

St. Matthew's Redhill

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

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