



The Church of Saint Laurence Upminster



WORSHIP AT HOME

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This prayer booklet is designed for use at home, especially at this difficult time when, due to the coronavirus pandemic, we are unable to meet together in the church building for worship. Nonetheless, though we may be physically distant from each other, we remain the body of Christ, drawn together in communion by God's love and by our shared fellowship of prayer.

Many of you will already have your own ways of praying – particular prayers, music or practices. You may use the 'Time for God' Daily Office that has been used in this parish for some time. This booklet is not intended to replace your own practice, but to provide simple, shared forms of prayer which can link us together in the particular situation in which we find ourselves.

At the end of the booklet you will find an 'Act of Spiritual Communion'. This can be used when unable to receive the sacrament physically. You may particularly like to use it at I Iam on Sundays, when Fr Roy or Susannah will be celebrating Mass on behalf of the parish.

On some days you may find it hard to engage with a sustained period of prayer, and it may be better to have just a single prayer. You may wish to commit to saying this prayer at 12 noon each day, in communion with others in the parish:

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.

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

Opening Sentences

○ Lord, open our lips and our mouth shall proclaim your praise.

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, ○ 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 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.

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.

You may wish to use the weekly pattern of short readings given below, or choose a passage of your own.

Sunday Morning

But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Saviour. Isaiah 43.1-3a

Monday Morning

‘Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.’ Thomas said to him, ‘Lord, we do not know where you are going. How can we know the way?’ Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me. John 14.1-6

Tuesday Morning

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you. Philippians 4.8-9

Wednesday Morning

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. Colossians 3.16,17

Thursday Morning

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God. Ephesians 2.19-22

Friday Morning

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Romans 19.9-12

Saturday Morning

Jesus said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well. Luke 12.22-31

Prayers

Almighty and everlasting God, we thank you that you have brought us safely to the beginning of this day. Keep us from falling into sin or running into danger; order us in all our doings and guide us to do always what is righteous in your sight; through Jesus Christ our Lord. Amen.

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.

The Lord's Prayer

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.

The Conclusion

The Lord bless us, and preserve us from all evil, and keep us in eternal life. Amen.

Let us bless the Lord. Thanks be to God.

Night Prayer

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

Opening Sentences

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.

Pause and reflect on the day that is past.

Save us, O Lord, while waking, and guard us while sleeping, that awake we may watch with Christ and asleep may rest in peace.

Bible Reading

You may wish to say here the psalm given below, or Psalm 27, or another chosen psalm.

Psalm 91

Whoever dwells in the shelter of the Most High
and abides under the shadow of the Almighty,

Shall say to the Lord, 'My refuge and my stronghold,
my God, in whom I put my trust.'

For he shall deliver you from the snare of the fowler
and from the deadly pestilence.

He shall cover you with his wings and you shall be safe under his feathers;
his faithfulness shall be your shield and buckler.

You shall not be afraid of any terror by night,
nor of the arrow that flies by day;

Of the pestilence that stalks in darkness,
nor of the sickness that destroys at noonday.

Though a thousand fall at your side and ten thousand at your right hand,
yet it shall not come near you.

Your eyes have only to behold
to see the reward of the wicked.

Because you have made the Lord your refuge

and the Most High your stronghold,

There shall no evil happen to you,
neither shall any plague come near your tent.

For he shall give his angels charge over you,
to keep you in all your ways.

They shall bear you in their hands,
lest you dash your foot against a stone.

You shall tread upon the lion and adder;
the young lion and the serpent you shall trample underfoot.

Because they have set their love upon me, therefore will I deliver them;
I will lift them up, because they know my name.

They will call upon me and I will answer them;
I am with them in trouble, I will deliver them and bring them to honour.

With long life will I satisfy them
and show them my salvation.

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.

You may wish to use one of the following short readings or choose a passage of your own.

Sunday Evening

You, O Lord, are in the midst of us, and we are called by your name; leave us not, O Lord our God. Jeremiah 14.9

Monday Evening

Thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength. Isaiah 30.15

Tuesday Evening

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. Matthew 11.28-end

Wednesday Evening

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. 1 Peter 5.6,7

Thursday Evening

Jesus said, 'I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!' John 16.33

Friday Evening

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him. I Thessalonians 5.9,10

Saturday Evening

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.' John 8.12

Prayers

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; through Jesus Christ our Lord. Amen.

The Lord's Prayer

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.

The Conclusion

In peace we will lie down and sleep; for you alone, Lord, make us dwell in safety.

The Lord bless us and watch over us; The Lord make his face to shine upon us and be gracious to us; The Lord look kindly upon us and give us peace. Amen.

Prayers about the outbreak

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 tend the sick, and to assure the isolated of our love, and your love, for your name's sake. Amen.

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 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 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.

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.

(Barbara Glasson, President of the Methodist Conference)

Intercessions

Let us pray to God, who alone makes us dwell in safety:

For all who are affected by coronavirus, through illness or isolation or anxiety, that they may find relief and recovery: Lord, hear us, Lord, graciously hear us.

For those who are guiding our nation at this time, and shaping national policies, that they may make wise decisions: Lord, hear us, Lord, graciously hear us.

For doctors, nurses and medical researchers, that through their skill and insights many will be restored to health: Lord, hear us, Lord, graciously hear us.

For the vulnerable and the fearful, for the gravely ill and the dying, that they may know your comfort and peace: Lord, hear us, Lord, graciously hear us.

We commend ourselves, and all for whom we pray, to the mercy and protection of God. Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen.

Let us pray to the Lord, who is our refuge and stronghold.

For the health and well-being of our nation, that all who are fearful and anxious may be at peace and free from worry: Lord, hear us, Lord, graciously hear us.

For the isolated and housebound, that we may be alert to their needs, and care for them in their vulnerability: Lord, hear us, Lord, graciously hear us.

For our homes and families, our schools and young people, and all in any kind of need or distress: Lord, hear us, Lord, graciously hear us.

For a blessing on our local community, that our neighbourhoods may be places of trust and friendship, where all are known and cared for: Lord, hear us, Lord, graciously hear us.

We commend ourselves, and all for whom we pray, to the mercy and protection of God. Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen

Prayers with Children

Before praying, it is suggested that there is a discussion with the children about the people and places they wish to pray for.

A prayer for when a friend is ill

Dear God, (name of friend) is ill. 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. Some people are worried that they might get ill. Others are anxious for their family and friends. Be with them and help them to find peace. We pray for the doctors and nurses and scientists, and all who are working to discover the right medicines to help those who are ill. Thank you that even in these anxious times, you are with us. Help us to put our trust in you and keep us safe. Amen.

A prayer at bedtime

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). Please give skill and wisdom to all who are caring for them. 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 worried. 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.

Personal Prayers particularly if 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.

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)

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

The Jesus Prayer

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: increase and multiply upon us your mercy; that with you as our ruler and guide, we may so pass through things temporal that we lose not our hold on things eternal; through Jesus Christ our Lord.

Common Worship

Be with us, Lord, in all our prayers, and direct our way toward the attainment of salvation, that among the changes and chances of this mortal life, we may always be defended by your gracious help, through Jesus Christ our Lord.

Common Worship

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

Before going to sleep

God our Father, by whose mercy the world turns safely into darkness and returns again to light: we place in your hands our unfinished tasks, our unsolved problems, and our unfulfilled hopes, knowing that only what you bless will prosper. To your love and protection we commit each other and all those we love, knowing that you alone are our sure defender, through Jesus Christ our Lord.

Church of South India

Spiritual Communion
When Unable to Attend a Celebration of the Eucharist

*If a household are praying together one person may act as leader and the others join in the sections in **bold** type. If alone, read all the words aloud.*

You may want to light a candle before you begin as a symbol of Christ's light to the world.

The Lord is here. **The Spirit is with us.**

Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden: cleanse the thoughts of our hearts
by the inspiration of your Holy Spirit, that we may perfectly love you,
and worthily magnify your holy name; through Christ our Lord.
Amen.

Collect

The following prayer may be used, or you may wish to pray the Collect of the Day

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,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Readings

The following short readings can be used, or one or more of the readings of the day

First Reading - Revelation 3:20

Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me.

Psalm - Psalm 62

On God alone my soul in stillness waits;
from him comes my salvation.
He alone is my rock and my salvation,
my stronghold, so that I shall never be shaken.

Gospel - John 6:35

Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

Spend a few moments praying for the people you know and love, the needs of the world and for an end to the current Pandemic.

The Lord's Prayer

Our Father in heaven, hallowed be your name; your kingdom come; your will be done; on earth as in heaven.

Give us this day 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.

Act of Contrition

I love you, Jesus, my love above all things, and I repent with my whole heart of having offended you. Never permit me to separate myself from you again, grant that I may love you always, and then do with me what you will.

Act of Spiritual Reception

In union, heavenly Father, with your people throughout the world and across the centuries gathered to make communion, hearing your holy Word and receiving the Precious Body and Blood, I offer you praise and thanksgiving. Even though I am not now able to taste the Bread of Heaven and drink the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us.

Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence.

O LORD and heavenly Father, we your humble servants ask that you mercifully accept this our sacrifice of praise and thanksgiving; most humbly asking you to grant, that by the merits and death of your Son Jesus Christ, and through faith in his blood, we and all your whole Church may obtain remission of our sins, and all other benefits of his passion.

Amen.

THE peace of God, which passes all understanding, keep our hearts and minds in the knowledge and love of God, and of his son Jesus Christ our Lord: and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among us and remain with us always. **Amen.**