

PRAYING IN A PANDEMIC

Prayer resources for those who are unable to meet together

Contents

A reflective service: worship in isolation	4
Bible readings and collects for Sundays	7
An order for the office of compline	10
Various prayers	14
Prayer on TV, Radio and the internet	22
If you are lonely whilst self-isolating	23

A reflective service: 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 in you.

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, let the Holy Spirit prompt you.

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 Bible passage – chose your own
or use those set for a particular Sunday as listed on pages 7 - 9.

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 isolation, that God would sit with you
Pray for others in their loneliness
Pray for our country
Pray for the world

Our Father in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever. Amen.

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 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

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

Other short passages of Scripture for reading and contemplation

Psalm 27 *The Lord is my light and my salvation*

Psalm 46 *Be still, and know that I am God.*

Psalm 91 *He shall cover you with his wings*

Psalm 139 *O Lord, you have searched me out and known me*

Isaiah 43 (esp vv.1-7) *Do not fear, for I am with you*

John 14 *Do not let your hearts be troubled*

An order for 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
and/or 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

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.

Tonight we pray especially for *(names family or friends who are affected by Coronavirus)* and the people of *(country or place which is affected by Coronavirus)*.

Give skill and wisdom to all who are caring for them.

Amen.

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

Worship

Common

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

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*

For use when you are unable to attend communion

Jesus, I believe that you are present at communion, I love you above all things and I desire you in my soul. Since I cannot receive you now in the sacrament, come by your spirit 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*

A prayer about the Coronavirus outbreak

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.

For those in isolation

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 worried/social cohesion

Loving Jesus, you are compassionate to those in need
and heal the sick in body and mind.

Look kindly on those who are fearful at this time.

Help us all to put away all thoughts and actions
that separate us from you and from one another.

Give us grace to live our lives

confident in your promise that you are with us always.

Amen.

Lord Jesus Christ,

you taught us to love our neighbour,

and to care for those in need

as if we were caring for you.

In this time of anxiety, give us strength

to comfort the fearful, to care for the sick,

and to assure the isolated

of our love, and your love,

for your name's sake.

Amen.

For those who are ill

Merciful God,

we entrust to your unfailing and tender care,

those who are ill or in pain,

knowing that whenever danger threatens

your everlasting arms are there to hold us 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.

Prayers for when you can't get to church

Lord Jesus Christ, you said to your disciples, 'I am with you always'.

Be with me today, as I offer myself to you.
Hear my prayers for others and for myself,
and keep me in your care.

Amen.

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. *From St Patrick's Breastplate*

I am giving you worship with all my life,
I am giving you obedience with all my power,
I am giving you praise with all my strength,
I am giving you honour with all my speech.
I am giving you love with all my heart,
I am giving you affection with all my sense,
I am giving you my being with all my mind,
I am giving you my soul, O most high and holy God.

Praise to the Father,

Praise to the Son,

Praise to the Spirit,

The Three in One.

*adapted from Alexander Carmichael,
Carmina Gadelica (1900)*

O gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you,
patience to wait for you,
eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,

through the power of the spirit
of Jesus Christ our Lord.

St Benedict

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 Jesus, hear me:
hide me within your wounds
and never let me be separated from you.
From the wicked enemy defend me,
in the hour of my death, call me
and bid me come to you,
so that with your saints I may praise you
for ever and ever.

Anima Christi

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.
Many people are anxious because of it.
Many people are anxious that they might get ill.
Many people are anxious about their family and friends.
Be with them in their worries and help them to find some peace.
We pray for the doctors and nurses and scientists who are working
to discover the right medicines to give hope to those who are ill.
Thank you that even in these strange and worrying times, you are
with us.
Help us to look for the signs of your goodness and love towards us.
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 anxious.
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.

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 repeated on Sundays at 3pm on BBC Radio 3

A few internet resources

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.

Do not visit someone else if you are feeling unwell, or you know they are self-isolating. But keep an eye on each other check if each other has everything they need and are able to get shopping.

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.

With thanks to various Church of England clergy who helped compile much of the information contained in this booklet that we might continue to praise and worship God.

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