

SPIRITUAL RESOURCES



for praying at home

for staying together as the body of Christ

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THIS GUIDE

This booklet offers Spiritual resources for use during Lent while we are unable to come together in public worship. Use whichever speak to you most clearly. These resources are offered to help us to rely upon and draw close to the presence of Christ at all times. Please know that the church is always praying and by using these resources you join the wider community of prayer.

SIMPLE FORMS OF PRAYER

- * Lighting a candle before you pray can help you focus and listen.
- * Praying at the times when you know the church is gathering may help you to feel connected to your church community.
- * Jesus taught us the Lord's Prayer so that we would always have words to say... do use it!
- * The "Examen" 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 always...

CREATIVE WAYS TO PRAY

- You might find it helpful to listen to favourite hymns, worship songs, or other pieces of music that have a special meaning for you.
- Pictures can help prompt our prayers e.g.; photos of loved ones, maps or pictures of our community or the wider world
- If the news is getting you down, try praying for the people and situations that are mentioned.
- Why not try doodling, painting, or drawing as you pray?

SIMPLE MORNING PRAYER during Lent

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

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

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.**

Psalm 51 - *Returning to God or a Psalm from the list on page 17*

1. Have mercy on me, O God, in your enduring goodness: according to the fullness 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 rebellion: and my sin is ever before me.
4. Create in me a clean heart, O God: and renew a right spirit within me.
5. Do not cast me out from your presence: do not take your holy spirit from me.
6. O give me the gladness of your help again: and support me with a willing spirit.
7. The sacrifice of God is a broken spirit: a broken and contrite heart, O God, you will not despise.

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*)

Finally, brothers and sisters, we beseech and exhort you in the Lord Jesus, that as you learned from us how you ought to live and to please God, just as you are doing, you do so more and more. For God has not called us for uncleanness, but in holiness. *(1 Thessalonians 4. 1, 7)*

The Lord's true love is surely not spent, nor has his compassion failed, they are new every morning, so great is his constancy. The Lord, I say, is all that I have; therefore I will wait for him patiently. The Lord is good to those who look for him, to all who seek him. *(Lamentations 3.22–25)*

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

Keep silence or pray in your own words for the church, the world, those we care for, and those in need.

Lord's Prayer

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.
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.

Collect

God most holy, we give you thanks
for bringing us out of the shadow of night
into the light of morning;
and we ask you for the joy of spending this day in your service, so
that when evening comes,
we may once more give you thanks
through our Lord Jesus Christ. **Amen**



EVENING PRAYER during Lent

○ 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.

Psalm 130 - *Returning to God or a Psalm from the list on page 17*

1. Out of the depths have I called to you, ○ Lord:
Lord, hear my voice.
2. ○ let your ears consider well:
the voice of my supplication.
3. If you, Lord, should note what we do wrong:
who then, ○ Lord, could stand?
4. But there is forgiveness with you:
so that you shall be feared.
5. I wait for the Lord, my soul waits for him:
and in his word is my hope.
6. My soul looks for the Lord:
more than watchmen for the morning, more, I say, than
watchmen for the morning.
7. ○ Israel, trust in the Lord, for with the Lord there is
mercy: and with him is ample redemption.
8. He will redeem Israel:
from the multitude of his sins.

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)*

Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.
(1 Corinthians 9.24–25)

Jesus said, 'There will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.'
(Luke 15.7)

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.

Lord's Prayer

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.
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.

Collect

Lord, God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. **Amen.**

With grateful thanks to the Scottish Episcopal Church (Anglican) for their shortened liturgy for Morning and Evening Prayer which is used in this booklet.



AN ACT OF SPIRITUAL COMMUNION

Settle yourself into a quiet place and allow your attention to silently withdraw from external things and focus into the heart.

You can do this by breathing deeply and slowly into your heart, the centre of your being, or by repeating some reflective verses. For example:

○ God, come to my aid;
● **Lord, make haste to help me.**

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

and then call to mind any sins you have committed and make an Act of Contrition in words such as:

Lord Jesus Christ, Son of the Living God;
have mercy on me, a sinner.

Then, if you are able, pray the Collect for the Day and read the lessons from the pewsheet concluding the Gospel with a time of silence.

Offer your own prayers ending with the Lord's Prayer

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.
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.**

Now imagine Jesus coming to you in a gracious and kind manner, holding out to you the Blessed Sacrament.

As you see him approach, say:

Lord, I am not worthy to receive you,
but only say the word and I shall be healed



Then, make an Act of Spiritual Communion in these or other words:

My Jesus,
I believe that You are present in
the Most Holy Sacrament.
I love You above all things,
and desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.

*As you imagine yourself receiving the Bread of Heaven,
be still and rest in the love of God.*

*Thank Him for entering beneath the roof of your soul
with words such as:*

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesu, hear me.
Within your wounds hide me.
Suffer me not to be separated from you.
From the malicious Enemy defend me.
In the hour of my death call me
and bid me come to you,
that with your Saints I may praise you,
for ever and ever.

Amen.

Let us bless the Lord.

Thanks be to God

*With thanks to the Spiritual Association of the COMPASSIONATE HEARTS of JESUS
and MARY (CHJM) for these prayers*

A FORTNIGHT CYCLE OF PSALMS

Sunday	119.1-32	Monday	119.33-56
Tuesday	119.57-80	Wednesday	119.81-104
Thursday	119.105-128	Friday	119.129-152
Saturday	119.153-end		

Sunday	121, 122	Monday	123, 124
Tuesday	125, 126	Wednesday	127
Thursday	128	Friday	129, 130
Saturday	131, 133		

BIBLE READINGS

Sunday: Revelation 21.1-4,
Tuesday: Deuteronomy 28.1-6,
Thursday: John 17.18-23,
Saturday: John 11.17-26a.

or

Psalm 23

Psalm 27

Isaiah 43.1-21

Matthew 6.25-34

John 14.1-7

Romans 8.18-38

Philippians 4.1-13

Monday: Isaiah 49.1b-4,
Wednesday: Matthew 9.35-end,
Friday: Luke 9.22-25,

Jeremiah 29.11-13

Psalm 139

Habbakuk 3.17-19

Matthew 11.25-29

John 17.1-26

Colossians 3.12-17

1 Corinthians 13

COLLECTS AND OTHER PRAYERS TO SAY

Sovereign God,
the defence of those who trust in you
and the strength of those who suffer:
look with mercy on our affliction
and deliver us through our mighty Saviour Jesus Christ.
Amen.

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.

Almighty God,
you see that we have no power of ourselves to help ourselves:
keep us both outwardly in our bodies,
and inwardly in our souls;
that we may be defended from all adversities
which may happen to the body,
and from all evil thoughts which may assault and hurt the soul;
through Jesus Christ our Lord.
Amen

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at mine end, and at my departing.
Amen

Coronavirus Prayer

Lord our God, we pray for your intervention and protection as the coronavirus pandemic grows, Lord we pray for your mercy and power to halt the harmful spread of this virus.

We pray for those already infected with coronavirus, that they may receive timely, effective, and compassionate care and treatment that will restore them to health.

We pray for your protection and grace for all medical professionals, for all who are courageously treating and caring for those infected, may they be shielded, strengthened, and guided as they administer treatments and care.

We pray for your protection over those most vulnerable to disease...our poor, our elders, our disabled, those weakened by existing conditions.

We pray for those under quarantine that will be comforted by your presence, and protected from disease, anxiety, and fear.

We pray for our public healthcare leaders and government agencies, that they are continually well-informed and well-prepared as they deal with the coronavirus. Grant them the resources and manpower they need to use their wisdom and divine intelligence in the best interest of public health.

We pray for the researchers who are tracking the course of the virus, may they recognise patterns that will help in our understanding of how to stay healthy.

We pray for those searching for treatments, cures, and vaccines. Lord guide them, reveal new ideas, and accelerate their discoveries to fight this disease.

We pray for the communities, areas, and countries hardest hit by coronavirus, may you restore their sense of wellbeing and community; sustain them, comfort them, and give them hope.

We pray for all whose lives are disrupted by coronavirus and we pray for those families who have been separated and for those whose livelihoods are being jeopardized.

We look to you Lord our God, praying that the spread of this coronavirus will be halted and that many lives might be spared. We pray that through this crisis we will draw closer to you and grow in our intimate relationship with you.

Lord in your loving compassion and mercy, hear our prayer, Amen

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 www.oakhamteam.org.uk for parish and team info

www.churchofengland.org

search 'Daily Prayer' for full Church of England Offices

www.sacredspace.ie

daily guided *lectio divina* with the Gospels

An Ordinary Office: <http://anordinaryoffice.org.uk/>.

"An Ordinary Office" is designed to be very accessible (you can follow it through text, symbol, audio, or video). Easy to pray if you're unwell or very tired. Morning, midday, and evening prayer, plus "nocturnes" for those who can't sleep.

The Northumbria Community:

<https://www.northumbriacommunity.org/offices/how-to-use-daily-office/>. Short but poetic forms of daily prayer in the "Celtic" style.

Apps: (for handheld or mobile devices)

Common Worship Daily Prayer

Lectio 365

Pray as you go

Abide

Search for yourself and please share any good websites or resources you find

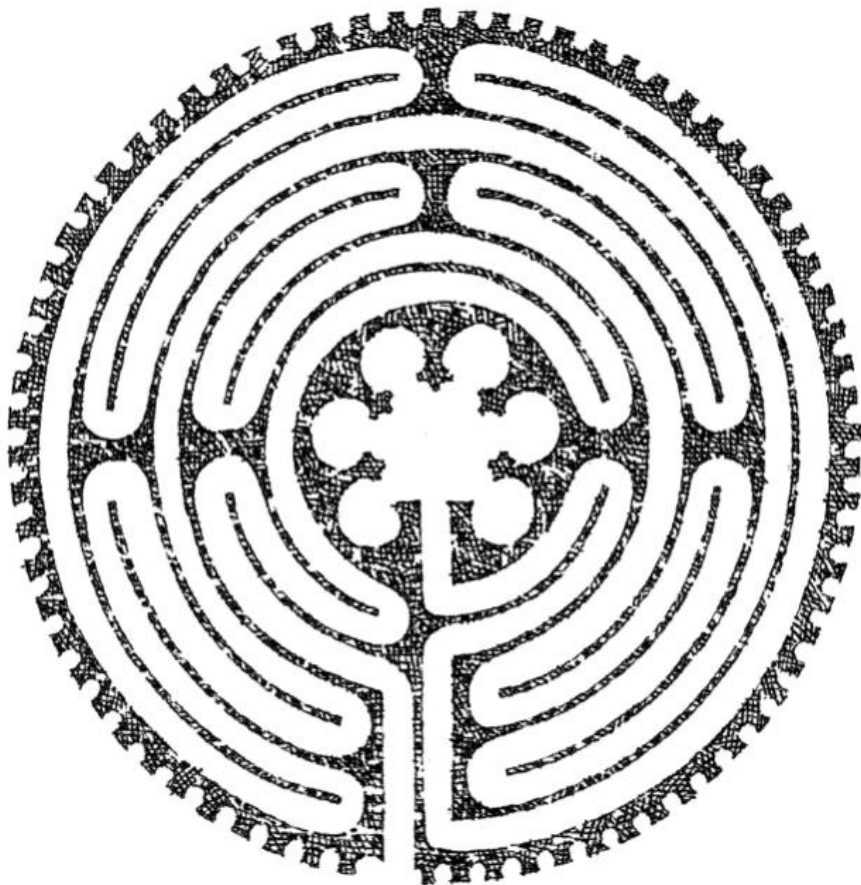
PASTORAL SUPPORT

If you require pastoral or practical support, have special requests for prayer, or would simply like a conversation, please contact -

Revd Deborah Marsh, The Vicarage, 3 Paddock Close, Whissendine, LE15 7HW
01664 474652 / 07919 385314 / deborah@oakhamteam.org.uk

A PRAYER LABYRINTH

You might find it helpful to 'walk' the labyrinth by tracing it with your finger as you pray.



Please take care of yourself at this time, wash your hands regularly and be wise and sensible about the risks you take.

God bless you

