



St Paul's Church

Scotforth ✦ Lancaster



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Praying at Home throughout the Day

There is a daily service on **Radio 4** every morning at 9.45am.

BBC One broadcasts Songs of Praise every Sunday at 1.15pm and the BBC have said they will also broadcast a Sunday morning service – check listings.

If you have access to the internet, there are many churches that are broadcasting their services, either on their website or using Facebook Live.

You may find it helpful during this time to set aside ten minutes at the start, the middle and the end of the day to be still and focus on God. To recognise the gift of solitude not isolation. To join your prayers with the countless others being prayed around the country and the world at this time

Morning Prayer

You may wish to light a candle and have some reflective music playing in the background.

The Lord is good, a strong refuge when trouble comes. God is close to those who trust in him.
Nahum 1.7

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Pause for reflection as you offer the day to God.

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.

Bible Reading

You may wish to say Psalm 23 or another psalm here, such as Psalm 16 or Psalm 139.

Psalm 23

The Lord is my shepherd; therefore can I lack nothing. He makes me lie down in green pastures and leads me beside still waters. He shall refresh my soul and guide me in the paths of



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righteousness for his name's sake. Though I walk through the valley of the shadow of death, I will fear no evil; for you are with me; your rod and your staff, they comfort me. You spread a table before me in the presence of those who trouble me; you have anointed my head with oil and my cup shall be full. Surely goodness and loving mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever.

Prayers for others

Lift your day to the Lord and ask him to be with you in whatever is to come. Who are you thinking about today? Ask God to bless them and watch over them. You could pray for your friends and neighbours, the church community, those in need at this time.

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.*

Lunchtime Prayer

Opening Sentences

Let the beauty of the Lord our God be upon us.
Establish Thou the work of our hands;
establish Thou the work of our hands.

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.
And lead us not into temptation;
but deliver us from evil. Amen



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Declaration of faith

We believe and trust in God the Father Almighty.
We believe and trust in Jesus Christ His Son.
We believe and trust in the Holy Spirit.
We believe and trust in the Three in One.

Night-time prayer before bed

You may wish to light a candle and have some reflective music playing in the background.

The eternal God is your refuge, and underneath are the everlasting arms.
Deuteronomy 33.27

The Examen

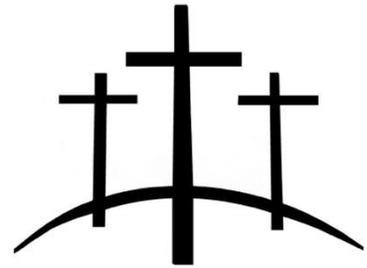
Think about today - what has brought you joy or energised you? Give thanks to God for all that has brought joy today. What has been difficult or drained you? Ask God to bear any burden that is too great for you today.

Lord, we offer you our days, our activities, our joys, our sorrows. Meet us in our everyday lives. Amen.

Merciful God,
we entrust to your unfailing and tender care this night
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.

Be present, O merciful God,
and protect us through the silent hours of this night,
so that we who are wearied
by the changes and chances of this fleeting world,
may rest upon your eternal changelessness;
through Jesus Christ our Lord. Amen.

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy;
may your holy angels dwell with us in peace,
and may your blessing be always upon us;



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through Jesus Christ our Lord. Amen.

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.

General Prayers you could pray throughout the day

Prayer about the 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 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 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.
Amen



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