

The Lord's Prayer: (is a way of joining our prayer with the prayers of millions of others around the world.)

**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.**

A Closing Prayer of Blessing: (from St Patrick's Breastplate)

**Christ as a light illumine and guide me.
Christ as a shield overshadow me.
Christ under me, Christ over me,
Christ beside me, on my left and my right.
This day be within and without me,
Lowly and meek yet all-powerful.
Be in the heart of each to whom I speak,
In the mouth of each who speaks unto me.
This day be within and without me,
Lowly and mee yet all-powerful
Christ as a light, Christ as a shield,
Christ beside me on my left and my right. Amen.**



A short service of Daily Prayer in this second Lent of Church at Home.



It is incredible to think that it is a year since we began this journey of "Lockdown" and that we now come to a second journey of Lent. May our desire to walk in faithfulness with Jesus through these days underpin our daily prayer and inspire us to dream with Him of a new world when this 'year of Lent' is over.

'Daily Prayer' is most effective when it forms part of the rhythm of each day. Try and find a regular time, space, and routine to your prayer. You may wish to light a candle and be still for a moment before you begin. You will also need your Prayer Diary, which gives details of the readings for each day, and a Bible to hand.

An opening prayer:

O Lord, open our lips and our mouths shall proclaim your praise. For this is the day that the Lord has made, let us rejoice and be glad in it. (Psalm 51:15 and Psalm 118:24)

As we recall Your faithfulness, O God, we pray...

The steadfast love of the Lord never ceases; His mercies never come to an end. They are new every morning, new every morning. Great is your faithfulness, O God. Great is your faithfulness. (Lamentation 3:22-23)

As we rejoice then 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 forever. Amen.

You may wish to pause for a moment to remember others for whom you pray, in your home, your family, or in the wider Church, wherever they may be...

Listening to God's word (based on "Dwelling in His Word"):

The Psalm, and the Bible Readings for each day can be found in your Prayer Diary (if you don't have a copy please let your Co-ordinator know and they will get one to you).



Try and read the Psalm and the Bible Readings slowly, letting the words of each reading breathe. Try and pause between each reading to see what God may be saying to you, either by a word, a phrase, a thought or a question lifting off the page and speaking to you. Try and stay with what it says, asking

what it might mean for as long as is helpful. This can be incredibly fruitful and gets easier the more it is practiced.

A time of Prayer for others and ourselves:

Praying your Prayer Diary – each day there is an entry

Take time to offer things to God that are on your mind either from the news or your own worries, hopes or concerns.



A Prayer for this season of Lent...

Blessed are you, God of compassion and mercy, to you be praise and glory for ever. In the darkness of this age, your light breaks forth like the dawn and your healing springs up for deliverance. As we rejoice in the gift of your saving help, sustain us with your bountiful Spirit and open our lips to sing your praise, Father, Son and Holy Spirit: Blessed be God for ever.

O gracious and holy Father, give us wisdom to perceive you, diligence to seek you, patience to wait for you, eyes to behold you, a heart to meditate upon you, and a life to proclaim you, through the power of the Spirit and Jesus Christ our Lord.

(Prayer of St Benedict)