

Friday

*O be joyful in the Lord, all the earth .. Know that the Lord, he is God;
It is he who has made us and we are his.* (Psalm 100 1-2)

God of today, God of time and history,
Thank you for the saints of old who witnessed to your faithfulness,
Draw us with them into your eternal communion,
Strengthen us for today as we remember your faithfulness and hold to
your promises.

Be with us by your Spirit,

Amen

Saturday

In you O Lord do I seek refuge (Psalm 31:1)

Loving God,
Help us to discover your presence in these unexpected times.
As we have to live with spatial distancing, help us to keep close in spirit.
Help us to make new sense of the phrase “keep in touch”,
just as we learn new ways to pray and keep in touch with you.

Amen

For each day: A Prayer of St Patrick

May the strength of God pilot us,
May the power of God preserve us,
May the wisdom of God instruct us,
May the hand of God protect us,
May the way of God direct us,
May the shield of God defend us,
May the host of God guard us against the snares of evil and the
temptations of the world,
Today and every day, **Amen**

Prayers for each day

*Why are you cast-down O my soul, and why are you disquieted within me?
Hope in God: for I shall again praise him, my help and my God*
(Psalm 42:7)

These are difficult and worrying times. We may struggle to pray. We trust
this resource may help you. We suggest you may want to light a candle
for the time you are praying.

In your prayers you may want to pray for

- Families and young children – especially those who are finding the distancing difficult
- The lonely, especially those without families, and those with mental ill-health
- Pray for God to give them peace and strength

- Pray for our leaders and those who have to make the big decisions
- Pray that they may have wisdom, courage and compassion

- Pray for the sick, in body, mind or spirit, and those who care for them, especially for our Health Service Workers

- Remember those in other parts of the world, especially where conditions are worse and resources thinner on the ground

- Remember our church communities, think of those who sit near you in church, the faces you see (even if you do not know their names). Pray for our mutual strengthening

Give thanks for all that is good, and for those who bring us cheer.

A verse and prayer for each day of the week

Sunday

God is our refuge and strength; a very present help in times of trouble
(Psalm 46:1)

Gracious God,
In your wonderful wisdom you have made us,
And you have given us all the gift of love, a gift we can give and receive.
We thank you for all who have loved us and have enriched our lives.
We thank you for the smiles and the voices which cheer us;
In our anxiety may we not forget how much we have
and what we can enjoy.
Help us to bring blessing and cheer to others,
and give us the empathy to be with those who struggle
Be our refuge and our strength, our hope and our assurance,
Amen

Monday

The Lord is my light and my salvation (Psalm 27:1)

As we start this week,
Unsure of what it will bring,
Uncertain of what will change,
Be with us, Lord God, by your Spirit,
Guide us and guard us,
Strengthen us and help us give strength and hope to others.
Help us to walk at your speed,
For you will carry us through. **Amen**

Tuesday

The earth is the Lord's and all that therein is (Psalm 24:1)

Creator God,
When our eyes or souls are downcast,

Re-open our eyes to the wonder of your creation
Lift our hearts and minds to glimpse your glory.
Touch our spirits with the light that is eternal,
And remind us of your everlasting love,
In Jesus Christ, **Amen**

Wednesday

God be gracious to us and bless us, and make his face to shine upon us.
(Psalm 67:1)

Wake up Lord as we feel it is stormy weather and we are afraid.
Help us, Lord for we feel frightened and lost.
Come close to us as you have promised, for we are struggling
Forgive us our fears and worries
And give us peace we pray, **Amen**

Thursday

O Lord God of hosts, blessed are those who put their trust in you
(Psalm 84:12)

Lord Jesus, Good Shepherd to all,
Be with those who are in danger today and those who are frightened
Be with those who are working to help others,
Our medical staff and nurses and doctors, and all who are keeping things
going.
Carry in your arms those who are most fearful and please find the lonely
and give them peace.
In these days, give us the gift of hope and the gift of perseverance,
Help us to hear your voice and follow even in uncertainty,
Amen