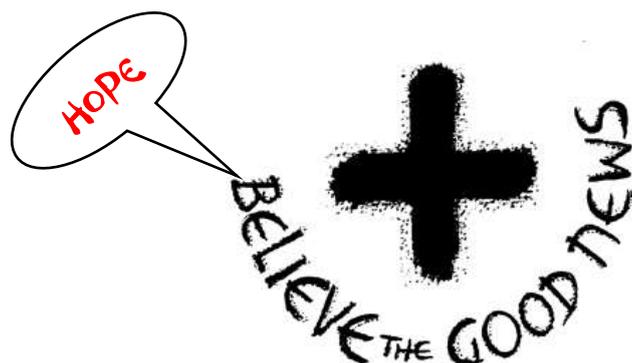


# The Meon Bridge Benefice

Deepening Faith - Seeking to Serve - Growing for God

Welcome Everybody! - Everybody Welcome!



PRAYERS IN OUR TIME:

PANDEMIC

*Morning Prayer*

**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.

## Morning Prayer

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

O Lord, open our [my] lips  
and our [my] mouth shall proclaim your praise.

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

The Lord is good, a strong refuge when trouble comes.  
God is close to those who trust in him.

Nahum 1.7

Lord God, you are always with me.

You are with me in the day and in the night.

You are with me when I'm happy and when I'm sad. You are with me when I'm healthy and when I am ill.

You are with me when I am peaceful and when I am worried.

Today I am feeling [name how you are feeling]  
because [reasons you are feeling this way].

Help me to remember that you love me  
and are with me in everything today. Amen.

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.

*Pause for reflection as you offer the day to God.*

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

Dear Lord, grant that I may live as you intended, with complete confidence in your loving care.

As we [I] rejoice in the gift of this new day,

so may the light of your presence,

O God, set our [my] heart on fire with love for you;

now and for ever. Amen.

### **Bible Reading**

*You may wish to say Psalm 23 or another psalm here, such as Psalm 16 or Psalm 139.*

#### **Psalm 23**

1. The Lord is my shepherd; therefore can I lack nothing.
2. He makes me lie down in green pastures and leads me beside still waters.
3. He shall refresh my soul and guide me in the paths of righteousness for his name's sake.
4. 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.
5. 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.
6. 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.

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.

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

## Morning Prayer

*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. the day and its tasks; the world and its needs; the Church and her life, then say the prayers for the day.*

### **Sunday Morning Reading**

But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine.

When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Saviour. *Isaiah 43.1-3a*

### **Sunday Morning Prayer**

Eternal God, you are the light of the minds that know you,  
the joy of the hearts that love you, and the strength of the wills that serve you:  
grant us so to know you that we may truly love you, so love you that we may truly serve you,  
whose service is perfect freedom. Amen.

After Augustine of Hippo (430)

### **For the Christian community**

We are not people of fear:

we are people of courage.

We are not people who protect our own safety:

we are people who protect our neighbours' safety.

We are not people of greed:

we are people of generosity.

We are your people God, giving and loving, wherever we are, whatever it costs

For as long as it takes wherever you call us. Amen.

Barbara Glasson, President of the Methodist Conference

### **Monday Morning Reading**

'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me.

John 14.1-6

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

## Morning Prayer

### **Monday Morning Prayer**

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith; where there is despair, hope;  
where there is darkness, light; where there is sadness, joy.  
O Divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand, to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life. Amen.

*A Franciscan prayer*

### **From one who is ill or isolated**

O God, help me to trust you,  
help me to know that you are with me,  
help me to believe that nothing can separate me from your love  
revealed in Jesus Christ our Lord. Amen.

### **Tuesday Morning Reading**

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure,  
whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything  
worthy of praise, think about these things. Keep on doing the things that you have learned and  
received and heard and seen in me, and the God of peace will be with you.

Philippians 4.8-9

### **Tuesday Morning 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. Amen.

Ignatius of Loyola (1556)

### **For hospital staff and medical researchers**

Gracious God,  
give skill, sympathy and resilience  
to all who are caring for the sick,  
and your wisdom to those searching for a cure.  
Strengthen them with your Spirit,  
that through their work many will be restored to health; through Jesus Christ our Lord. Amen.

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

## Morning Prayer

### **Wednesday Morning Reading**

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3.16,17

### **Wednesday Morning Prayer**

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

### **For those who are ill**

Merciful God, we entrust to your tender care  
those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to hold them safe.  
Comfort and heal them,  
and restore them to health and strength;  
through Jesus Christ our Lord. Amen.

### **Thursday Morning Reading**

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

Ephesians 2.19-22

### **Thursday Morning Prayer**

God of compassion,  
be close to those who are ill, afraid or in isolation.  
In their loneliness, be their consolation;  
in their anxiety, be their hope; in their darkness, be their light;  
through him who suffered alone on the cross,  
but reigns with you in glory,  
Jesus Christ our Lord. Amen.

Almighty God,  
from whom all thoughts of truth and peace proceed:  
kindle, I pray, in the hearts of all,  
the true love of peace  
and guide with your pure and peaceable wisdom  
those who take counsel for the nations of the earth  
that in tranquillity your kingdom may go forward,  
till the earth is filled with the knowledge of your love;  
through Jesus Christ your Son our Lord. Amen.

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

## Morning Prayer

### **Friday Morning Reading**

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Romans 19.9-12

### **Friday Morning Prayer**

Goodness is stronger than evil; Love is stronger than hate;  
Light is stronger than darkness; Life is stronger than death;  
Victory is ours through Him who loved us. Amen.

Archbishop Desmond Tutu

Lord Jesus Christ,  
you taught us to love our neighbour,  
and to care for those in need as if we were caring for you.  
In this time of anxiety,  
give us strength to comfort the fearful, to tend the sick,  
and to assure the isolated of our love, and your love,  
for your name's sake. Amen.

### **Saturday Morning Reading**

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well. Luke 12.22-31

### **Saturday Morning Prayer**

Lead us from death to life, from falsehood to truth.  
Lead us from despair to hope, from fear to trust.  
Lead us from hate to love, from war to peace.  
Let peace fill our hearts, our world, our universe;  
through Jesus Christ our Lord. Amen.

A prayer for peace used by Mother Theresa

Keep us, good Lord,  
under the shadow of your mercy in this time  
of uncertainty and distress.  
Sustain and support the anxious and fearful  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

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

## Morning Prayer

### Every Day

God be in my head, and in my understanding;  
God be in mine eyes, and in my looking;  
God be in my mouth, and in my speaking;  
God be in my heart, and in my thinking;  
God be at mine end, and at my departing. Amen.

Almighty and everlasting God,  
we thank you that you have brought us safely  
to the beginning of this day.

Keep us from falling into sin or running into danger;  
order us in all our doings and guide us to do always what is righteous in your sight; through Jesus  
Christ our Lord. Amen.

### The Lord's Prayer

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.

*(or)*

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.

### The Conclusion

The Lord bless us, and preserve us from all evil, and keep us in eternal life. Amen.

Let us bless the Lord. Thanks be to God.

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

## Morning Prayer

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The God of Hosts is with us.***