

St. Matthew's Redhill

PRAYERS FOR OUR DAYS



A Prayer in Lockdown

*The doors of the house where the disciples had met were locked.
(John 20.19)*

Ever-present God,
be with us in our isolation,
be close to us in our distancing,
be healing in our sickness,
be joy in our sadness,
be light in our darkness,
be wisdom in our confusion,
be all that is familiar when all is unfamiliar,
that when the doors reopen
we may with the zeal of Pentecost
inhabit our communities
and speak of your goodness
to an emerging world.
For Jesus' sake.

Amen.

A Prayer for All Involved in the Response to This Crisis Worldwide

Loving God,
source of healing and comfort,
fill us with your grace,
that the sick may be made whole,
that those who care for us may be strengthened,
that the anxious may be calmed,
and those most vulnerable be protected
in the power of Spirit
in the faith of Jesus Christ our Lord.

Amen.

A Prayer for Strength in Sorrow

God, our friend and companion,
we thank you that you travel with us through dark times.
We bring you our feelings trusting that you accept us just
as we are.

We bring you our thoughts and questions,
asking you to help us find peace of mind.
We bring you our hurts and pains,
knowing that you are a God who can heal.
Give us the strength to keep travelling forward
until we step out into the sunlight again.

Amen.

Prayers in Difficult Times

God of all wisdom,
We can't always understand what is happening around us,
Or see you at work in difficult times,
But we choose to trust in you.
Please grant us understanding.
Through Jesus Christ our teacher and our Lord.

Amen.

God of the wilderness,
We are not always sure how to endure these testing times,
Or where to find nourishment for our souls,
But we choose to trust in you.
Please grant us refreshment.
God of all strength,
We don't always have the capacity to keep going,
Or the ability to see a way through,
But we choose to trust in you.
Please grant us perseverance.
Through Jesus Christ our teacher and our Lord.

Amen.

Questioning Prayer

When the question is “Why?” Be the voice that I hear.
When the question is “Where?” Be the guidance I need.
When the question is “When?” Be the wisdom I seek.
When the question is “How?” Be the strength I require.
When my answer is “Yes!” Be the peace that I feel.

Amen.

*From Rebuilding Community, Jane Whittington,
Diocese of Guildford*

Accompanying Others

God of all compassion and healing,
We pray today for those who have lost loved ones:
May they know your loving presence as they travel through the varied
landscapes of grief.
In their pain and sadness, surround them with your comfort;
In their anger and bewilderment, speak words of peace;
In their anxiety and fear, help them feel safe again.
We give you thanks that you hold all of us in your love, wherever we
are on
our journey through life.
In these difficult days, help us to travel together in friendship,
Trusting that you will lead us to the sunshine of new hope.

Amen.

Honest to God, a Prayer in Difficult Times

Dear God,

Today is not a good day.

I don't even know if I have the words

And if I did, I don't know if you would hear them.

Today I can't smile or laugh or pretend I'm okay,

I don't have the energy for it.

I can't even describe how I feel,

How stupid is that?

But you promised that I didn't have to have the words.

You promised you would understand anyway;

That the Holy Spirit just knows all that,

It's OK that all I have are groans.

So here they are God,

And if you could do something with them,

and send me a little something back, that would be great.

Amen.

Prayer and Reflection on Personal Loss

Sometimes I'm sad.

It's heavy and grey in me, like a freezing, rainy day.

Sometimes I'm angry.

It's like a raging storm in me. I feel like I might explode. I don't understand

why I had to lose *N* and I'm not OK with it.

Storm-calming God, please help me feel peaceful again.

Sometimes I feel scared.

The path ahead looks so dark and I'm worried about the future.

I don't know what life will be like without *N* and that frightens me.

Rock-solid God, please help me feel safe again.

And then sometimes I feel happy – like the sun has just come out.

It's great, but it confuses me.

I want to be happy, but I don't want to forget *N*.

Gift-giving God, help me to remember

all the good times we had and help me to be thankful.

Sometimes the sadness creeps in like a rainy winter's day.

Sometimes I'm raging in anger like an unstoppable storm.

Sometimes I'm scared of what's ahead,

because the future is too dark to see.

Sometimes I'm just sick of life; and sometimes I feel nothing.

Layer your love around me when the cold of sadness creeps in.

Speak your words of peace when the storms of anger rage in my soul.

Keep me safe when fear makes the darkness even darker.

Help me keep travelling till the sunshine of hope breaks through.

Amen.

Website: www.stmatthews-redhill.org.uk

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HIS SPIRIT IS WITH US



**Prayer for the Assurance
of Christ's Presence**

Quiet Preparation:

Begin by spending time quietly ...

Become aware of God's presence. Ask God to help you to remember He is there with you.

Review yesterday with gratitude.

Pay attention to how you felt about it.

Choose one feature of the day and pray about it

Look towards the coming day—what do you expect it to hold?

Ask God to help you remember He is with you

Then offer this well known prayer:

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

Take a moment to call to mind your sins ...

You raise the dead to life

LORD HAVE MERCY

You bring pardon and peace to the broken hearted

CHRIST HAVE MERCY

You make one by your spirit the
torn and divided

LORD HAVE MERCY

Be assured that He is with you and forgives you

Readings—choose one of the following:

Psalms 121 verses 1-4

I lift up my eyes to the hills—
from where will my help come?
My help comes from the LORD,
who made heaven and earth.

He will not let your foot be moved;
he who keeps you will not slumber.
He who keeps Israel
will neither slumber nor sleep.

Luke 24 verses 28-31

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him.

John 20 verses 19-21

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, 'Peace be with you.' After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent me, so I send you.'

Philippians 2 verses 5-7

Let the same mind be in you that was in Christ Jesus,
who, though he was in the form of God,
did not regard equality with God
as something to be exploited,
but emptied himself,
taking the form of a slave,
being born in human likeness.
And being found in human form,
He humbled himself and became obedient to death
Even death on a cross.

Psalms 131 verses 1-2

O Lord, my heart is not lifted up,
my eyes are not raised too high;
I do not occupy myself with things
too great and too marvellous for me.
But I have calmed and quieted my soul,
like a weaned child with its mother;
my soul is like the weaned child that is with me.

John 6 verses 33-35

For the bread of God is that which comes down from heaven and gives life to the world.' They said to him, 'Sir, give us this bread always.'

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

John 15 verses 1-3

'I am the true vine, and my Father is the vine-grower. He removes every branch in me that bears no fruit. Every branch that bears fruit He prunes to make it bear more fruit. You have already been cleansed by the word that I have spoken to you'.

A time to think about the gift of Holy Communion and to pray:

In union O Lord with the faithful at every altar in your church
 where the Eucharist is celebrated
I desire to offer you praise and thanksgiving
I present to you my soul and body
With the earnest wish that I may always be united with you
And since I cannot now receive you sacramentally
I ask you to come spiritually into my heart
I unite myself to you
And embrace you with all the affections of my soul
Let nothing ever separate me from your love
Nor from those I bring in my heart to this moment
Amen

Then sit for a moment to receive the love of Jesus afresh in the place you find yourself.

Two concluding prayers:

God the Father by whose love Christ was raised from the dead.
Open to you the gates of everlasting life
God the Son who in bursting the grace has won a
 glorious victory
Give you joy as you share the Easter faith
God the Holy Spirit whom the risen Lord breathed into
 His disciples
Empower you and fill you with Christ's peace

God of our salvation
You have restored us to life
You have brought us back again into your love
By the triumphant death and resurrection of Christ
Strengthen our faith
That we may grow in love for you and for each other
Through Jesus Christ our risen Lord.
Amen

And a prayer to remember we are members of one body

The Holy Trinity
In whose name we were baptised
Preserve us
Members of Christ
Children of God
Inheritors of the Kingdom of Heaven
Saved by the waters
Filled with the Spirit
Blessed in His rising

And we go in peace to love and serve the Lord. Amen

*Website: www.stmatthewsredhill.org.uk
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2020*

St. Matthew's Redhill



**A Service of Wholeness
and Healing for personal
and group use**

ORDER OF SERVICE

Welcome into God's Presence

Jesus says "Come to me all you who are troubled and I will
give you rest.

So come you who are burdened by regrets and anxieties.

You who are broken in mind, body and spirit

You who are torn apart by broken relationships and doubt

You who feel deeply within yourself the divisions and injustices
of the world

Come for Jesus invites us to bring him our brokenness.

Lord we gather in your presence

IN OUR NEED AND BRINGING WITH US THE NEEDS
OF THE WORLD

We come to you, for you come to us in Jesus

AND YOU KNOW BY EXPERIENCE WHAT HUMAN LIFE
IS LIKE

We come with our faith and with our doubts

WE COME WITH OUR HOPES AND WITH OUR FEARS

We come as we are, because you invite us to come

AND YOU HAVE PROMISED NEVER TO TURN US AWAY

Bible Reading and Reflection

Choose a passage that brings you comfort and sits with it for a while. Suggestions include:

Psalms 23 121 130 147

Isaiah 9 v2-7 11 v1-9 42 v1-9

Luke 1 v46-55 4 v14-19 8 v22-25 12 v22-31 18 v35-43

Ephesians 1 v3-10 3 v14-19 6 v10-20

Intercessions

Holy God, in whom we live and move and have our being, we
make our prayer to you saying:

Lord hear us LORD GRACIOUSLY HEAR US

Grant to all of us and to all who seek you, the assurance of your
presence, your power and your peace

Lord hear us LORD GRACIOUSLY HEAR US

Grant your healing to all who are sick, that they may be made
whole in body, mind and spirit

Lord hear us LORD GRACIOUSLY HEAR US

Sustain and support the anxious and fearful, and lift up all who
are brought low

Lord hear us LORD GRACIOUSLY HEAR US

Father God, you know what we need without our words.

Hear our prayers and hear also our silence.

Give us strength and grant us those things which we cannot
or dare not voice

We make all our prayers through your Son Jesus AMEN



A Time of Healing

Know that God has found you wherever you are

May the healing power of the Holy Spirit be at work within you

A Final Blessing

LORD I DO NOT KNOW WHAT THE NEXT DAY WILL BRING
BUT EACH MOMENT IS IN YOUR HANDS
AND I OFFER IT TO YOU IN ADVANCE
NOTHING THAT WILL HAPPEN OR BE SAID
CAN SEPARATE ME FROM YOU
LET US REST ASSURED IN THAT PEACE
IN JESUS' NAME AMEN

The Almighty Lord who is a strong tower for all who put their
trust in Him

Whom all things in heaven and on earth and under the
earth obey

Be now and evermore your defence and may almighty God
bless us and keep us

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