Have mercy on us. -The Trisagion

Prayers before worship:

O Lord our God grant us grace to desire you with our whole heart: that desiring you, we may seek and find you; and finding you we may love you; and loving you we may hate those sins from which you have redeemed us; for the sake of Jesus Christ. Amen. -St. Anselm

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen. -BCP

For use when you are unable to attend the communion

My Jesus, I believe that you are present in the Blessed Sacrament, I love you above all things and I desire you in my soul. Since I cannot receive you now sacramentally, come at least spiritually into my soul. As though you were already there I embrace you and unite myself wholly to you; permit not that I should ever be separated from you. Amen

-St. Alphonsus Liguori

In the time of any common Plague of Sickness.

O ALMIGHTY God, who in thy wrath didst send a plague upon thine own people in the wilderness, for their obstinate rebellion against Moses and Aaron; and also, in the time of king David, didst slay with the plague of pestilence threescore and ten thousand, and yet remembering thy mercy didst save the rest: Have pity upon us miserable sinners, who now are visited with great sickness and mortality; that like as thou didst then accept of an atonement, and didst command the destroying Angel to cease from punishing, so it may now please thee to withdraw from us this plague and grievous sickness; through Jesus Christ our Lord. Amen. -BCP

If you are lonely whilst self-isolating

- Please do call one another on the telephone - each member of the church should bring comfort to one another.
- Call Father Paul on 07504 205347
- Call Reverend Kate Boardman on 0191 455 4682

With thanks to Mother Gemma Sampson of the Central Hartlepool Group and the various Church of England clergy who helped compile the information contained in this booklet, that we might continue to praise and worship God.

Material from Common Worship is included in this service and is copyright
© The Archbishops' Council.