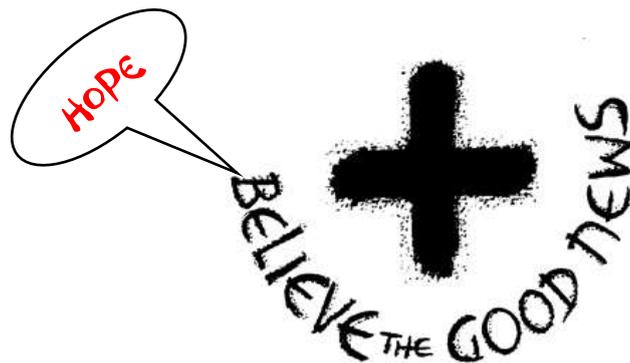


The Meon Bridge Benefice

Deepening Faith - Seeking to Serve - Growing for God

Welcome Everybody! - Everybody Welcome!



PRAYERS IN OUR TIME:

PANDEMIC

PRAYER DURING THE DAY

Be Still and know that I am God.

The God of Hosts is with us.

You are invited light a candle and say:

I light this candle to remind me that you are the light of the world.

May your light remove all darkness from my life. Amen.



In light of the Government guidance around non-essential contact, the Archbishops of Canterbury and York have issued advice that public worship is suspended until further notice. So this resource is designed you to sustain your prayer life or to develop a new one.

Prayer During the Day

Make a habit of starting your prayers in particular way, perhaps lighting a candle and sitting quietly to still yourself.

O God, make speed to save us.

O Lord, make haste to help us.

If I climb up to heaven, you are there;

if I make the grave my bed, you are there also.

Psalm 139.7

Praise

Pause for reflection as you offer the day to God.

Sing a hymn or song, or say words of extempore praise or

Yesterday I was crucified with Christ;

today I am glorified with him.

Yesterday I was dead with Christ;

today I am sharing in his resurrection.

Yesterday I was buried with him;

today I am waking with him from the sleep of death.

Gregory of Nazianzus (389)

Spend a few moments acknowledging how you really are - remember that God is with you and loves the real you.

Bible Reading

You may wish to say Psalm 121 or another psalm here, perhaps one from Ps 62-Ps 67 or Psalm 118.14-24.

Psalm 121

The Lord shall keep you from all evil.

- 1 I lift up my eyes to the hills;
from where is my help to come?
- 2 My help comes from the Lord,
the maker of heaven and earth.
- 3 He will not suffer your foot to stumble;
he who watches over you will not sleep.
- 4 Behold, he who keeps watch over Israel
shall neither slumber nor sleep.
- 5 The Lord himself watches over you;
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day,
neither the moon by night.
- 7 The Lord shall keep you from all evil;
it is he who shall keep your soul.
- 8 The Lord shall keep watch over your going out
and your coming in,
from this time forth for evermore.
The Lord shall keep you from all evil.
Lord, ever watchful and faithful,
we look to you to be our defence
and we lift our hearts to know your help;
through Jesus Christ our Lord. Amen.

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

Prayer During the Day

Read a passage from Scripture, a few times if possible; take your time and allow yourself to dwell on anything that strikes you. You may wish to use the weekly pattern of short readings given below or choose a passage of your own.

Pray for your family and friends. Pray for anything or anyone on your mind, then say the prayers for the day.

Sunday Reading

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and 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. *1 Peter 1.3-5*

Monday Reading

Sing aloud, O daughter Zion; shout, O Israel! Rejoice and exult with all your heart, O daughter Jerusalem! The Lord has taken away the judgements against you, he has turned away your enemies. The king of Israel, the Lord, is in your midst; you shall fear disaster no more. On that day it shall be said to Jerusalem: Do not fear, O Zion; do not let your hands grow weak. The Lord, your God, is in your midst, a warrior who gives victory; he will rejoice over you with gladness, he will renew you in his love; he will exult over you with loud singing as on a day of festival. I will remove disaster from you, so that you will not bear reproach for it.

Zeph 3.14-18

Tuesday Reading

So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonour, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so are those who are of the dust; and, as is the man of heaven, so are those who are of heaven. Just as we have borne the image of the man of dust, we will also bear the image of the man of heaven. *1 Cor 15.42-44a,47-49*

Wednesday Reading

If you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth, for you have died, and your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory. *Colossians 3.1-4*

Thursday Reading

As the two disciples came near the village to which they were going, Jesus walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?'

Luke 24.28-32

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

Prayer During the Day

Friday Reading

Job said, 'O that my words were written down! O that they were inscribed in a book! O that with an iron pen and with lead they were engraved on a rock for ever! For I know that my Redeemer lives, and that at the last he will stand upon the earth; and after my skin has been thus destroyed, then in my flesh I shall see God, whom I shall see on my side, and my eyes shall behold, and not another.'

Job 19.23-27a

Saturday Reading

I turned to see whose voice it was that spoke to me, and on turning I saw seven golden lampstands, and in the midst of the lampstands I saw one like the Son of Man, clothed with a long robe and with a golden sash across his chest. When I saw him, I fell at his feet as though dead. But he placed his right hand on me, saying, 'Do not be afraid; I am the first and the last, and the living one. I was dead, and see, I am alive for ever and ever; and I have the keys of Death and of Hades.'

Revelation 1.12,13,17,18

Every Day

Jesus said, 'This is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day.'

John 6.39

Blessed are the peacemakers, for they will be called children of God.

Matthew 5.9

Either

Let us pray to God,
who alone makes us dwell in safety:

For all who are affected by coronavirus,
through illness or isolation or anxiety, that they may find relief and recovery:
Lord, hear us, Lord, graciously hear us.

For those who are guiding our nation at this time, and shaping national policies, that they may make wise decisions:
Lord, hear us, Lord, graciously hear us.

For doctors, nurses and medical researchers, that through their skill and insights many will be restored to health:
Lord, hear us, Lord, graciously hear us.

For the vulnerable and the fearful, for the gravely ill and the dying, that they may know your comfort and peace:
Lord, hear us, Lord, graciously hear us.

We commend ourselves, and all for whom we pray, to the mercy and protection of God.
Merciful Father,
accept these prayers
for the sake of your Son, our Saviour Jesus Christ. Amen.

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

Prayer During the Day

Or

On this day that the Lord has made,
let us pray for all people
that they may receive his good news of his victory over death and know the power of his resurrection;

that those who suffer pain and anguish
 may find healing and peace in the wounds of Christ;
and that in the undying love of Christ
we may be united with all who have died in the faith of Christ.

God of love and hope,
you made the world and care for all creation,
but the world feels strange right now.

The news is full of stories about Coronavirus.
Some people are worried that they might get ill.
Others are anxious for their family and friends.
Be with them and help them to find peace.

We pray for the doctors and nurses and scientists,
and all who are working to discover the right medicines
to help those who are ill.

Thank you that even in these anxious times, you are with us.
Help us to put our trust in you and keep us safe. Amen.

Closing Prayers

Soul of Christ, sanctify me,
body of Christ, save me,
blood of Christ, inebriate me,
water from the side of Christ, wash me.
Passion of Christ, strengthen me.

O good Jesus, hear me:
hide me within your wounds
 and never let me be separated from you.

From the wicked enemy defend me,
in the hour of my death, call me and bid me come to you,
so that with your saints I may praise you for ever and ever. Amen

Anima Christi (14th century)

Christ yesterday and today,
the beginning and the end,
Alpha and Omega,
all time belongs to you, and all ages;
to you be glory and power through every age and for ever. Amen.

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

Prayer During the Day

The Conclusion

And now we give you thanks

because you provide medicine to heal our sickness,

and the leaves of the tree of life for the healing of the nations,

anointing us with your healing power so that we may be the first fruits of your new creation. Amen.

Let us commend the world, in which Christ rose from the dead,

to the mercy and protection of God.

May Christ our Saviour give us peace. Amen.

Some materials in this booklet are drawn from Common Worship: Services and Prayers for the Church of England, Common Worship: Pastoral Services, and Common Worship: Daily Prayer, all of which are copyright © The Archbishops' Council of the Church of England, 2000-2005

The Bible readings (other than the psalms) are from The New Revised Standard Version Anglicized Edition, copyright 1989, 1995 Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved.

Common Worship apps, books and eBooks are available from Church House Publishing.

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