

March 27

## **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 31:19-24**

### **A reading John 7:1-2,,10, 25-30**

### **A reflection**

We continue to reflect on Psalm 31, a psalm of refuge and hope. As each day passes, so we become more aware of the impact of the pandemic on the lives of everyone. In some ways we may feel we are protected from the impact of the virus because we are in Suffolk. Sadly not.

The virus is here and slowly we will perceive the impact on us.

As I chat to people over the telephone or online, so I am aware that for some the current situation is a challenge to faith. Where has the virus come from? Why now? Why does God allow such things? Maybe, the coming of the virus is the reminder that we are part of an interconnected creation, which for so long we have ignored and abused. Perhaps we need to be better stewards of God's planet and reset our attitude to those around us.

David, who wrote the psalm, says 'I had said in alarm, 'I am driven far from your sight.' But you heard my supplications when I cried to you for help.' So, we are learning afresh the need to pray, to rest our concerns in the hands of God and to then be prepared to be instruments of God's love to others.

One of the things that many of us now have, is time. So we could use it to spend more time with god, to offer to him the concerns of our hearts. 'Be strong, and let your heart take courage, all you who wait on the Lord.' V24

### **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.**

March 27

**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.

Almighty and everlasting God,  
we thank you that you have brought us  
safely to the beginning of this day.  
Keep us from falling into sin  
or running into danger,  
order us in all our doings  
and guide us to do always  
what is righteous in your sight;  
through Jesus Christ our lord. Amen.

*In our prayers;  
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*

*Pray for all in national and local  
government and the voluntary sector who  
are seeking to support individuals and our  
communities at this time*

*For those who have volunteered to  
support others during this crisis*

*For all our emergency services*

*For students who are seeking to find new  
ways of learning from home and teachers  
who support them*

Eternal God, bless all who are students  
and teachers during this time of crisis.  
May they discover new ways of learning.  
For those who feel alone and isolated  
bring comfort, for those who are  
bewildered bring calm and to all give a  
desire to seek out truth and real wisdom.

**For the Christian 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.

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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'I weave a silence' is from David Adam 'Edge of Glory'

March 27

## **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 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

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 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 16**

**A reading** John 11:1-16

### **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.

### **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*

March 27

*For peace and justice throughout the world, and those who seek to work for reconciliation*

*For prisoners, refugees and those who are homeless*

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

### **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 those who are ill**

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.**

### **Prayers about the outbreak**

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.

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.

### **Our Orebeck Benefice Pilgrim's Prayer**

**O**pen our hearts to your love, Father God, as we journey with you;  
**R**enew us each day, as we dwell in your presence.  
**E**ncourage us when we feel downtrodden,  
**B**ring us comfort when we are sad.  
**E**nliven us so that we may always be ready to serve You, and  
**C**are for others in the strength of God's love.  
**K**indle, 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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