

March 26

A SERVICE OF PRAYER FOR THE MORNING

*We unite as part of the family of God, separated by distance but united in common accord.
Before you pray, you might like to light a candle and use the following words.*

Give thanks to the Father, who has delivered us from the dominion of darkness and made us partakers in the inheritance of the saints in light.

We light this candle as a reminder that Jesus Christ is the light of the world. A light no darkness can quench

The candle is lit,

I weave a silence on to my lips
I weave a silence into my mind
I weave a silence within my heart
I close my ears to distractions
I close my eyes to attractions
I close my heart to temptations
The night has passed, and the day lies open before us; let us pray with one heart and mind.

Silence is kept.

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.

Psalm 31:1-7, 14

A reading John 5:30-end

A reflection

When I'm on retreat at Lee Abbey, on the north Devon coast I walk past some fantastic rock formations. There are a couple that always remind me of that great hymn 'Rock of Ages'. For

there in the rock face is a cleft where you could shelter from a storm. Perhaps it was a similar formation that Augustus Toplady found on that day when he sheltered from the storm and then penned the hymn.

I love the imagery that a rock brings. We can shelter in it the lee of it, it is solid, we can stand on it and often in the past great fortresses have been built at the top of solid rock faces, making them impregnable. In this current crisis we are learning that great as we think humanity is, it can be brought low by something as small and seemingly insignificant as a virus. We are learning that there are forces greater than ourselves. Eventually this pandemic will come under control through the dedication and wisdom of many people working in research as well as all the medical and support staff caring for people.

When that happens, I hope that we will not lose sight of the lessons we have learned during this time, lessons about our dependence on God, our care and compassion for others and the need to reset how we live as a society.

Throughout today remember and give thanks for those who are serving others.

If you want to have your heart cheered, tune into Radio Suffolk at 7pm tonight, to listen to the broadcast of the High Sheriff's Awards, recognising the immense impact the voluntary sector has on the life of Suffolk.

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Prayers

**Our Father, which art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done,
in earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive them that 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.**

Collect for the day

Merciful Lord,
you know our struggle to serve you:
when sin spoils our lives
and overshadows our hearts,
come to our aid
and turn us back to you again;
through Jesus Christ our Lord.

*Pray for those who are caring for loved
ones, and for those in the medical
professionals and carers*

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.

Lord Jesus Christ, Prince of Peace, we
remember before you those places in
the world where there is an absence
of peace, where blood is shed in the
pursuit of political gain. Stir in the
hearts of men and women of violence
the desire for peace; strengthen the

work of those who bring aid to the
injured and suffering, comfort and
protect those who are in danger or
have been made refugees. This we
ask in your name. Amen.

God of glory, by raising your Son, you
have broken the chains of death and
hell: fill your church with faith and
hope' for a new day has dawned and
the way to life stands open before us
in our Saviour Jesus Christ our Lord.
Amen.

The grace of our Lord Jesus Christ,
and the love of God, and the
fellowship of the Holy Spirit be with us
all, now and for evermore. Amen.

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A SHORT SERVICE OF PRAYER FOR LATER IN THE DAY

We unite as part of the family of God, separated by distance but united in common accord. Before you pray, you might like to light a candle and use the words from the Blessing of Light at the beginning of Morning Prayer

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places.

Blessed be you, Father and creator of all things. We thank you for the gift of this day now passing, and we join with all heaven and earth join in worship and praise

Glory to the Father who has created us.
Glory to the Son who has redeemed us.
Glory to the Spirit who has empowered us.

Psalm

Ps 18:1-3, 27-33

A reading

John 10 22-end

Prayers

**Our Father, which art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done,
in earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive them that 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.**

Prayer for the day

Merciful Lord,
you know our struggle to serve you:
when sin spoils our lives
and overshadows our hearts,
come to our aid
and turn us back to you again;
through Jesus Christ our Lord. Amen

A prayer for Lent

Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are
penitent:
create and make in us new and contrite
hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all
mercy,
perfect remission and forgiveness;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

*Give thanks for those people you have
spoken to today, either in person or via
email*

*Remember those who are ill, who are
isolated and lonely*

*Pray for those who are caring for loved
ones, and for those in the medical
professionals and carers*

*Remember the leaders of the world as
they seek to battle this pandemic*

Some prayers

*You might want to use one or more of
these prayers*

For times of uncertainty

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

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comfort, knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

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 of your love, for your name's sake. Amen.

Most merciful God, in the midst of this crisis, we look to you in hope and trust, acknowledging that there is much in life that is beyond our understanding. Stir in us, compassion for all who suffer in body, mind or spirit; bless all who seek to bring relief; and reveal to us as servants of the living God, how we can fulfil your law of love in Jesus Christ our Saviour. Amen.

For those who are ill

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 hope

God of glory, by raising your Son, you have broken the chains of death and hell: fill your church with faith and hope for a new day has dawned and the way to life stands open before us in our Saviour Jesus Christ our Lord. Amen.

The evening prayer

Lighten our darkness,

Lord, we pray, and in your mercy defend us
from all perils and dangers of this night;
for the love of your only Son,
our Saviour Jesus Christ. Amen.

For the leaders of nations

Almighty God, we pray for the leaders of nations at this time of crisis. Guide and direct them to consider the needs of all. May the nations unite to work together to bring about a solution to the Coronavirus. We also pray for those places in the world where there continues to be warfare and bloodshed. Comfort and support the victims who are injured or homeless, and strengthen the many agencies which bring aid. Amen.

Our Orebeck Benefice Pilgrim's Prayer

Open our hearts to your love, Father God,
as we journey with you;

Renew us each day, as we dwell in your presence.

Encourage us when we feel downtrodden,

Bring us comfort when we are sad.

Enliven us so that we may always be ready to serve You, and

Care for others in the strength of God's love.

Kindle, we pray, all that works towards the coming of your kingdom. Amen

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and for evermore. Amen.

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