



## The Meon Bridge Benefice

### A Prayer Guide for use in Lent



*Be Still and know that I am God.  
The God of Hosts is with us.*

#### **Stilling before Prayer**

Notice your breathing:

do not slow it down or speed it up,  
just notice the air flowing gently in and out.

Think of your breath as God's gift of life to you.

Breathe in God's love and His peace,  
and breathe out anything any negative thoughts weighing heavy on  
your mind.

Notice any sounds outside the room.

Now pay attention to any sounds inside the room.

Bring your attention to your own body and return your attention  
gently to your breathing.

When you are ready, perhaps after about 3 minutes, finish the  
stilling exercise by thanking God for this moment before you move  
to your other prayers.

#### **MORNING**

*Find somewhere comfortable. Sit quietly for two or three minutes before  
you begin. (See the advice on stilling below).*

- Say** The night has passed, and the day lies open before me.  
Lord, may your Spirit guide me to seek your loving presence more  
and more, for it is there that I find rest and refreshment from this  
busy world.
- Spend** a few moments acknowledging how you really feel - remember that  
God is with you and loves the real you.
- Say** Dear Lord, grant that I may live as you intended,  
with complete confidence in your loving care.  
As I rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set my heart on fire with love for you; now and for ever. Amen.  
Lord, open my lips and my mouth shall proclaim your praise.

*Read* a passage from Scripture a few times if possible

(You could use Sunday's reading sheet).

Take your time and allow yourself to dwell on anything that strikes you.

(Alternatively, or additionally, this can be done in the evening before 'Examine what ...').

*Pray* for your family and friends; the day and its tasks;  
for the world and its needs; for the Church and her life;  
for God's holy people, that they may triumph over evil  
and grow in grace;  
for candidates for baptism and confirmation,  
that they may live by every word that God gives them;  
for the leaders of the nations, that God will guide them in the ways  
of mercy and truth;  
for the needy, that they may not be forgotten,  
nor the hope of the poor be taken away;  
for the sick in body, mind and spirit,  
that they may know God's power to heal;  
for the poor in spirit, that they may inherit the kingdom of heaven  
and see God face to face.

*Commend*

the world, for which Christ suffered, to the mercy and protection  
of God.

*Say* the prayer(s) for the day and then:

Almighty and everlasting God,

I thank you for bringing me safely to the beginning of this day.

Help me leave yesterday and not to yearn for tomorrow,  
but to accept the uniqueness of this day.

Keep me from falling into sin or running into danger,  
order me in all my doings

and guide me to do always what is righteous in your sight;  
through Jesus Christ our Lord. Amen.

## **EVENING**

*Spend* a few moments remembering that God is with you and that He loves you and what a wonderful privilege it is that the Lord of all creation desires to come to you.

Ask Him to reveal the graces He has given you today.

*Say* Lord, I welcome your presence.

Holy, Holy, Holy Lord, God of power and might.

Heaven and earth are full of your glory. Hosanna in the highest.

Fill me with your Spirit and lead me through my prayers.

Help me to see myself realistically, honestly and as you see me.

*Examine* (10 min)

what has happened to you today.

In your mind's eye review the day, hour-by-hour.

Re-live each significant moment, lingering on important issues, passing quickly through less relevant ones.

*Colloquy*

Speak to God about your feelings, as one trusted friend to another, or as if Jesus is sitting beside you.

*Thank* God for his care of you.

*Tell* Him what you have done wrong, without obsessive brooding over the things you do not like about yourself. end with these words:

Almighty God, I have sinned against you,  
through my own fault, in thought, and word, and deed,  
and in what we have left undone.

I am truly sorry and repent of all my sins.

For your Son our Lord Jesus Christ's sake, forgive me all that is past; and grant that I may serve you in newness of life to the glory of your name. Amen.

*Pause* in quiet to receive and accept God's forgiveness.

*Bring* to God someone you have met or remembered today and for whom you want to pray.

*Bring* to God someone who is hurting tonight and needs your prayer.

*Bring* to God a troubled situation in our world tonight.

*Say* Stay with me, O God, this night, so that by your strength I may rise with the new day to rejoice in the resurrection of your Son, Jesus Christ our Saviour. Amen.



## **PRAYER FOR SUNDAY**

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

Wash me thoroughly from my wickedness  
and cleanse me from my sin.

For I acknowledge my faults  
and my sin is ever before me.

Against you only have I sinned  
and done what is evil in your sight,

So that you are justified in your sentence  
and righteous in your judgement.

Cast me not away from your presence  
and take not your holy spirit from me.

Give me again the joy of your salvation  
and sustain me with your gracious spirit;

Then shall I teach your ways to the wicked  
and sinners shall return to you.

Deliver me from my guilt, O God,  
the God of my salvation,  
and my tongue shall sing of your righteousness.

*Psalm 51.1-5, 12-15*

Almighty and everlasting God,  
you hate nothing that you have made  
and forgive the sins of all those who are penitent:  
create and make in us new and contrite hearts that we,  
worthily lamenting our sins and acknowledging our wretchedness,  
may receive from you, the God of all mercy, perfect remission and  
forgiveness; through Jesus Christ our Lord. Amen.

## **A PRAYER FOR MONDAY**

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

## **PRAYER FOR TUESDAY**

Almighty God, you show to those who are in error the light of your truth, that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

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. Amen.

*Ignatius of Loyola (1556)*

## **PRAYER FOR WEDNESDAY**

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

Thanks be to you, Lord Jesus Christ, for all the benefits that you have won for us, for all the pains and insults you have borne for us. Most merciful redeemer, friend and brother, may we know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

*Richard of Chichester*

## **A PRAYER FOR THURSDAY**

Merciful Lord, absolve your people from their offences, that through your bountiful goodness we may all be delivered from the chains of those sins which by our frailty we have committed; grant this, heavenly Father, for Jesus Christ's sake, our blessed Lord and Saviour, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

## **PRAYER FOR FRIDAY**

Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

Let nothing disturb you, let nothing frighten you, all things pass away: God never changes.

Patience obtains all things, whoever has God lacks nothing; God alone suffices. Amen.

*Teresa of Avila*

## **PRAYER FOR SATURDAY**

Holy God, our lives are laid open before you: rescue us from the chaos of sin and through the death of your Son bring us healing and make us whole in Jesus Christ our Lord. Amen.

True and humble king, hailed by the crowd as Messiah: grant us the faith to know you and love you, that we may be found beside you on the way of the cross, which is the path of glory. Amen.

God our Father, your Son Jesus Christ was obedient to the end and drank the cup prepared for him: may we who share his table watch with him through the night of suffering and be faithful. Amen.

Eternal God, in the cross of Jesus we see the cost of our sin and the depth of your love: in humble hope and fear may we place at his feet all that we have and all that we are, through Jesus Christ our Lord. Amen.

In the depths of our isolation we cry to you, Lord God: give light in our darkness and bring us out of the prison of our despair; through Jesus Christ our Lord. Amen.

## **Other Useful material**

### **Summary of Christian Faith**

I believe and trust in God the Father,  
who made the world.

I believe and trust in His Son Jesus Christ,  
who redeemed mankind.

I believe and trust in His Holy Spirit,  
who gives life to the people of God.

I believe and trust in one God:  
Father Son and Holy Spirit. Amen.

### **The Lord's Prayer (Contemporary)**

Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done,  
on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation but deliver us from evil.

For the kingdom, the power, and the glory are yours  
now and for ever. Amen.

### **The Lord's Prayer (Traditional)**

Our Father, who art in heaven, hallowed be thy 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.

## Psalm 23

The Lord is my shepherd;  
therefore can I lack nothing.

He makes me lie down in green pastures  
and leads me beside still waters.

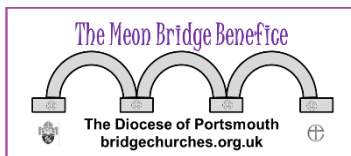
He shall refresh my soul  
and guide me in the paths of righteousness for his name's sake.

Though I walk through the valley of the shadow of death,  
I will fear no evil;

for you are with me;  
your rod and your staff, they comfort me.

You spread a table before me  
in the presence of those who trouble me;  
you have anointed my head with oil  
and my cup shall be full.

Surely goodness and loving mercy shall follow me  
all the days of my life,  
and I will dwell in the house of the Lord for ever.



### CONTACT DETAILS

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