

# **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.**

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