



St Mary's Church
Prestwich GROWING • GIVING • SERVING



Helpful Prayers
And
Morning and Evening worship
For this time of Isolation



Please find a quiet place to sit comfortably
Please Light a Candle as you pray
And come into the presence of God

See website for details www.stmarysprestwich.org

Reflection

At times like this, it's important neither to be panic-stricken nor flippant about what is taking place.

There is no doubt that this epidemic is a great deal more serious than the flu, and its impact on lives, communities, economies and cultures will be significant for a long time to come.

That said, we work best when we remain calm, focused and prayerful.

We need to trust in the Lord, in the power of his grace to bring good out of even the most painful situation, and to remember that this crisis will end, and that life will go on.

It is from confidence in Christ that will flow the spirit of tenderness, care and solidarity which we rely on to serve Him as He desires.

'finding God in all things'

This sounds easy and attractive when life is smooth, but becomes deeply challenging and an act of faith when life is difficult. Any spirituality has to be able to work in the dark times, and the conviction from our Christian faith is that, however hard this is, God is with us.

As we live through this time of crisis, we would ask everyone to seek the signs of God at work, labouring for us: those signs are there. Fear, even with good reasons to be afraid, does not come from God and does not lead to God, and

'we trust that God can bring good out of this crisis'

This Booklet contains prayers and intercessions for personal or group use, special prayers for use each day, and a simple form of prayer for the morning and evening. These resources are offered to help those who are struggling to find words at this difficult and stressful time, and to enable Christians to worship in solidarity with one another even if it is not possible to gather in church.

A Prayer for each day

Monday

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.

Tuesday

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.

Wednesday

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.

Sunday

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.

Thursday

Lord Jesus Christ, we thank you
for all the benefits that you have won for us,
for all the pains and insults that you have
borne for us.
Most merciful redeemer,
friend and brother,
may we know you more clearly,
love you more dearly,
and follow you more nearly, day by day. Amen.

Friday

O Lord our God,
grant us grace to desire you with our whole
heart;
that so desiring, we may seek and find you;
and so finding, may love you;
and so loving, may hate those sins from which
you have delivered us;
through Jesus Christ our Lord. Amen.

Saturday

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at mine end, and at my departing.
Amen.

A Prayer for All Carers

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

A Prayer for our own 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

Words of a Hymn

Through all the changing scenes of life,
In trouble and in joy,
The praises of my God shall still
My heart and tongue employ.

Oh, magnify the Lord with me,
With me exalt His name;
When in distress to Him I called,
He to my rescue came

Prayers of reassurance

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. Amen.

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. Amen

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. Amen.

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. Amen.

Morning Prayer

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

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.

From psalm 70

Come to me quickly, O God.
O God, our helper and defender,
deliver us in our weakness,
answer our longings
and vindicate our faith,
that we may see your glory
in Jesus Christ our Lord

From psalm 77

In the day of my trouble I have sought the Lord.
God our shepherd,
you led us and saved us in times of old;
do not forget your people in their troubles,
but raise up your power
to sustain the poor and helpless;
for the honour of Jesus Christ our Lord.

Psalm 25

To you, O Lord, I lift up my soul;
O my God, in you I trust.
You are the God of my salvation,
To you, O Lord, I lift up my soul.
In you I hope all the day long.
O my God, in you I trust.
Remember, Lord, your compassion and love,
for they are from everlasting.
To you, O Lord, I lift up my soul;
O my God, in you I trust.
87 Saviour of the World

Psalm 87

Jesus, Saviour of the world,
come to us in your mercy: •
we look to you to save and help us.

By your cross and your life laid down,
you set your people free: •
we look to you to save and help us.



When they were ready to perish, you saved your disciples: •
we look to you to come to our help.

In the greatness of your mercy, loose us from our chains, •
forgive the sins of all your people.

Make yourself known as our Saviour and mighty deliverer; •
save and help us that we may praise you.

Come now and dwell with us, Lord Christ Jesus: •
hear our prayer and be with us always.

And when you come in your glory: •
make us to be one with you
and to share the life of your kingdom

Intercession A or B

Trusting in the compassion of God,
let us pray with confidence as our Saviour has taught us:

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.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.

May God our Redeemer show us
compassion and love. Amen.
Let us bless the Lord.
Thanks be to God

Evening Prayer

Lord, we ask that this evening may be holy,
good and peaceful,
let us pray with one heart and mind.

As our evening prayer rises before you, O God,
so may your mercy come down upon us
to cleanse our hearts
and set us free to sing your praise
now and for ever. Amen

Into your hands I commend my spirit.

Lord Jesus Christ,
when scorn and shame besiege us
and hope is veiled in grief,
hold us in your wounded hands
and make your face shine on us again,
for you are our Lord and God

from Psalm 38

Forsake me not, O Lord;
be not far from me, O my God.
Forsake me not, O Lord;
be not far from me, O my God.
Make haste to help me,
O Lord of my salvation.
Be not far from me, O my God.
Glory to the Father and to the Son
and to the Holy Spirit.
Forsake me not, O Lord;
be not far from me, O my God.

Search me out, O God, and know my heart.

Creator God,
may every breath we take be for your glory,
may every footstep show you as our way,
that, trusting in your presence in this world,
we may, beyond this life, still be with you
where you are alive and reign
for ever and ever.

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taught us:

Lord's Prayer

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Give us this day our daily bread.
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as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.

May God our Redeemer show us
compassion and love. Amen.
Let us bless the Lord.
Thanks be to God.

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.

Intercessions

SET A

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.**

SET B

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.**

At this time of upheaval in our daily lives
St. Mary's Church community are thinking of you and praying each day for your wellbeing and
assurance of God's love.

Contact and information details:

Rev'd Carole: tel. 0161 766 2774, Churchwarden Stewart: 07950354445
Rev'd Adele: tel. 07946383024 Churchwarden Susie: 07710557833
website: stmarysprestwich.org

