

Comfort and heal them,  
and restore them to health and strength;  
through Jesus Christ our Lord. **Amen.**

Be present, O merciful God,  
and protect us through the silent hours of this night,  
so that we who are wearied  
by the changes and chances of this fleeting world,  
may rest upon your eternal changelessness;  
through Jesus Christ our Lord. **Amen.**

Visit this place, O Lord, we pray,  
and drive far from it the snares of the enemy;  
may your holy angels dwell with us in peace,  
and may your blessing be always upon us;  
through Jesus Christ our Lord. **Amen.**

*Pause and pray for:*

- *The Queen, our government and all making decisions that impact our nation*
- *All who are sick or bereaved*
- *All involved with St Wilfrid's in any way*
- *Christians who are persecuted for their faith*

### **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.**

### **The Conclusion**

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**

The Lord bless us and watch over us;  
The Lord make his face to shine upon us and be gracious to us;  
The Lord look kindly upon us and give us peace. **Amen.**



# **Worship at Home**

If it is not possible to worship together, the Church of England apps for Daily Prayer and Reflections are a wonderful resource and unite us in prayer. Alongside them are these two simple acts of worship, particularly geared to those who are isolated or unable to attend church.

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.

## **Morning Prayer**

*You may wish to light a candle and have some reflective music playing in the background.*

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

*Nahum 1.7*

### **Opening Sentences**

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

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

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

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and for ever. **Amen.**

### **Psalm**

*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.**

## **Bible Reading**

*You may wish to use the weekly pattern of short readings given below,  
or choose a passage of your own.*

### **Sunday Morning**     *Isaiah 43.1-3a*

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.

### **Monday Morning**     *John 14.1-6*

‘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.’

### **Tuesday Morning**     *Philippians 4.8-9*

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.

humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

### **Wednesday Evening**     *1 Peter 5.6-9*

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves; keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters throughout the world are undergoing the same kinds of suffering.

### **Thursday Evening**     *John 16.31-33*

Jesus answered them, ‘Do you now believe? The hour is coming, indeed it has come, when you will be scattered, each one to his home, and you will leave me alone. Yet I am not alone because the Father is with me. I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!’

### **Friday Evening**     *1 Thessalonians 5.9-1*

For God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him. Therefore encourage one another and build up each other, as indeed you are doing.

### **Saturday Evening**     *John 3.16-21*

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgement, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God.

## **Prayers**

Merciful God,  
we entrust to your unfailing and tender care this night  
those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to hold us safe.

- 10 There shall no evil happen to you,  
neither shall any plague come near your tent.
- 11 For he shall give his angels charge over you,  
to keep you in all your ways.
- 12 They shall bear you in their hands,  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder;  
the young lion and the serpent you shall trample underfoot.
- 14 Because they have set their love upon me, therefore will I deliver them;  
I will lift them up, because they know my name.
- 15 They will call upon me and I will answer them;  
I am with them in trouble,  
I will deliver them and bring them to honour.
- 16 With long life will I satisfy them
- 17 and show them my salvation.

**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.**

### **Bible Reading**

*You may wish to use one of the following short readings or choose a passage of your own.*

#### **Sunday Evening**     *Psalms 73:24-26*

You guide me with your counsel, and afterwards you will receive me with honour.  
Whom have I in heaven but you? And there is nothing on earth that I desire other  
than you. My flesh and my heart may fail, but God is the strength of my heart and my  
portion for ever.

#### **Monday Evening**     *Isaiah 40:28-31*

Have you not known? Have you not heard?  
The Lord is the everlasting God, the Creator of the ends of the earth.  
He does not faint or grow weary; his understanding is unsearchable.  
He gives power to the faint, and strengthens the powerless.  
Even youths will faint and be weary, and the young will fall exhausted;  
but 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.

#### **Tuesday Evening**     *Matthew 11:28-end*

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I  
will give you rest. Take my yoke upon you, and learn from me; for I am gentle and

#### **Wednesday Morning**     *Colossians 3:16,17*

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.

#### **Thursday Morning**     *Ephesians 2:19-22*

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.

#### **Friday Morning**     *Romans 19:9-12*

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.

#### **Saturday Morning**     *Luke 12:22-31*

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.

### **Prayers**

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.**

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.**

*Pause and pray for:*

- *Individuals and their needs*
- *The poor and oppressed*
- *All affected medically or financially by Coronavirus*
- *Churches and their response*

## 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.**

## 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.**

## Night Prayer

*You may wish to light a candle and have some reflective music playing in the background.*

The eternal God is your refuge,  
and underneath are the everlasting arms. *Deuteronomy 33.27*

### Opening Sentences

The Lord almighty grant us a quiet night and a perfect end. **Amen.**  
Our help is in the name of the Lord  
**who made heaven and earth.**

*Pause and reflect on the day that is past.*

Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.

### Psalm

*You may wish to say here the psalm given below, or Psalm 27, or another chosen psalm.*

#### Psalm 91

- 1 Whoever dwells in the shelter of the Most High  
and abides under the shadow of the Almighty,
- 2 Shall say to the Lord, 'My refuge and my stronghold,  
my God, in whom I put my trust.'
- 3 For he shall deliver you from the snare of the fowler  
and from the deadly pestilence.
- 4 He shall cover you with his wings  
and you shall be safe under his feathers;  
his faithfulness shall be your shield and buckler.
- 5 You shall not be afraid of any terror by night,  
nor of the arrow that flies by day;
- 6 Of the pestilence that stalks in darkness,  
nor of the sickness that destroys at noonday.
- 7 Though a thousand fall at your side  
and ten thousand at your right hand,  
yet it shall not come near you.
- 8 Your eyes have only to behold to see the reward of the wicked.
- 9 Because you have made the Lord your refuge  
and the Most High your stronghold,