



# WORSHIP AT HOME

## RESOURCES AND READINGS



from All Saints Day into Advent

Introduction	Page 2
Morning Prayer <i>All Saints into Advent</i>	Page 3
Evening Prayer <i>All Saints into Advent</i>	Page 7
Compline <i>Night Prayer</i>	Page 11
Psalms and Readings	Page 15-18
Collects and Other Prayers	Page 18-20
Resources and links	Page 20-25

## **THIS GUIDE**

This booklet is to equip you during this second lockdown and into Advent. These resources 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. My 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 all praying the same prayers each day. Please know that the church is praying always and by using these resources you join in this wider community of prayer. God Bless you all, *James*

*One family, we dwell in him, one Church, above, beneath; - Charles Wesley*

## **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. We are continuing to informally say it together at midday each day.
- \* 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 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's with you.

## **MORNING PRAYER** (*All Saints to Advent*)

O Lord, open our lips  
**and our mouth shall proclaim your praise**

*All Saints to Advent:*

Your faithful servants bless you.

**They make known the glory of your kingdom.**

*Advent:*

Reveal among us the light of your presence

**that we might behold your power and glory**

Blessed are you, Sovereign God,

ruler and judge of all,

to you be praise and glory for ever.

In the darkness of the age that is passing away

may the light of your presence which the saints enjoy

surround our steps as we journey on.

May we reflect your glory this day

and so be made ready to see your face

in the heavenly city where. Night shall be no more.

Blessed be God, Father, Son, and Holy Spirit.

**Blessed be God for ever.**

The night has passed and the day lies open before us;

let us pray with one heart and mind.

*silence is kept*

As we rejoice in the gift of this new day, so may the

light of your presence, O God, set our hearts on fire

with love for you; now and for ever.

**Amen**

## **The Word of God**

*Psalm 42: 1-7 or one from the list on page 17*

1. As the deer longs for the water brooks,  
so longs my soul for you, O God.
2. My soul is athirst for God, even for the living God;  
when shall I come before the presence of God
3. My tears have been my bread day and night,  
while all day long they say to me 'Where is now your God?'
4. Now when I think on these things, I pour out my soul:  
how I went with the multitude and led the procession to the  
house of God.
5. With the voice of praise and thanksgiving,  
among those who kept holy day.
6. Why are you so full of heaviness, O my soul,  
and why are you so disquieted within me?
7. O Put your trust in God;  
for I will yet give him thanks, who is the help of my countenance,  
and my God.

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** *(one of these or see page 17: for longer ones)*

*From All Saints to Advent:*

'When you call upon me and come and pray to me, I will hear you.  
I will let you find me, 'says the Lord, 'and I will restore your fortunes.'  
*(Jeremiah 29.12,14)*

*Advent:*

Now is the time to wake out of sleep, for now our salvation is nearer than  
when we first believed. *(Romans 13.11)*

Our Lord says, 'Surely, I come quickly.' Even so; come, Lord Jesus. (Rev 22.20)

## **Benedictus**

1. Blessed be the Lord the God of Israel:  
for he has come to his people and set them free.
2. He has raised up for us a mighty saviour:  
born of the house of his servant David.
3. Through his holy prophets he promised of old:  
that he would save us from our enemies,  
from the hands of all that hate us.
4. He promised to show mercy to our fathers:  
and to remember his holy covenant.
5. This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies,
6. free to worship him without fear:  
holy and righteous in his sight all the days of our life.
7. You my child shall be called the prophet of the most  
high: for you will go before the Lord to prepare his way,
8. to give his people knowledge of salvation:  
by the forgiveness of all their sins.
9. In the tender compassion of our God:  
the dawn from on high shall break upon us,
10. to shine on those who dwell in darkness and the  
shadow of death: and to guide our feet into the way of peace.

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.*

## **Kyrie**

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

# **The Lord's Prayer**

## **Collect and Conclusion**

### *All Saints to Advent*

God and Father of our Lord Jesus Christ, bring us to the dwelling which your Son is preparing for all who love you; give us each the will each day to live in life eternal; let our citizenship be in heaven with the blessed, with the whole company of the redeemed and with countless angels, praising, worshipping and adoring your Son, our Lord Jesus Christ, who sits upon the throne forever. **Amen**

May Christ who has opened the kingdom of heaven, bring us to reign with him in glory. **Amen**

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

### *Advent*

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the unity of the Holy Spirit, one God now and forever. **Amen.**

May the Lord, when he comes, find us watching and waiting.  
**Amen**

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

## **EVENING PRAYER** *All Saints into Advent*

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

*All Saints to Advent:*

Your faithful servants bless you.

**They make known the glory of your kingdom.**

Blessed are you, sovereign God, our light and our salvation, to you be praise and glory for ever. Now as darkness is falling, wash away our transgressions, cleanse us by your refining fire and make us temples of your Holy Spirit. By the light of Christ, dispel the darkness of our hearts and make us ready to enter your kingdom, where songs of praise forever sound.

Blessed be God, Father, Son and Holy Spirit.

**Blessed be God forever.**

*Advent:*

Reveal among us the light of your presence

**that we might behold your power and glory**

Blessed are you sovereign God, creator of light and darkness, to you be glory and praise for ever. As evening falls you renew your promise to reveal among us the light of your presence. May your word be a lantern to our feet and a light upon our path that we may behold your coming among us. Strengthen us in our stumbling weakness and free our tongues to sing your praise.

Blessed be God, Father, Son and Holy Spirit.

**Blessed be God forever.**

## **The Word of God**

*Psalm 112 or a Psalm from the list on page 17*

- 1 Alleluia. Blessed are those who fear the Lord;  
and have great delight in his commandments.
- 2 Their descendants will be mighty in the land;  
a generation of the faithful that will be blest.
- 3 Wealth and riches will be in their house;  
and their righteousness endures for ever.
- 4 Light shines in the darkness for the upright;  
gracious and full of compassion are the righteous.
- 5 It goes well with those who are generous in lending;  
and order their affairs with justice,
- 6 For they will never be shaken;  
the righteous will be held in everlasting remembrance.
- 7 They will not be afraid of any evil tidings;  
their heart is steadfast, trusting in the Lord.
- 8 Their heart is sustained and will not fear;  
until they see the downfall of their foes.
- 9 They have given freely to the poor;  
their righteousness stands fast for ever;  
their head will be exalted with honour.
- 10 The wicked shall see it and be angry;  
they shall gnash their teeth in despair;  
the desire of the wicked shall perish.

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** *(one of these or see page 17 for others)*

*From All Saints to Advent:*

You have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant. *(Hebrews 12.22a,23b,24a)*



*Advent:*

Watch at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man.

*(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 bulletin list who have asked for our prayers.*

## **Kyrie**

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

# **The Lord's Prayer**

## **Collect and Conclusion**

### *All Saints to Advent*

God and Father of our Lord Jesus Christ, bring us to the dwelling which your Son is preparing for all who love you; give us each the will each day to live in life eternal; let our citizenship be in heaven with the blessed, with the whole company of the redeemed and with countless angels, praising, worshipping and adoring your Son, our Lord Jesus Christ, who sits upon the throne forever. **Amen**

May Christ who has opened the kingdom of heaven, bring us to reign with him in glory. **Amen**

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

### *Advent*

Almighty God, give us grace to cast away the works of darkness and to put on the armour of light, now in the time of this mortal life, in which your Son Jesus Christ came to us in great humility; that on the last day, when he shall come again in his glorious majesty to judge the living and the dead, we may rise to the life immortal; through him who is alive and reigns with you, in the unity of the Holy Spirit, one God now and forever. **Amen.**

May the Lord, when he comes, find us watching and waiting.  
**Amen**

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

## 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.**

○ God, make speed to save us.

**○ 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.

○ 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 4**

1 Answer me when I call, O God of my righteousness;  
you set me at liberty when I was in trouble;  
have mercy on me and hear my prayer.

2 How long will you nobles dishonour my glory;  
how long will you love vain things and seek after  
falsehood?

3 But know that the Lord has shown me his marvellous  
kindness; when I call upon the Lord, he will hear me.

4 Stand in awe, and sin not;  
commune with your own heart upon your bed,  
and be still.

5 Offer the sacrifices of righteousness  
and put your trust in the Lord.

6 There are many that say, 'Who will show us any good?'  
Lord, lift up the light of your countenance upon us.

7 You have put gladness in my heart,  
more than when their corn and wine and oil increase.

8 In peace I will lie down and sleep,  
for it is you Lord, only, who make me dwell in safety.  
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.**

*In Advent Psalm 143*

### **Psalm 134**

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.**

**Bible Reading** *one of the following is suggested*

*From All Saints to Advent:*

The one who endures to the end will be saved. And this good news of the kingdom will be proclaimed throughout the world, as a testimony to all the nations. (Matthew 24.13,14a)

*Advent:*

Keep awake - for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say, I say to you all: Keep awake. (Mark 13.35-end)

*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**

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.**

*We keep silence or pray in our own words*

## **The Collect**

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.

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.**

*All Saints to Advent*

May the light of Christ, the King of all, shine ever brighter in our  
hearts, that with the saints in light we may shine forth as lights in  
the world **Amen**

*Advent*

Restore us again, O God of hosts; show us the light of your  
countenance and we shall be saved. Bless and keep us this night  
and always. **Amen**

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

## **Psalms Cycle**

### All Saints to Advent

Sunday	46, 47, 126
Monday	18.31-end, 61
Tuesday	19, 63
Wednesday	21, 78.1-39
Thursday	25, 110
Friday	32, 96
Saturday	98, 111

### Advent

Sunday	44,
Monday	80, 82
Tuesday	5, 7
Wednesday	26, 17
Thursday	20, 21, 23
Friday	96. 1, 10-end
Saturday	50. 1-6, 62

### Scripture Cycle

#### All Saints to Advent

Monday	Matt 18.1-10
Tuesday	Isaiah 1.21-end
Wednesday	Exodus 23.1-9
Thursday	Deut 28. 1-6
Friday	Luke 19. 1-10
Saturday	Revelation 12
Sunday	John 17.6-9

#### Advent

Monday	Luke 1. 5-20
Tuesday	1 Thessalonians 2.1-12
Wednesday	Isaiah 48. 1-11
Thursday	Jeremiah 1.4-10
Friday	John 14. 18-23
Saturday	Song of Songs 2.8-end
Sunday	Matthew 1.1-17

<b>DATE</b>	<b>GOSPEL</b>	<b>PSALM</b>
<i>Sunday 1<sup>st</sup> November</i> <i>All Saints Day</i>	Matthew 5:1-12	34:1-10
2 <sup>nd</sup> November	Luke 14: 12-14	131
3 <sup>rd</sup> November	Luke 14: 15-24	22:22-27
4 <sup>th</sup> November	Luke 14: 25-33	27:1-5
5 <sup>th</sup> November	Luke 15: 1-10	105:1-7
6 <sup>th</sup> November	Luke 16: 1-8	122
7 <sup>th</sup> November	Luke 16: 9-15	112
<i>Sunday 8<sup>th</sup> November</i> <i>Remembrance Sunday</i>	Matthew 25: 1-13	70
9 <sup>th</sup> November	Luke 17: 1-6	24: 1-6
10 <sup>th</sup> November	Luke 17: 7-10	37: 3-5, 30-32
11 <sup>th</sup> November	Luke 17: 11-19	23
12 <sup>th</sup> November	Luke 17: 20-25	146: 4-end
<b>DATE</b>	<b>GOSPEL</b>	<b>PSALM</b>

13 <sup>th</sup> November	Luke 17: 26-end	119:1-8
14 <sup>th</sup> November	Luke 18: 1-8	112
<i>Sunday 15<sup>th</sup> November</i>	Matthew 25: 14-30	90: 1-12
16 <sup>th</sup> November	Luke 18: 35-end	1
17 <sup>th</sup> November	Luke 19: 1-10	15
18 <sup>th</sup> November	Luke 19: 11-28	150
19 <sup>th</sup> November	Luke 19: 41-44	149: 1-5
20 <sup>th</sup> November	Luke 19: 45-48	119: 65-72
21 <sup>st</sup> November	Luke 20: 27-40	114: 1-9
<i>Sunday 22<sup>nd</sup> November</i> <i>Christ the King</i>	Matthew 25: 31-end	95: 1-7
23 <sup>rd</sup> November	Luke 21: 1-4	24: 1-6
24 <sup>th</sup> November	Luke 21: 5-11	96
25 <sup>th</sup> November	Luke 21: 12-19	98
26 <sup>th</sup> November	Luke 21: 20-28	100
27 <sup>th</sup> November	Luke 21: 29-33	84: 1-6
28 <sup>th</sup> November	Luke 21: 34-36	95: 1-7

<b>DATE</b>	<b>READING(S)</b>	<b>PSALM</b>
<i>Sunday 29<sup>th</sup> November</i> <i>1<sup>st</sup> Sunday of Advent</i>	Is 64: 1-9 Matt 21:1-13	80: 1-8
30 <sup>th</sup> November St Andrew's day	Is 52: 7-10 Matt 4: 18-22	19: 1-6
1 <sup>st</sup> December	Is 11: 1-10 Matt 12: 22-37	72: 1-4,18-19
2 <sup>nd</sup> December	Is 25: 6-10 Matt 12: 38-end	23
3 <sup>rd</sup> December	Is 26: 1-6 Matt 13: 1-23	118: 18-27
4 <sup>th</sup> December	Is 29: 17-end Matt 13: 24-43	27:1-17
5 <sup>th</sup> December	Is 30: 19-26 Matt 13: 44-end	146: 4-9
<i>Sunday 6<sup>th</sup> December</i> <i>2<sup>nd</sup> Sunday of Advent</i>	Is 40: 1-11 Matt 11: 2-11	85: 8-end



7 <sup>th</sup> December	Is 35 Matt 14: 1-12	27
8 <sup>th</sup> December	Is 40: 1-11 Matt 14: 13-end	96: 10-end
9 <sup>th</sup> December	Is 40: 25-end Matt 15: 1-20	103: 8-13
10 <sup>th</sup> December	Is 41: 13-20 Matt 15: 21-28	145: 8-13
11 <sup>th</sup> December	Is 48: 17-19 Matt 15: 29-end	1
12 <sup>th</sup> December	Is 49: 1-13 Matt 16: 1-12	80: 1-4,18-19
<i>Sunday 13<sup>th</sup> December</i> <i>3<sup>rd</sup> Sunday of Advent</i>	Is 61: 1-4 Matt 14: 1-12	126
14 <sup>th</sup> December	Is 49: 14-25 Matt 16: 13-end	25: 3-8
15 <sup>th</sup> December	Is 50 Matt 17: 1-13	34:1-6
16 <sup>th</sup> December	Is 45 Matt 17: 14-21	85: 7-end
17 <sup>th</sup> December	Is 51: 9-16 Matt 17:22-end	72: 1-5,18-19
18 <sup>th</sup> December	Is 51: 17-end Matt 18: 1-20	51
19 <sup>th</sup> December	Is 52: 1-12 Matt 18: 21-end	71: 3-8
<i>Sunday 20<sup>th</sup> December</i> <i>4<sup>th</sup> Sunday of Advent</i>	2 Sam 7: 1-11, 16 Luke 1: 39-45	89: 1-8
21 <sup>st</sup> December	Zeph 3: 14-18 Luke 1: 39-45	33
22 <sup>nd</sup> December	1 Sam 1: 24-end Luke 1: 46-56	113
23 <sup>rd</sup> December	Mal 3 Luke 1: 57-66	25: 3-9

24 <sup>th</sup> December	2 Sam 7 Luke 1: 67-79	89: 19-27
25 <sup>th</sup> December Christmas Day	Is 9: 2-7 Luke 2: 1-20 John 1: 1-14	96
26 <sup>th</sup> December	2 Chron 24: 20-22 Acts 7: 51-end Matt 10: 17-22	119: 161-168
Sunday 27 <sup>th</sup> December <i>1<sup>st</sup> Sunday of Christmas</i>	Is 61: 10 – Is 62: 3 Luke 2: 15-21	148
28 <sup>th</sup> December	Jer 31: 15-17 Matt 2: 13-18	124
29 <sup>th</sup> December	Is 57: 15-end Luke 2: 22-35	96: 1-4
30 <sup>th</sup> December	Is 59: 1-15 Luke 2: 36-40	96: 7-10
31 <sup>st</sup> December	Is 59: 16- end John 1: 1-18	96: 11-end
1 <sup>st</sup> January	1 Cor 1: 1-9	1
2 <sup>nd</sup> January	1 Cor 1: 10-17	2
Sunday 3 <sup>rd</sup> January <i>The Epiphany</i>	Jer 31: 7-14 Matt 2: 1-12	3

## **COLLECTS AND OTHER PRAYERS**

### *FOR REMEMBRANCE*

O God of truth and justice, we hold before you those whose memory we cherish, and those whose names we will never know.

Help us to lift our eyes above the torment of this broken world, and grant us the grace to pray for those who wish us harm.

As we honour the past, may we put our faith in your future; for you are the source of life and hope, now and for ever. Amen.

Merciful God, we offer to you the fears in us that have not yet been cast out by love: may we accept the hope you have placed in the hearts of all people, and live lives of justice, courage and mercy; through Jesus Christ our risen redeemer. Amen.

## 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.

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.

## FOR DIVINE ASSISTANCE

O Thou Whose face is the object of my adoration,  
Whose beauty is my sanctuary, Whose habitation is my goal,  
Whose praise is my hope, Whose providence is my companion,  
Whose love is the cause of my being, Whose mention is my solace,  
Whose nearness is my desire,  
Whose presence is my dearest wish and highest aspiration,  
I entreat Thee not to withhold from me the things Thou didst  
ordain for the chosen ones among Thy servants.

Supply me, then, with the good of this world and of the next.  
Amen

## **Other Sources for Prayer and Worship**

### **BROADCAST AND PHONE RESOURCES**

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

#### **Television programmes**

'Songs of Praise' - Sundays at 1.15pm on BBC 1

#### **Radio programmes (and through the BBC website)**

'Prayer for the Day' - daily at 5.43am on Radio 4

'Sunday Worship' - Sundays at 8.10am on Radio 4

'The Sunday Service' - Sunday at 10am Join with others from across the city and around the world by tuning in locally on 101.8FM, or listen online at [www.crossrhythms.co.uk/radio](http://www.crossrhythms.co.uk/radio),

'Daily Service' Monday to Friday at 9.45am on Radio 4 Longwave and DAB

'Choral Evensong' - Wednesdays at 3.30pm and the same service is repeated Sundays at 3pm on Radio 3

### **ONLINE RESOURCES**

*If you have access to the internet you can access a wealth of spiritual resources including prayer, daily readings, and other inspirational tools.*

#### **Websites**

Check out [www.standrewssneydgreen.com](http://www.standrewssneydgreen.com) for news and links to our online services and resources which are streamed to [www.facebook.com/StAndrewsSG](https://www.facebook.com/StAndrewsSG)

[www.adventonline.faith](http://www.adventonline.faith) - a day by day resource of advent music, reflection and art

[www.churchofengland.org](http://www.churchofengland.org) - search 'Daily Prayer' for full Church of England services

**Apps:** (for handheld or mobile devices)  
Common Worship Daily Prayer  
Lectio 365  
Pray as you go

## **60 MINUTE PRAYER GUIDE from 24-7 prayer**

### PRAYING FOR THE CORONAVIRUS PANDEMIC

*You'll need: A Bible, Worship music, Water, Soap, Tissues, Pens, Pack of plasters / band aids, Hand sanitizer*

PRAY: Pause, Rejoice, Ask, Yield

PAUSE (5 minutes)

Psalm 46 aloud

BE STILL

Breathe deeply, and welcome the Holy Spirit

REJOICE (5 minutes)

Psalm 91 aloud

SING a song of worship about the greatness of God

ASK (30 minutes - 5 minutes per topic)

*PRAY FOR THE CONTAINMENT OF THE VIRUS*  
Using water and soap, thoroughly wash your hands.

Ask God to slow and halt the spread of the Covid 19 Coronavirus.  
Take a moment to pray for God's particular intervention in the nations most affected.

#### *PRAY FOR THE ILL AND ISOLATED*

Using a pen and a tissue, write the names of the people you know who are self-isolating or who have contracted the virus.

Ask God to make His presence felt in solitude and to protect, strengthen and heal them.

#### *PRAY FOR PROTECTION OF THE VULNERABLE*

Take a pen and a packet of plasters / band aids.

Write on plasters the names of the people you know who are elderly or have an under-lying condition that may make them susceptible to the Coronavirus. Ask God to protect them from infection.

#### *PRAY FOR LOCAL AND NATIONAL LEADERS*

Place your hands on your head and ask God to give wisdom to national and local political leaders as they make decisions to protect people.

Cup your hand over your ear and ask God to bring excellent advisers to guide them.

Open your hands in front of you and ask God to give them the ability to communicate clearly to the public.

#### *PRAY FOR HEALTH PROFESSIONALS*

Rub sanitiser into your hands as you ask God to protect the health professionals (doctors, nurses, ambulance crews and more) caring for those affected by the virus.

Ask God to give them peace, wisdom, to anoint them for their jobs and to protect them from infection.

#### *PRAY FOR THOSE AFFECTED IN OTHER WAYS BY THE PANDEMIC*

There are many of people who will be indirectly affected by the coronavirus pandemic.

Ask God to comfort those grieving the loss of loved ones, to provide for those in financial difficulty because they are unable to work, and for business leaders as they face such unprecedented disruption to life.

Pray the blessing of Numbers 6:24-26 over each group.

YIELD (10 minutes)

*Pray this prayer of yielding, written by Pete Greig:*

Lord Jesus Christ, we ask you to protect us from the spread of the coronavirus.

You are powerful and merciful; let this be our prayer -

“Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed.” (Psalm 57:1)

Jehovah Shalom, Lord of Peace, we remember those living in coronavirus hotspots and those currently in isolation. May they know your presence in their isolation, your peace in their turmoil and your patience in their waiting. Prince of Peace, you are powerful and merciful; let this be their prayer - “May your mercy come quickly to meet us, for we are in desperate need. Help us, God our Saviour, for the glory of your name.” (Psalm 79:8)

God of all Comfort and Counsel, we pray for those who are grieving, reeling from the sudden loss of loved-ones. May they find your fellowship in their suffering, your comfort in their loss, and your hope in their despair. We name before you those known to us who are vulnerable and scared - the frail, the sick and the elderly. [pause]

God of all Comfort, you are powerful and merciful; may this be our prayer - “He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us.” (2 Corinthians 1:10)

Jehovah Rapha, God who heals, we pray for all medical professionals dealing daily with the intense pressures of this crisis. Grant them resilience in weariness, discernment in diagnosis, and compassion upon compassion as they care. We thank you for the army of researchers working steadily and quietly towards a cure - give them clarity, serendipity and unexpected breakthroughs today. Would you rise above this present darkness as the Sun of Righteousness with healing in your rays. May this be our prayer - "Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you." (Jeremiah 32:17)

God of all Wisdom, we pray for our leaders: the World Health Organisation, national governments, and local leaders too - heads of schools, hospitals and other institutions. Since you have positioned these people in public service for this hour, we ask you to grant them wisdom beyond their own wisdom to contain this virus, faith beyond their own faith to fight this fear, and strength beyond their own strength to sustain vital institutions through this time of turmoil. God of all Wisdom and Counsel, you are powerful and merciful; may this be our prayer - "God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear" (Psalms 46:1-2)

I bless you with the words of Psalm 91: "Surely he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you." (Psalm 91:3-7)

"Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer." (Psalm 4:1)

May El Shaddai, the Lord God Almighty who loves you protect you. May Jesus Christ, His Son who died for you save you. And may the Holy Spirit who broods over the chaos and fills you with his presence, intercede for



you and in you for others at this time. “The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.” (2 Timothy 4:18)

### **BE STILL**

Breathe deeply, thank God for His presence and release into His hands all you’ve prayed this past hour.

### **PASTORAL SUPPORT**

If you require pastoral or practical support, have special requests for prayer, or would simply like a conversation, please call or text James Gandon 01782 363531 / 07579 795328  
[james@standrewssneydgreen.com](mailto:james@standrewssneydgreen.com)

***God Bless you***

please take very good care of yourself at this time.