



Prayer Resources

**for when you can't get to church
or for use at home**

Simple Forms of Prayer

- Lighting a candle before you pray can help you to focus and listen.
- Jesus taught us the Lord's Prayer so that we would always have words to say. Use it!
- The "Examen". Don't let the name put you off! This is a very simple way to prayerfully review your day with God in five steps:
 1. Become aware of God's presence, or ask God to help you remember he's there with you.
 2. Review the day with gratitude (as best you can!)
 3. Pay attention to how you're feeling about it.
 4. Choose one feature of the day and pray about it.
 5. Look toward tomorrow. What do you expect the day to hold? Ask God to help you remember he's with you.
- Lectio Divina: again, if this is new to you, don't let the name put you off. Lectio helps you to read the Bible in a prayerful way. Pick a short passage of Scripture (it can be anything you like, but if you're stuck, parables of Jesus or the shorter Psalms are a good choice). Read it through, slowly, two or three times. Notice what jumps out at you, and ask yourself, what is God saying to me here? Reflect on this for a few minutes. Then, read the passage again. Now ask yourself, what do I want to say to God? - then say it. Lastly, sit quietly and know that God is with you.

Creative Ways of Praying

- You might find it helpful to listen to favourite hymns or worship songs, or other pieces of music that have a special meaning for you.
- Pictures can help prompt our prayers - for instance photos of loved ones, maps or pictures of our community or the wider world
- If the news is getting you down, try praying for the people and situations that are mentioned.
- Why not try doodling, painting, or drawing as you pray?

Daily Prayer

Call to Worship:

Those who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

Come, let us worship God.

Isaiah 40:31

Hymn

Prayer of Thanksgiving

In the brightness of your Son, we spend each day;
in the darkness of the night, you light our way.
Always you shelter us under the wings of your love.
To you, God, be all praise, worship, and glory forever. Amen.

Scripture

Reflection on the Scripture

Take some time to reflect on the scripture you just read. One option is to use Lectio Divina, which is described above.

Affirmation of Faith

We are not alone,
we live in God's world.

We believe in God:
who has created and is creating,
who has come in Jesus,
the Word made flesh,
to reconcile and make new,
who works in us and others
by the Spirit.

We trust in God.

We are called to be the Church:
to celebrate God's presence,

to live with respect in Creation,
to love and serve others,
to seek justice and resist evil,
to proclaim Jesus, crucified and risen,
our judge and our hope.

In life, in death, in life beyond death,
God is with us.
We are not alone.

Thanks be to God.

Hymn

Prayers of Thanksgiving and Concern

You might want to pray for:

for the peoples of our congregation

for those who suffer and those who are in trouble

for the concerns of our community/nation

for the world, its peoples, and its leaders

for the Church universal: its leaders, members, and mission

for the concerns of our hearts and minds this day/night.

The Lord's Prayer

Blessing

To God be honour and glory this day and forever. Amen.

SCRIPTURE AND HYMN SUGGESTIONS

Psalm 23	Jeremiah 29.11-13
Psalm 27	Psalm 139
Isaiah 43.1-21	Habbakuk 3.17-19
Matthew 6.25-34	Matthew 11.25-29
John 14.1-7	John 17:1-26
Romans 8.18-38	Colossians 3.12-17
Philippians 4.1-13	1 Corinthians 13

or any other reading(s) appropriate to the day, church season, or occasion.

morning hymns

VU 389-415 Opening and Morning Hymns

evening hymns

VU 421	Lead On, O Cloud of Presence
VU 426	Saviour, Again to Your Dear Name
VU 427	To Show By Touch and Word
VU 432	Now, on Land and Sea Descending
VU 433	Day is Done
VU 435	Christ, Mighty Saviour
VU 436	Abide with Me
VU 437	The Day You Gave Us, God, is Ended
VU 439	Now the Day is Over

other hymn suggestions

VU 216-257	God: Praise and Thanksgiving
VU 325-347	Jesus Christ: Praise and Thanksgiving
VU 367-388	Holy Spirit: Praise and Invocation

Adapted from a resource created by The North Wakefield Benefice