

Being Church at Home

Prayer During the Day

Lent 2020



United Benefice of Shedfield and Wickham

- *Prayer During the Day is taken from Common Worship: Daily Prayer and follows a pattern of prayer will be used by people throughout the world.*
- *You may wish to pray them on your own or with someone else at home. As we are currently unable to meet in groups you may wish to choose a time when you agree to pray with friends in your own homes.*
- *You can pray them at any time of day. Although you may be on your own remember that you are praying with others. This is why the prayers are written using the plural.*
- *The leader's part and congregational responses are left in in case you are using this in a group. If you are praying on your own please use all the phrases.*

Preparation

O God, make speed to save us.

All **O Lord, make haste to help us.**

Hear my prayer, O Lord, and give ear to my cry;

All **hold not your peace at my tears.**

Praise

Jesus, like a mother you gather your people to you;
you are gentle with us as a mother with her children.

Despair turns to hope through your sweet goodness;
through your gentleness we find comfort in fear.

Your warmth gives life to the dead,
your touch makes sinners righteous.

Lord Jesus, in your mercy heal us;
in your love and tenderness remake us.

In your compassion bring grace and forgiveness,
for the beauty of heaven may your love prepare us.

The Word of God

We read a psalm and a short Bible reading. If you would like to have more variety of psalms and readings please contact the Revd Ruth or Revd Jane who will be able to suggest alternatives.

Psalm 51.1-10

R: The sacrifice of God is a broken spirit.

1 Have mercy on me, O God, in your great goodness; ♦
according to the abundance of your compassion
blot out my offences.

- 2 Wash me thoroughly from my wickedness ♦
and cleanse me from my sin.
- 3 For I acknowledge my faults ♦
and my sin is ever before me.
- 4 Against you only have I sinned ♦
and done what is evil in your sight,
- 5 So that you are justified in your sentence ♦
and righteous in your judgement.
- 6 I have been wicked even from my birth, ♦
a sinner when my mother conceived me.
- 7 Behold, you desire truth deep within me ♦
and shall make me understand wisdom
in the depths of my heart.
- 8 Purge me with hyssop and I shall be clean; ♦
wash me and I shall be whiter than snow.
- 9 Make me hear of joy and gladness, ♦
that the bones you have broken may rejoice.
- 10 Turn your face from my sins ♦
and blot out all my misdeeds.

R: The sacrifice of God is a broken spirit.

All **Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now:
and shall be for ever. Amen.**

Short Readings

Sunday

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like is.

Romans 6:3-5

Monday

Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain-offering and a drink-offering for the Lord, your God?

Joel 2:12-14

Tuesday

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we win an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it so that after proclaiming to others I myself should not be disqualified.

I Corinthians 9:24-end

Wednesday

I find it to be law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see my in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

Romans 7:21-25a

Thursday

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call, and the Lord shall answer; you shall cry for help, and he will say, Here I am.

Isaiah 58:6-9a

Friday

Jesus said to the disciples, 'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your father who sees in secret will reward you.'

Matthew 6:1-4

Saturday

Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to Jesus and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part which will not be taken away from her.'

Luke 10:38-end

Or, on any day in Lent

Jesus said, 'I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.'

Luke 15.7

Response

You may wish to spend a few moments in silence thinking about the readings and then say:

All **Blessed are the merciful,
for they will receive mercy.**

Matthew 5.7

Prayers

You may wish to spend some time praying for your day and for those around you. You can pray your own prayers or use the prayer below:

Prayer for Lent

In penitence and faith let us make our prayer to the Father and ask for his mercy and grace.

For your holy people,
That they may triumph over evil and grow in grace,
We pray to you, O Lord.

For the leaders of the nations,
That you will guide them in the ways of mercy and truth,
We pray to you, O Lord.

For the needy,
That they may not be forgotten,
Nor the hope of the poor be taken away,
We pray to you, O Lord

For the sick in body, mind and spirit,
That they may know your power to heal,
We pray to you, O Lord.

For the poor in spirit,
That they may inherit the kingdom of heaven
And see you face to face,
We pray to you, O Lord.

Let us commend the world, for which Christ suffered,
To the mercy and protection of God. **Amen.**

Prayer

Teach us, good Lord, to serve you as you deserve;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labour and not to seek for any reward,
save that of knowing that we do your will.

All **Amen.**

Ignatius of Loyola (1556)

As our Saviour taught us we pray:

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

The Conclusion

May God bless us and show us compassion and mercy.

All **Amen.**