



**Mickleover Anglican Churches
Prayers for the week starting
Sunday 29 March 2020
5th Sunday of Lent –
Passiontide**



Blessed are you, Lord God of our salvation,
to you be praise and glory for ever.
As a man of sorrows and acquainted with grief
your only Son was lifted up
that he might draw the whole world to himself.
May we walk this day in the way of the cross
and always be ready to share its weight,
declaring your love for all the world.
Blessed be God, Father, Son and Holy Spirit.

Psalm 121

'I lift up my eyes to the hills – Where does my help come from?
My help comes from the Lord, the Maker of heaven and earth.
He will not let your foot slip – he who watches over you will not slumber;
indeed, he who watches over Israel
will neither slumber nor sleep.
The Lord watches over you –
the Lord is your shade at your right hand;
The sun will not harm you by day, nor the moon by night.
The Lord will keep you from all harm – he will watch over your life;
The Lord will watch over your coming and going
both now and forevermore.

Other helpful Bible passages: Psalm 23, Psalm 46,
Psalm 63:3-8, Psalm 91, Psalm 121, Isaiah 43v1-3, John 6v16-21.

If you don't have a Bible at home, you can look these up on
<https://www.biblegateway.com> select either the New International Version
or the New Revised Standard Version.

This week we invite you to join with us in praying for our nation at this time.
We offer these ideas and hope they are helpful. The important thing is to
pray in any way that helps you.

You may wish to pray for

- this community – now that we are experiencing greater isolation
- our nation and its leaders
- medical staff and all carers, and all those who have volunteered this week
- those you know and love some of whom you may feel very separated from
- yourself

Prayers

Unshakeable God, you are our ever-present help in times of trouble. Amidst all the isolation, grief and fear caused by this crisis, renew in us your peace, restore to us your perspective and reveal to us your presence as we pray to you now. Amen

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

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;
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..... (*name those you know*)
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.

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.

In a week where the adjustment of learning to live in a very different way has taken a lot of energy, here is a way to centre ourselves with God and pray for strength:
Prayer focus: to find renewal and fresh strength by resting in God's presence, to take time to reflect on his promise of rest for a weary soul.

***'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.'* Matthew 11:28-29**

Reflect: God promises to provide rest for the weary and to comfort those who place their burdens in his care. Consider the 'burdens' you may be struggling to carry alone and give them to the Lord.

Pray: Spend some time silently resting in God's presence. Become aware of your breathing as you sit quietly. Then when in a rhythm use your breath to pray:
Jesus, Son of God, have mercy upon me. With your out breath let your daily concerns go, or name them in prayer and give them over to God. Take some time to stop, be still, rest and prayerfully commit your burdens into his hands.
Try to still your mind, letting go of your concerns and focus on God using the bible verse above to aid your prayer and reflection.

When you feel ready, stand up, leave your burdens with God and trust him for the strength you need. You might find it helpful to write the verse above on a post it note and leave it somewhere you will see it regularly in the day.

You may feel you are praying on your own at this time but remember throughout the world, every minute others are praying with you.

Prayer resources

We will produce a different prayer sheet each week. It will be emailed or posted to you. Sadly, following the recent directives from the government we have not been able to have the churches open, however remember that church is not just the building but first and foremost the people of God who worship there and remember that we are all praying together at this time, though we are not meeting physically.

The Church of England website has a number of prayers google search "Church of England Coronavirus Prayers"

There are a number of Apps available.

Daily Prayer from the Church of England - includes prayers and readings appropriate for each day,

Lectio 365 - a daily devotional led by a person so there is a sense of joining in with others

Sacred Space.ie again a led act of prayer and reflection

Pray as you go a resource put together by the Jesuits and led for you.

Books – you may have a forgotten book of prayers on your shelf that you now have time to read or some of you may have many. You might want to pass one on safely to another.

If you would like to speak to a member of the clergy team, please call 01332 513793 leave your name and number and we will get back to you as soon as we can. You can also contact us by email admin@allsaintsmickleover.org.uk or newsagent@stjohnsmickleover.org.uk

Our websites will have the latest information.

www.allsaintsmickleover.org.uk www.stjohnsmickleover.org.uk