

The Meon Bridge Benefice

A Prayer Guide for use in the Easter Season

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

Stilling before Prayer

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

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

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 has happened to you today' below.

Pray every day for

for your family and friends; the day and its tasks;
for the world and its needs; for the Church and her life;

At Eastertide

for the people of God, that they may proclaim the risen Lord;
for God's creation, that the peoples of the earth may meet their
responsibility to care;
for those in despair and darkness, that they may find the hope
and light of Christ;
for those in fear of death, that they may find faith through
the resurrection;
for prisoners and captives.

Commend

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

Say the prayer(s) for the day on the seasonal sheet 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 (about 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, your brother, 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.

**Daily Prayers in Easter
Alleluia! Christ is Risen!**

He is risen indeed. Alleluia! Alleluia! Alleluia!

SUNDAYS in EASTER

Blessed be the God and Father of our Lord Jesus Christ!

By his great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead, into an inheritance that is imperishable, undefiled and unfading, kept in heaven for you,

who are being protected by the power of God through faith, for a salvation, ready to be revealed in the last time.

You were ransomed from the futile ways of your ancestors not with perishable things like silver or gold but with the precious blood of Christ like that of a lamb without spot or stain.

Through him we have confidence in God, who raised him from the dead and gave him glory, so that your faith and hope are set on God.

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.

God of glory,
by the raising of your Son
you have broken the chains of death and hell:
fill your Church with faith and hope;
for a new day has dawned
and the way to life stands open
in our Saviour Jesus Christ. Amen.

A PRAYER FOR MONDAY

Risen Christ,
for whom no door is locked, no entrance barred:
open the door of my heart,
that I may seek the good of others
and walk the joyful road of sacrifice and peace,
o the praise of God the Father. Amen.



PRAYER FOR TUESDAY

Risen Christ,
you filled your disciples with boldness and fresh hope:
strengthen me to proclaim your risen life
and fill me with your peace,
to the glory of God the Father. Amen.



PRAYER FOR WEDNESDAY

Risen Christ,
faithful shepherd of your Father's sheep:
teach me to hear your voice
and to follow your command,
that all your people may be gathered into one flock,
to the glory of God the Father. Amen.



A PRAYER FOR THURSDAY

Risen Christ,
your wounds declare your love for the world
and the wonder of your risen life:
give me compassion and courage
to sacrifice myself for those I seek serve through you,
to the glory of God the Father. Amen.



PRAYER FOR FRIDAY

Risen Christ,
by the lakeside you renewed your call to your disciples:
help your Church to obey your command
and draw the nations to the fire of your love,
to the glory of God the Father. Amen.

Risen, ascended Lord, as we rejoice at your triumph,
fill your Church on earth with power and compassion,
that all who are estranged by sin
may find forgiveness and know your peace,
to the glory of God the Father. Amen.



PRAYER FOR SATURDAY

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.

To Christ, the Lamb who was slain,
and who now lives in the glory of the Father,
let us lift our voices in praise, saying:
risen Lord, we bless you, alleluia.

Lord Jesus, you are the Amen, the faithful witness,
the firstborn of the dead:
risen Lord, we bless you, alleluia.



You are Alpha and Omega,
the one who is, and was, and who is to come:
risen Lord, we bless you, alleluia.

You search into the thoughts and affections of all people:
risen Lord, we bless you, alleluia.

You reprove and chasten those whom you love:
risen Lord, we bless you, alleluia.

You open the eyes of the blind and set the prisoners free:
risen Lord, we bless you, alleluia.



In your paschal victory,
you have proclaimed the coming of the kingdom:
risen Lord, we bless you, alleluia.

Easter Anthem

This can be said every morning and evening before prayer.

Christ our Passover has been sacrificed for us:
so let us celebrate the feast,
not with the old leaven of corruption and wickedness:
but with the unleavened bread of sincerity and truth.

1 Corinthians 5.7b, 8

Christ once raised from the dead dies no more:
death has no more dominion over him.

In dying he died to sin once for all:
in living he lives to God.

See yourselves therefore as dead to sin:
and alive to God in Jesus Christ our Lord.

Romans 6.9-11

Christ has been raised from the dead:
the first fruits of those who sleep.

For as by man came death:
by man has come also the resurrection of the dead;
for as in Adam all die:
even so in Christ shall all be made alive.

1 Corinthians 15.20-22

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.

And at the end of your prayers

May the God of peace,
who brought again from the dead our Lord Jesus,
that great shepherd of the sheep,
through the blood of the eternal covenant,
make us perfect in every good work to do his will,
working in us that which is well-pleasing in his sight;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be upon us always. 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.



CONTACT DETAILS

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