PRAYING AT HOME DURING A PANDEMIC

### Prayer resources for those who are unable to meet together

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### St Paul’s Church, Whitley Bay

# Contents

Contents page 2

A reflective service: for worship in isolation page 3

How to find a bible reading page 6

Bible readings and collects for Sundays page 8

An order for the office during the day page 11

An order for the office of compline page 14

Various prayers page 18

Prayer on TV, Radio and the internet page 24

If you are lonely whilst self-isolating page 25

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord. **Amen.**

## 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.

Find the bible reading for today on the church website or use the readings for Sunday found on page ?

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 Philippians 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.

*Spiritual 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*

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

# How to find a bible reading.

Check the index in your bible to find out if it numbers all the pages consecutively, or starts again for the

New Testament.

Before Easter the first Reading is from the Old Testament. After Easter all but the Psalms are from the

New Testament.

Look at the name of the book that you need to find

Numbers before the name of the book are part of the name (to distinguish between multiple books with the same name e.g. 1 & 2 Samuel)

Use the index to find which page the book you are looking for starts on and turn to that page.

The first number after the name of the book (before the dot) is the chapter number.

Most bibles use a large print number in the text at the beginning of each chapter. Many also write the book name and chapters on that page at the top of each page to help you find your way around (This is especially helpful in the longer books).

Turn over the pages until you find the start of the chapter you are looking for.

The numbers after the dot are the verse numbers, which are indicated by small numbers in the text often raised above the line of the text to stop them interrupting the flow of reading. Once you’ve found the chapter look for the verses that you need to start and end at.

Examples:

Straight forward

1 Samuel 16.1-13

Book= 1st book of Samuel (in the Old Testament)

Chapter =16 Verses 1-13

More complicated

1 Peter 4.12-14; 5.6-11

Book= 1st letter of Peter (in the New Testament)

Chapter 4 verses 12-14 then skip a chunk and re-start at chapter 5 verses 5 and 6.

Acts 2.14a,36-41

Book= Acts of the Apostles (in the New Testament)

Chapter 2 Verse 14a- means the first sentence of verse 14, then skip a section and restart at verse 36 and read until verse 41

A comma means skip a section, a or b means first or last sentence of the verse.

Don’t worry if you don’t find exactly the right passage- St Paul assure us that “All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness” so whatever you read will help you to grow closer to God.

# Bible readings and Collects for Sundays

**Sun 22 Mar 2020 The Fourth Sunday of Lent**

1 Samuel 16.1-13; Ephesians; 5.8-14; Psalm 23

John 9.1-41

Merciful Lord, you know our struggle to serve you: when sin spoils our lives and overshadows our hearts, come to our aid and turn us back to you again; through Jesus Christ 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**

Principal Feast

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 Prayer During the Day

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.**

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

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 following psalm may be used.* *Psalm 19*

1. The heavens are telling the glory of God *•*  
and the firmament proclaims his handiwork.

2. One day pours out its song to another *•*   
and one night unfolds knowledge to another.

3. They have neither speech nor language *•*   
and their voices are not heard,

4. Yet their sound has gone out into all lands *•*  
and their words to the ends of the world.

5. In them has he set a tabernacle for the sun, *•*   
that comes forth as a bridegroom out of his chamber  
and rejoices as a champion to run his course.

6. It goes forth from the end of the heavens  
and runs to the very end again, *•*   
and there is nothing hidden from its heat.

7. The law of the Lord is perfect, reviving the soul; *•*  
the testimony of the Lord is sure and gives wisdom to the simple.

8. The statutes of the Lord are right and rejoice the heart; *•*  
the commandment of the Lord is pure and gives light to the eyes.

9. The fear of the Lord is clean and endures for ever; *•*  
the judgements of the Lord are true  
and righteous altogether.

10. More to be desired are they than gold,  
more than much fine gold, *•*   
sweeter also than honey, dripping from the honeycomb.

11. By them also is your servant taught *•*  
and in keeping them there is great reward.

12. Who can tell how often they offend? *•*   
O cleanse me from my secret faults!

13. Keep your servant also from presumptuous sins  
lest they get dominion over me; *•*  
so shall I be undefiled, and innocent of great offence.

14. Let the words of my mouth and the meditation of my heart be acceptable in your sight, *•*   
O Lord, my strength and my redeemer.

**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:*

Then I was the craftsman at his side. I was filled with delight day after day, rejoicing always in his presence, rejoicing in his whole world and delighting in mankind. *Proverbs 8.30,31*

*The following responsory may be said:*

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

**Whoever eats of this bread will live for ever.**

*Prayers of intercession and thanksgivings may be offered here.*

*¶ The universal Church  
¶ Bishops, synods and all who lead the Church  
¶ The leaders of the nations  
¶ The natural world and the resources of the earth  
¶ All who are suffering in body, mind or spirit.*

*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.**

*The Lord's Prayer may be said.*

May God who made both heaven and earth bless us.

**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.

*At the end of the psalmody, the following is said or sung*

**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*

Keep watch, dear Lord, with those who wake, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary, sustain the dying, calm the suffering, and pity the distressed; all for your love’s sake, O Christ our Redeemer.

*-after St. Augustine of Hippo*

Blessed are you, O Lord, the God of our fathers, creator of the changes of day and night, giving rest to the weary, renewing the strength of those who are spent, bestowing   
upon us occasions of song in the evening. As you have protected us in the day that is past, so be with us in the coming night; keep us from every sin, every evil, and every fear; for you are our light and salvation, and the strength of our life. To you be glory for endless ages. Amen.

*-Lancelot Andrewes*

**Grace before a meal:**

Bless, O Lord, this food for our use and us in your service and keep us ever mindful of the needs of others; for Christ’s sake. Amen

-*Traditional*

**Prayers of penitence and contrition:**

My God, for love of you I desire to hate and forsake all sins by which I have ever displeased you; and I resolve by the help of your grace to commit them no more; and to avoid all opportunities of sin. Help me to do this, through Jesus Christ our Lord. Amen

*-Common Worship*

Lord Jesus Christ, Son of God, have mercy on me, a sinner. [Repeat x3]

-*The Jesus Prayer*

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*

**Prayers about the outbreak:**

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.**

**For those who are ill**

Merciful God,  
we entrust to your tender care  
those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to hold them safe.  
Comfort and heal them,  
and restore them to health and strength;  
through Jesus Christ our Lord. **Amen.**

**For hospital staff and medical researchers**

Gracious God,  
give skill, sympathy and resilience  
to all who are caring for the sick,  
and your wisdom to those searching for a cure.  
Strengthen them with your Spirit,  
that through their work many will be restored to health;  
through Jesus Christ our Lord. **Amen.**

**From one who is ill or isolated**

O God, help me to trust you,  
help me to know that you are with me,  
help me to believe that nothing can separate me   
from your love revealed in Jesus Christ our Lord. **Amen.**

**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.

**A prayer for when a friend is ill**

Dear God, (*name of friend*) is ill.  
They are not allowed to go to school or come over to play.  
I’m sad because I miss them.  
They must be feeling miserable and lonely as well.  
Please be close to them.  
Please be with the people who are looking after them.  
Please help them to get better and to know that you love them. **Amen.**

**A prayer for the world**

God of love and hope,  
you made the world and care for all creation,  
but the world feels strange right now.  
The news is full of stories about Coronavirus.  
Some people are worried that they might get ill.  
Others are anxious for their family and friends.  
Be with them and help them to find peace.  
We pray for the doctors and nurses and scientists,  
and all who are working to discover the right medicines  
to help those who are ill.  
Thank you that even in these anxious times,  
you are with us.  
Help us to put our trust in you and keep us safe. **Amen.**

**A prayer remembering God is with us**

Lord God, you are always with me.  
You are with me in the day and in the night.  
You are with me when I’m happy and when I’m sad.  
You are with me when I’m healthy and when I am ill.  
You are with me when I am peaceful and when I am worried.  
Today I am feeling*(name how you are feeling)*because *(reasons you are feeling this way).*  
Help me to remember that you love me and are with me in everything today. **Amen.**

**For extraordinary 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*

# Prayer on TV, Radio and the internet

**Television programmes**

* Songs of Praise Sundays at 1.15pm on BBC 1

**Radio programmes**

* Prayer for the Day daily at 5.43am on Radio 4
* Sunday Worship Sundays at 8.10am on Radio 4
* Daily Service Monday to Friday at 9.45am on Radio 4 Longwave and DAB

(The Daily Service is available on a Radio 4 DAB side channel which is automatically made available about a minute before the programme begins.)

* Lent Talks Wednesdays at 8.45pm on Radio 4
* Choral evensong- Wednesdays at 3.30pm and the same service is repeated Sundays at 3pm on BBC Radio 3

**A few internet resources**

* Keep up to date with Parish news at www.saintpaulswhitleybay.org.uk
* Church of England daily prayer <https://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer>
* Audio daily prayer <https://pray-as-you-go.org>
* <https://www.24-7prayer.com>

# If you are lonely whilst self-isolating

* Please do call one another on the telephone- each member of the church should bring comfort and succour to one another.
* You can, of course, call Fr John on 0191 252 4916 or 07860828852. Do leave an answerphone message if he is unavailable to take your call and he will get back to as soon as possible.
* You can call the Samaritans free on 116 123
* You can call Silverline (aged 55+) on 0800 4 70 80 90 to arrange for a weekly 30 min phone call from a friendly volunteer who will be there to listen.

For any more information Please contact the Vicar or the Church Wardens:

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