

# Prayer Resources

*As we cannot physically gather to pray at this time, here are some resources to help you pray at home.*

*If you are able, find a quiet place and take a few deep breaths and know that God is with you. Taking three deep breaths tells our bodies that we are okay and acts as a reset for our brains.*

*You may wish to light a candle to remind you that the Light of Christ is always with us.*

**PSALM 121** from the BCP (*you may want to read aloud*)

1 I WILL lift up mine eyes unto the hills: / O whence cometh my help?

2 My help cometh even from the LORD, / who hath made heaven and earth.

3 HE will not suffer thy foot to be moved: / and he that keepeth thee will not sleep.

4 Behold, he that keepeth His people / shall neither slumber nor sleep.

5 THE LORD himself is thy keeper: / the LORD is thy defence upon thy right hand;

6 So that the sun shall not burn thee by day, / neither the moon by night.

7 THE LORD shall preserve thee from all evil: / yea, it is even he that shall keep thy soul.

8 The LORD shall preserve thy going out and thy coming in, / from this time forth for evermore.

## **A Prayer for Community in a Time of Pandemic**

(from Corrymeela.org)

God of the good news that spreads faster than fear,  
God of the courage that comes from the heart:  
Be with us as anxieties rise and with us as uncertainty grows.  
Be with us when children ask difficult questions,  
and with us when parents seem farther away.

Remind us that to be a community does not always mean to be physically present beside those we know well.  
It also can mean being spiritually present with those who feel very alone;  
and that you as our God, the God made flesh, are also the God who calls us from the tumult and tells us to be still  
and to know that you are God with us.  
Amen.

## **Night Prayer** (from A New Zealand Prayerbook)

Lord,  
it is night.

The night is for stillness.  
Let us be still in the presence of God.

It is night after a long day.  
What has been done has been done;  
what has not been done has not been done;  
let it be.

The night is dark.  
Let our fears of the darkness of the world and of our own lives rest in you.  
The night is quiet.  
Let the quietness of your peace enfold us,  
all dear to us,  
and all who have no peace.

The night heralds the dawn.  
Let us look expectantly to a new day,  
new joys,  
new possibilities.

In your name we pray.  
Amen.

**A Prayer for Eventide** (from the BCP)

O LORD, support us all the day long of this  
troubled life, until the shadows lengthen  
and the evening comes, the busy world is hushed,  
the fever of life is over, and our work is done.  
Then, Lord, in thy mercy, grant us safe lodging,  
a holy rest, and peace at the last; through Jesus  
Christ our Lord. Amen. (BCP)

The Lord's Prayer (*in the form and language of your choice*)

**Fierce Blessing**, by Jan Richardson (from [paintedprayerbook.com](http://paintedprayerbook.com))

Believe me when I say  
there is nothing  
this blessing would not do  
to protect you  
to save you  
to encompass you.

This blessing  
would stand between you  
and every danger,  
every evil,  
every harm  
and hurt.

This blessing  
would dare  
to wade with you  
into the waters that come  
bearing life.

It would make  
a way for you  
through the waters that come  
threatening death.

I cannot explain  
how fierce  
this blessing feels  
about you  
but I can tell you  
it has more than pledged  
itself to you;  
it would lay down  
its life for you  
and not once  
look back in regret  
nor go in sorrow  
for what it has chosen  
to give.

And you—  
so deeply blessed,  
so utterly encompassed—  
what will you save  
in turn?

Not because  
it is owed  
but because  
you cannot imagine  
failing to pass along  
this grace  
that casts its circle  
so wide,  
this love  
that flows  
so deep  
through this perilous  
and precious life.

*You may wish to finish your prayer time by singing or listening to a  
favourite hymn.*