

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 Richard of Chichester

*Thanks be to Thee, my Lord Jesus Christ
For all the benefits Thou hast given me,
For all the pains and insults Thou hast borne for me.
O most merciful Redeemer, friend and brother,
May I know Thee more clearly,
Love Thee more dearly,
Follow Thee more nearly*

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. This is a revised version of the earlier daily prayers. The set prayers remain the same but the outline structure is different.

In your prayers you may want to pray for wisdom, guidance and protection for all who need it

Monday	Pray for all whose work puts them at risk. For our delivery drivers, shop-workers, refuse collectors.
Tuesday	Pray for our children – for our schools and teachers as they seek to offer online teaching and for the challenges of re-gathering
Wednesday	Pray for our Councils and our Government. Pray for those who have to make decisions about how to spend money and for what.
Thursday	Pray for our nurses, doctors, care staff and support staff and for their families
Friday	Pray for our world, for places where there is war or hunger, for all refugees and homeless peoples.
Saturday	The Sabbath should be a day of rest. Pray for the world, and for all who seek to care for it. Pray for a better world to emerge from this crisis
Sunday	Pray for the Church across the world, for our own diocese and parishes, for guidance to its leaders, for the ongoing growth of faith among God’s people, and for our future.

Each day remember those who are sick, in body, mind or spirit. Lift them, and the lonely and anxious and grieving to God. Remember also to 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