

Prayers for others

For the World

For the medical profession

For our Community

For the Church

Canticle

Christ, as a light illumine and guide me.

Christ, as a shield overshadow me.

Christ under me; Christ over me;

Christ beside me on my left and my right.

This day be within and without me,

lowly and meek, yet all-powerful.

Be in the heart of each to whom I speak;

in the mouth of each who speaks unto me.

This day be within and without me,

lowly and meek, yet all-powerful.

Christ as a light;

Christ as a shield;

Christ beside me

on my left and my right.

Blessing

May the peace of the Lord Christ go with us,
wherever He may send us.

May He guide us through the wilderness,
protect us through the storm.

May He bring us home rejoicing
at the wonders He has shown us.

May He bring us home rejoicing
once again into our doors.

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

Worshipping and Praying: An Introduction

The Church of England has suspended its regular public Church services in the light of Government guidance.

This is to try and contain and delay the spread of the corona virus (CONVID-19). But this does not mean that Churches are closing. Instead the challenge for local churches is to adapt during this time and to do things differently.

So, we are encouraging everyone to find ways to pray at home, and if it is safe to do so they are welcome to come to open churches for prayer while of course maintaining social distancing and good hygiene practices.

Please take away this sheet for your own use at home or wherever you like to pray.

Praying alone

- This is a guide, a template but not rigid
- There are prayers we can simply read but we can supplement it with other prayers and spiritual readings
- It can be used by one person or by a group where 1 person leads
- Remember in the Link there are daily prayer suggestions alongside the list of daily Bible readings
- Prayer is all about habit
- Find a regular time that works for you and try to stick with it
- Don't be put off if it feels like a struggle to begin with
- Don't worry if it feels strange practice makes normal
- Finally, what really matters is that while services are halted we continue to pray and worship

There are a number of on-line resources to help and support people in prayer...

#LiveLent: Care for God's Creation - the Church of England's Lent campaign for 2020. With weekly themes shaped around the first Genesis account of creation, it explores the urgent need for humans to value and protect the abundance God has created. This daily audio content is available via the app and daily emails. You can sign up for free.

The BBC's Daily Service and Sunday Worship - radio programmes will be using some of the themes from *#LiveLent* as part of their broadcasts.

A free Smartphone app for daily morning and evening prayer, or online
<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

Northumbria Daily Prayer

This is a simple form of daily prayer and Bible reading which is based on the Northumbria Community daily prayer

The Northumbria Community is a dispersed network of people from different backgrounds, united by the Christian faith. It draws upon the Monastic tradition of regular times of prayer. It is one way of expressing the wish to follow Jesus Christ in today's world. It draws upon a Celtic style of daily prayer, either together or alone. But even when we are alone we remain part of the wider Christian community as it prays and reads Scripture.

The Northumbria Community is rooted in the history and spiritual heritage of Celtic Northumbria. It brings together prayer that is quiet and contemplative with a faith that is active and contagious lived out in ordinary everyday lives. It helps us to seek God on the inner journey in order to learn how we can better live with others and serve the world of our influence whether it be great or small, wherever the Father leads.

Morning Prayer (Based on the Northumbria Community)

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

Opening sentences

One thing I have asked of the Lord, this is what I seek:
that I may dwell in the house of the Lord all the days of my life;
to behold the beauty of the Lord and to seek Him in His temple.

Who is it that you seek?

We seek the Lord our God.

Do you seek Him with all your heart?

Amen. Lord, have mercy.

Do you seek Him with all your soul?

Amen. Lord, have mercy.

Do you seek Him with all your mind?

Amen. Lord, have mercy.

Do you seek Him with all your strength?

Amen. Christ, have mercy.

Declaration of faith

To whom shall we go?

**You have the words of eternal life,
and we have believed and have come to know
that You are the Holy One of God.**

**Praise to You, Lord Jesus Christ,
King of endless glory.**

Scripture Reading

A Brief Silence to think about the Bible reading