

## **A SERVICE OF PRAYER FOR THE MORNING**

**(To be used each day, Monday to Saturday. Reflections and suggested prayers can be found at the end of the Service Sheets.)**

We would like to have some idea of how many are using the Service Sheets, so please e-mail [cooke299@btinternet.com](mailto:cooke299@btinternet.com) and let us know.

*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.

### **Psalms**

**Monday - 126**

**Tuesday 132**

**Wednesday 119, (1 – 8)**

**Thursday – 143**

**Friday 142**

**Saturday 147**

### **A reading**

*Reference for the readings can be found with the reflections at the end of the Service Sheets.*

### **A reflection**

*Reflections for Monday to Saturday can be found at the end of the Service Sheet.*

### **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 each day**

God, who as at this time taught the hearts of your faithful people by sending to them the light of your Holy Spirit: grant us by the same Spirit to have a right judgement in all things and evermore to rejoice in his holy comfort; through the merits of Christ Jesus our Saviour, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

*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 professions, carers and others providing essential services and support at this time.*

*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*

### **Monday**

*For those who are close to death*

*For our homes and families and all whom we love*

**Tuesday**

*For prisoners, refugees and those who are homeless*

*Victims and perpetrators of crime*

**Wednesday**

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

*Pray for those who are caring for loved ones, and for those in the medical professions, carers and others providing essential services and support at this time.*

**Thursday**

*Victims and perpetrators of crime*

*For the bereaved*

*The work of aid agencies throughout the world*

**Friday**

*For all our emergency services*

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

**Some prayers**

*Some suggestions you might like to use are to be found at the end of the Service Sheets.*

**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.

Common Worship: Services and Prayers for the Church of England, is copyright © [The Archbishops' Council](#) 2000.  
'I weave a silence' is from David Adam 'Edge of Glory'

## **A SHORT SERVICE OF PRAYER FOR LATER IN THE DAY**

**(to be used each day, Monday to Saturday. Suggested prayers may be found at the end of the Service Sheets).**

*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.

### **Psalms**

**Monday 127**

**Tuesday 135**

**Wednesday 136 (1 – 9,23 – end)**

**Thursday 138**

**Friday 145 (9 – 18)**

**Saturday 97**

### **A reading**

**Monday Rom. 1, 1 – 17.**

**Tuesday Rom. 1, 18 – end.**

**Wednesday Rom. 2, 1 – 16.**

**Thursday Rom. 2, 17 – end.**

**Friday Rom. 3, 1 – 20.**

**Saturday Mark 1, 1 – 13.**

### **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**

God, who as at this time taught the hearts of your faithful people by sending to them the light of your Holy Spirit: grant us by the same Spirit to have a right judgement in all things and evermore to rejoice in his holy comfort; through the merits of Christ Jesus our Saviour, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

*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 professions, carers and others providing essential services and support at this time.*

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

### **Monday**

*For all who are anxious about their work or lack of it and who face financial issues*

*For all our emergency services*

### **Tuesday**

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

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

### **Wednesday**

*The work of aid agencies throughout the world*

### **Thursday**

*Victims and perpetrators of crime*

*For the bereaved*

*The work of aid agencies throughout the world*

### **Friday**

*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*

### **Some prayers**

*You might want to use one or more of the prayers to be found at the end of the Service Sheet.*

### **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.

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

### **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.

### **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**nlighten 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.

Common Worship: Services and Prayers for the Church of England, is copyright © [The Archbishops' Council](http://www.archbishops.org) 2000.

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

Monday to Saturday

Monday to Saturday

## REFLECTION

**June 1**

**Luke 9:18-27**

When we think about roles that some people have in society, it is easy to concentrate on the bits we see which might be attractive. What we don't see are the hidden aspects, the hard work and discomfort. When Peter, on behalf of all the disciples, proclaimed to Jesus, 'You are the Messiah.' I wonder how much of an understanding he really had of what that might involve?

Straightaway Jesus started to explain to all the disciples that the role of God's anointed one was very different from popular notions of the role. It would be the way of pain, suffering and eventually death, and it was the pathway that all his followers might be called to walk.

Throughout our reading of Luke's gospel there has been a steady unfolding of Jesus' role. Preceding that were the hidden years when he worked out his calling. We glimpsed it when as a young boy he spent time in the Temple with religious leaders. If he hadn't spent that time preparing for his role, he wouldn't have been able to face the great weight of his calling. For each one of us, there is a hidden part of our life, where we are alone with God. That is the bedrock of our life of faith. Without it we can't face up to the challenges that await us.

**June 2**

**Luke 9:28-36**

Luke captures the highs and lows. The mountain top experience of being in the presence of great spiritual leaders and then the lows of being in the presence of illness, pain, and suffering. In the transfiguration experience, Bishop Tom Wright points out that the word for departure is exodus. As we know from our reading of scripture and the words we use in our services, great use is made of the imagery of Jesus as the Passover lamb who, by his death and resurrection achieves a new

exodus. Jesus leads us out of slavery to sin into the freedom of new life in the Kingdom of God. Paul says in Colossians 1:13-14, 'He has rescued us from the power of darkness and transferred us into the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.'

The experience on the mountain top was important for Jesus, as he was affirmed in his calling. It was also important for the closest of Jesus disciples because they heard the important words, 'This is my Son, my chosen, listen to him!' Words of affirmation, calling and discipleship. Following on from Peter's declaration and Jesus words about what obedient sonship meant, they all needed the words of affirmation which came as a result of prayer. This is one of those rare insights into the personal prayer life of Jesus. This special revelation only happened once in Jesus' life, as we pray we expect to draw close to God, but incredible mountain top experiences are probably not the norm. That doesn't stop us praying or experiencing God in many ways. Hallelujah.

**June 3**

**Luke 9:37-50**

The contrast between the mountain top and 'down to earth reality' is there for us to see. Jesus had experienced a deep uplifting spiritual experience and was then confronted with a child who was ill. It was the flip side of confirmation of his calling. How often have we had a deep and meaningful experience of God and then been brought face to face with a situation which is challenging? Don't be surprised or discouraged, because the reality of the experience of God can be brought into the everyday, bringing light and transformation.

The disciples who had been left behind were bewildered and nothing is said about the three that had been up the mountain with Jesus, perhaps they were still in a state of shock. Although the mount of transfiguration was a glimpse of heavenly reality, there was still the matter of Jesus dealing with all the issues of earth; rebellion, hatred, and illness. The full

## Monday to Saturday

glory of God could not be revealed until after his death and resurrection. We have yet to see it in its full glory, for we live with the tension of now and not yet. We know the kingdom has been established but here on earth until Christ comes again, there are the death throes of the old ways.

We pray, 'thy kingdom come', we yearn for God's rule to break into people's lives, to be evidenced in society. Occasionally we glimpse heaven and we want it to light up the here and now.

### **June 4      Luke 9:51-e**

For most village people up until the late nineteenth century their whole world would be summed up in a radius of less than 15 miles. Few travelled. In Jesus time, for many of the poor this would have also been the case. Yet the stories before us today talk of travel. Both real, from place to place and also the spiritual journey. The telling phrase is in verse 53, 'Jesus had set his face toward Jerusalem.' Now why is that so important? Because he was about establishing the new Exodus, creating a new people of God and he did not want to be deflected.

His primary focus was in God's redemptive purposes. The teaching, healings and other miracles were signs of the kingdom, to help people catch the vision, to get on board with the divine plan. This singleness of purpose was adopted by the disciples who left their families, business, and other interests to follow Jesus. In the days of the ox or horse drawn plough it was important to be focussed on what was ahead. An unlikely story is told of a plough boy learning the trade who was told 'fix your eye on something ahead and aim for it.' His first line went on a very zig zag course. When asked what he had focussed on he said the 'horses ear'. Jesus calls each one of us to that singleness of mind that focuses on what he is calling us to be and do. We know that at times the way may not be easy but at each step of the way he is with us, the Spirit will empower us for a Christ filled life.

### **June 5      Luke 10:1-16**

'The harvest is plenty and the labourers are few' could be a phrase from today, with the lack of overseas workers to harvest fruit and vegetables from our fields. Coming so soon after a series of events relating to the nature and cost of discipleship it is strange to think of Jesus seeing a vast harvest field. Yet the gospels reveal a picture of people willingly and eagerly following Jesus. The seventy returned from their mission with stories of just that. Some argue that the number seventy relates to the number of elders that Moses appointed in Exodus and is part of Luke showing Jesus preparing for the new exodus.

What we do know is that they went with a message of hope, peace and judgement. Hope in a new way of life, peace from God to individuals and their household and judgement to those who refused to receive them. Sometimes in our reading of the gospels we miss Jesus' warnings that there are consequences for those who reject God. God's love is generous, the seed is generously sown but if people reject God they too will be rejected. A hard message in an age of inclusiveness.

In our generation, our prayer is that people might see, hear, and experience the Kingdom of God in such a way that they too, will rise up and follow Jesus.

Monday to Saturday

### **SOME SUGGESTED PRAYERS:**

#### **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.

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.

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.

#### **Our country**

Almighty God, we give thanks for the many people who have responded to the call for help; for those retired people who have returned to work, and those who have volunteered to care for others.

Continue to stir in all of us a concern for our neighbour, that no one will be forgotten or neglected. As the crisis continues, so may the foundations of society be reset towards a more caring and compassionate community that cares for all. We pray in the name of Jesus, the good shepherd.

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.

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.

#### **The world**

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.

#### **For teachers and students**

Eternal God, bless all who are students, 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.

#### **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.

#### **For hospital staff and medical researchers**

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

## Monday to Saturday

through their work many will be restored to health; through Jesus Christ our Lord. Amen.

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.

### **The gospel**

Gracious and merciful God, for our sake your Son became incarnate and suffered death upon the cross; have mercy on all who have not known you or who deny the faith of Christ crucified, and take from us all hardness of heart and contempt of your word; for the sake of our Saviour Jesus Christ. Amen

### **Ourselves**

Loving God who has called us to serve you, may we be people of stillness and prayer, seeking to discern your purposes in the events around us. May we wait upon you before we rush into endless activities. 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.

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

Jesus, receive our worship. Show us how to give what we have, for nothing is too big or small for us to offer, or for you to use. Amen.

Jesus the anointed, teach us to honour those who need our help, and we shall give without condescension, and receive with humility. 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.

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.