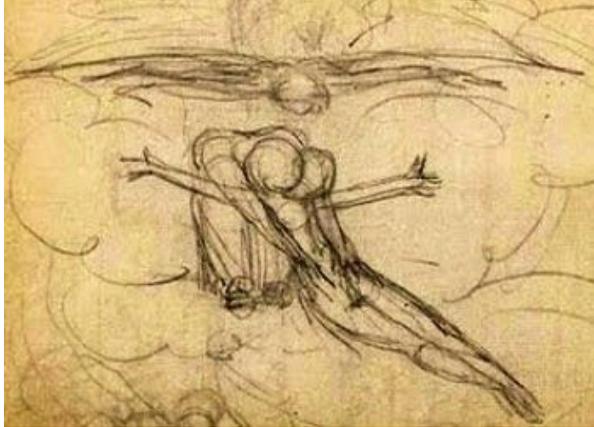


# SPIRITUAL RESOURCES



**To be used from home.**

*Image: 'The Trinity' sketch by William Blake*

Simple and Creative Ways to Pray	Page 2
Simple Morning Prayer	Page 4
Simple Evening Prayer	Page 7
Simple Night Prayer	Page 10
An Act of Spiritual Communion	Page 16
Collects and Other Prayers	Page 19
Online Resources	Page 21
Prayer Labyrinth	Page 22

## **THIS GUIDE**

This booklet offers Spiritual resources for use during Passiontide for those at home. Use whichever speak to you most clearly. These resources are offered to help us to rely upon and draw close to the presence of Christ at all times. Please know that the church is always praying and by using these resources you join the wider community of prayer.

## **SIMPLE FORMS OF PRAYER**

- \* Lighting a candle before you pray can help you focus and listen for God's presence.
- \* Praying at the times when you know the church is gathering may help you to feel connected to your church community.
- \* Jesus taught us the Lord's Prayer so that we would always have words to say. Do use it often. Many people around the world pray it at 12noon each day, on waking or before sleep.
- \* Used just before bed, the "Examen", is a very simple way to prayerfully review your day with God in five steps:
  1. Become aware of God's presence, or ask God to help you remember that he's there with you
  2. Review the day with gratitude (as best you can!)
  3. Pay attention to how you are feeling about it.
  4. Choose one feature of the day and pray about it.
  5. Look toward tomorrow. What do you expect the day to hold?  
Ask God to help you remember that he's with you

## CREATIVE WAYS TO PRAY

- You might find it helpful to listen to favourite hymns or worship songs, or other pieces of music that have a special meaning for you.
- Your daily exercise could be a prayer walk. Some ideas here, although obviously your walk will be alone or with those you are living with:  
<https://www.thykingdomcome.global/resources/prayer-walking>
- Pictures can help prompt our prayers - for instance photos of loved ones, maps or pictures of our community or the wider world.
- If you have an icon at home this could be a time to use it in prayer. Begin by placing it upright where you can contemplate the image. You might light a candle as a sign of God's presence. As you gaze on it, relax and explore it with your eyes rather than attempting to analyze its meaning. Let God lead you into prayer. You may wish to know more about the way Orthodox Christians pray with icons: <https://iconreader.wordpress.com/>
- If the news is getting you down, try praying for the people and situations that are mentioned.
- Why not try doodling, painting, or drawing as you pray? Some ideas at:  
<https://prayingincolor.com/praying-in-color-praying-in-black-and-white>

## MORNING PRAYER during Passiontide

### Preparation

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

Let your ways be known upon earth  
**your saving power among the nations**

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

*Silence is kept*

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**

### The Word of God

**Psalm** (see separate list for the week, on Website)

**Bible Reading** (see separate list for the week, on Website)

### Benedictus

1. Blessed be the Lord the God of Israel:  
for he has come to his people and set them free.
2. He has raised up for us a mighty saviour:

- born of the house of his servant David.
3. Through his holy prophets he promised of old:  
that he would save us from our enemies,  
from the hands of all that hate us.
  4. He promised to show mercy to our fathers:  
and to remember his holy covenant.
  5. This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies,
  6. free to worship him without fear:  
holy and righteous in his sight all the days of our life.
  7. You my child shall be called the prophet of the most  
high: for you will go before the Lord to prepare his way,
  8. to give his people knowledge of salvation:  
by the forgiveness of all their sins.
  9. In the tender compassion of our God:  
the dawn from on high shall break upon us,
  10. to shine on those who dwell in darkness and the  
shadow of death: and to guide our feet into the way of peace.

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.**

## Prayers

*We keep silence or pray in our own words for the church, the world, those we care for, and those in need. See list of those who have asked for prayer on Weekly Sheet.*

### Kyrie

Lord have mercy upon us.  
Christ have mercy upon us.  
Lord have mercy upon us.

## Lord's Prayer

Our Father in heaven,  
hallowed be your name, your kingdom come,  
your will be done, on earth as it is in heaven.  
Give us today our daily bread, and 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.**

## Collect

God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks through our Lord Jesus Christ. **Amen**

## The Conclusion

+May Christ, who bore our sins on the cross,  
set us free to serve him with joy. **Amen.**

Let us bless the Lord.  
**Thanks be to God.**

## **EVENING PRAYER during Passiontide**

### **Preparation**

+O God, make speed to save us;  
**O Lord, make haste to help us.**

Let your ways be known upon earth  
**your saving power among the nations**

That this evening may be holy, good and peaceful,  
let us pray with one heart and mind.

*Silence is kept*

As our evening prayer rises before you, O God,  
so may your mercy come down upon us  
to cleanse our hearts  
and set us free to sing your praise  
now and for ever. **Amen.**

### **The Word of God**

**Psalm (see separate list for the week, on Website)**

**Bible Reading (see separate list for the week, on Website)**

**Magnificat**

1. My soul proclaims the greatness of the Lord:  
my spirit rejoices in God my Saviour;
2. for he has looked with favour on his lowly servant:  
from this day all generations will call me blessed;
3. the Almighty has done great things for me:  
and holy is his name.
4. He has mercy on those who fear him:  
in every generation.
5. He has shown the strength of his arm:  
he has scattered the proud in their conceit.
6. He has cast down the mighty from their thrones:  
and has lifted up the lowly.
7. He has filled the hungry with good things:  
and the rich he has sent away empty.
8. He has come to the help of his servant Israel:  
for he has remembered his promise of mercy,
9. the promise he made to our fathers:  
to Abraham and his children 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.**

## Prayers

*We keep silence or pray in our own words for the church, the world,  
those we care for, and those in need.*

### Kyrie

Lord have mercy upon us.  
Christ have mercy upon us.  
Lord have mercy upon us.

### Lord's Prayer

Our Father in heaven,

hallowed be your name,  
your kingdom come,  
your will be done, on earth as it is in heaven.  
Give us today our daily bread,  
and 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.**

### **Collect**

Lord, God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity.  
**Amen.**

### **The Conclusion**

+May Christ, who bore our sins on the cross,  
set us free to serve him with joy. **Amen.**

Let us bless the Lord.  
**Thanks be to God.**

*Common Worship Daily Prayer, and with grateful thanks to the Scottish Episcopal Church (Anglican) for their shortened liturgy for Morning and Evening Prayer.*

## NIGHT PRAYER

### Preparation

+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.**

*A period of silence for reflection on the past day may follow.  
The following or other suitable words of penitence may be used*

Most merciful God,  
we confess to you,  
before the whole company of heaven and one another,  
that we have sinned in thought, word and deed  
and in what we have failed to do.  
Forgive us our sins, heal us by your Spirit  
and raise us to new life in Christ.  
**Amen.**

○ God, make speed to save us.  
**○ Lord, make haste to help us.**

**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.**

### Hymn

Before the ending of the day,  
Creator of the world, we pray

That you, with steadfast love, would keep  
Your watch around us while we sleep.

From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.

O Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.

## The Word of God

### Psalm

1. O Lord, you have searched me out and known me; ♦  
you know my sitting down and my rising up;  
you discern my thoughts from afar.
2. You mark out my journeys and my resting place ♦  
and are acquainted with all my ways.
3. For there is not a word on my tongue, ♦  
but you, O Lord, know it altogether.
4. You encompass me behind and before ♦  
and lay your hand upon me.
5. Such knowledge is too wonderful for me, ♦  
so high that I cannot attain it.
6. Where can I go then from your spirit? ♦  
Or where can I flee from your presence?

7. If I climb up to heaven, you are there; ♦  
if I make the grave my bed, you are there also.
8. If I take the wings of the morning ♦  
and dwell in the uttermost parts of the sea,
9. Even there your hand shall lead me, ♦  
your right hand hold me fast.
10. If I say, 'Surely the darkness will cover me ♦  
and the light around me turn to night,'
11. Even darkness is no darkness with you;  
the night is as clear as the day; ♦  
darkness and light to you are both alike.
12. For you yourself created my inmost parts; ♦  
you knit me together in my mother's womb.
13. I thank you, for I am fearfully and wonderfully made; ♦  
marvellous are your works, my soul knows well.
14. My frame was not hidden from you, ♦  
when I was made in secret  
and woven in the depths of the earth.
15. Your eyes beheld my form, as yet unfinished; ♦  
already in your book were all my members written,
16. As day by day they were fashioned ♦  
when as yet there was none of them.
17. How deep are your counsels to me, O God! ♦  
How great is the sum of them!

18. If I count them, they are more in number than the sand, ♦  
and at the end, I am still in your presence.

**Glory be 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** *one of the following is suggested*

You, O Lord, are in the midst of us and we are called by your name; leave us not, O Lord our God.

*Jeremiah 14.9*

Be sober, be vigilant, because your adversary the devil is prowling round like a roaring lion, seeking for someone to devour. Resist him, strong in the faith.

*1 Peter 5.8, 9*

The servants of the Lamb shall see the face of God, whose name will be on their foreheads. There will be no more night: they will not need the light of a lamp or the light of the sun, for God will be their light, and they will reign for ever and ever.

*Revelation 22.4, 5*

*Silence is kept*

Into your hands, O Lord, I commend my spirit.  
**Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.  
**I commend my spirit.**

Glory to the Father and to the Son and to the Holy Spirit.

**Into your hands, O Lord, I commend my spirit.**

## **Nunc Dimittis**

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

- 1 Now, Lord, you let your servant go in peace:  
your word has been fulfilled.
- 2 My own eyes have seen the salvation  
which you have prepared in the sight of every people;
- 3 A light to reveal you to the nations  
and the glory of your people Israel.

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.**

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

## **Prayers**

*We keep silence or pray in our own words*

## **The Collect**

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

## Lord's Prayer

## The Conclusion

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

Abide with us, Lord Jesus,  
**for the night is at hand and the day is now past.**

As the night watch looks for the morning,  
**so do we look for you, O Christ.**

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

**Amen**

*Common Worship Order for Night Prayer*

## **AN ACT OF SPIRITUAL COMMUNION**

*Settle yourself into a quiet place and allow your attention to silently withdraw from external things and focus into the heart.*

*You can do this by breathing deeply and slowly into your heart, the centre of your being, or by repeating some reflective verses. For example:*

○ God, come to my aid;  
**○ Lord, make haste to help me.**

+In the name of the Father, of the Son,  
and of the Holy Spirit. **Amen**

*Call to mind any sins you have committed and make an Act of Contrition in words such as:*

Lord Jesus Christ, Son of the Living God;  
have mercy on me, a sinner.

*Then, if you are able, pray the Collect for the Day and read the lesson concluding the Gospel with a time of silence.*

*Offer your own prayers ending with the Our Father.*

*Now imagine Jesus, Mary or one of the saints coming to you in a gracious and kind manner, holding out to you the Blessed Sacrament. As you see them approach, say:*

Lord, I am not worthy to receive you,

but only say the word and I shall be healed.



*Then, make an Act of Spiritual Communion in these or other words:*

My Jesus,  
I believe that You are present in  
the Most Holy Sacrament.  
I love You above all things,  
and desire to receive You into my soul.  
Since I cannot at this moment  
receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there  
and unite myself wholly to You.  
Never permit me to be separated from You.  
**Amen.**

*As you imagine yourself receiving the Bread of Heaven,  
be still and rest in the love of God.*

*Thank Him for entering beneath the roof of your soul  
with words such as:*

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, fill all my veins;  
Water of Christ's side, wash me.  
Passion of Christ, comfort me.  
O good Jesus, hear me.  
Within your wounds hide me.  
Suffer me not to be separated from you.  
From the malicious Enemy defend me.  
In the hour of my death call me  
and bid me come to you,  
that with your Saints I may praise you,  
for ever and ever.

**Amen.**

+Let us bless the Lord.

**Thanks be to God**

*With thanks to the Spiritual Association of the COMPASSIONATE  
HEARTS of JESUS and MARY (CHJM) for these prayers*

## **COLLECTS AND OTHER PRAYERS TO SAY**

Sovereign God,  
the defence of those who trust in you  
and the strength of those who suffer:  
look with mercy on our affliction  
and deliver us through our mighty Saviour Jesus Christ.  
**Amen.**

O God, our sovereign and our shepherd,  
who brought again your Son Jesus Christ from the valley of death,  
comfort us with your protecting presence  
and your angels of goodness and love,  
that we also may come home  
and dwell with him in your house for ever.  
**Amen.**

Lord God, whose Son, Jesus Christ,  
understood people's fear and pain  
before they spoke of them,  
we pray for those in hospital or sick at home;  
surround the frightened with your tenderness;  
give strength to those in pain;  
hold the weak in your arms of love,  
and give hope and patience  
to those who are recovering;  
we ask this through the same Jesus Christ, our Lord.  
**Amen.**

Almighty God,

you see that we have no power of ourselves to help ourselves:  
keep us both outwardly in our bodies,  
and inwardly in our souls;  
that we may be defended from all adversities  
which may happen to the body,  
and from all evil thoughts which may assault and hurt the soul;  
through Jesus Christ our Lord.

**Amen**

God be in my head, and in my understanding;  
God be in my 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**

## ONLINE RESOURCES

*If you have access to the internet you can access a wealth of spiritual resources including prayer, daily readings, and other inspirational tools.*

### Websites

<https://www.elydiocese.org/>

<https://www.churchofengland.org/>

<https://www.sacredspace.ie/>

(daily guided *lectio divina* with the Gospels)

### Apps: (for handheld or mobile devices)

Common Worship Daily Prayer (full versions of Morning, Evening and Night Prayer):

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

Lectio 365 (Bible based, from 24-7 movement):

<https://www.24-7prayer.com/dailydevotional>

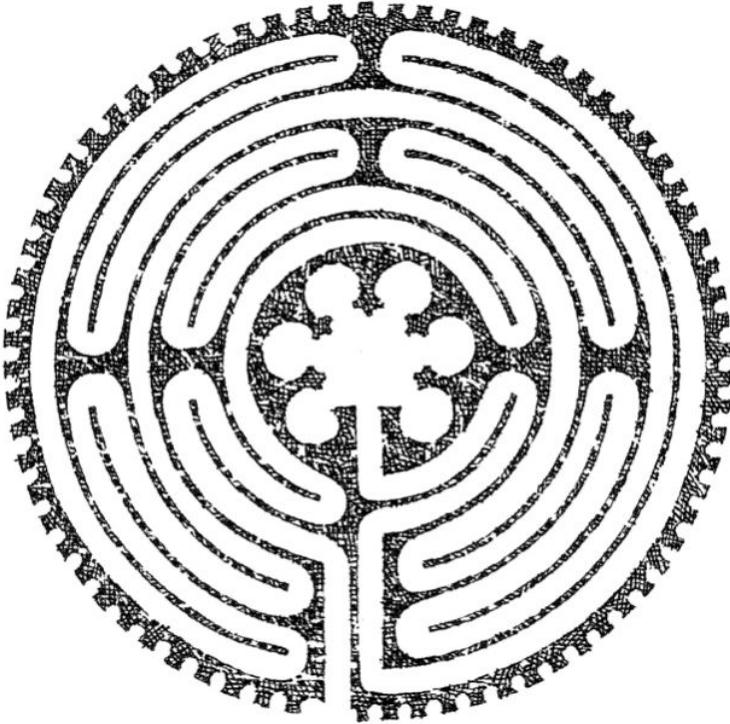
Pray as you go (Ignatian prayer): <https://pray-as-you-go.org/>

Live Lent: Care for God's Creation Resources:

<https://www.churchofengland.org/our-faith/living-out-our-faith/lent-holy-week-and-easter/livelent-care-gods-creation>

**CREDIT:** Huge thanks to Reverend Arwen Folkes for compiling these resources to be personalized and shared. Adapted for St James's by Revd Anne Strauss.

## A PRAYER LABYRINTH



You might find it helpful to ‘walk’ the labyrinth by tracing it with your finger as you pray.