



St Michael and All Angels

Worship and prayer resources to use during the 2nd lockdown of Covid-19 pandemic.



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Worship at home

As we head into another 'Lockdown' the fear loneliness and isolation for individuals and communities are all the more palpable.

This booklet intends to encourage each of us to pray individually knowing others are praying with us. It is not instead of the previous booklet but an add on.

If you are able to leave the house St Michael's will continue to be open from 9.30am – 3.30pm each day.

The Warneford Chapel has been set aside as a special place to pray and reflect. There will be prayer resources available for you to use.

This second lockdown is different from the first we are still able to go for a walk with one other and we are still able to go to church for our own personal prayer. If you can try to meet a friend to walk with, you could meet weekly to pray for each other and for the community.

There are a number of house groups that meet online now. If you would like to join one please email Emily curate@stmichaelshighworth.co.uk and she will be able to put you in contact with one of the leaders.

If you would like one of the ministry team to ring you on a semi regular basis and you aren't already aware of someone ringing you please leave a message on the office answer machine 762702 or ring Geoff 765554 and we will make sure someone checks in with you.

If you don't already receive the weekly bulletin by email and you would like to please email the office to request being added to the list. There will be a summary of the sermon, news and prayer encouragement. If you would like to join us on Sunday morning via the internet put this address in to your internet browser; www.twitch.tv/stmichaelshighworth/videos or go to youtube.com and search for St Michaels Church Highworth.

The Archbishops of the Church of England has called for a national month of prayer.

At 6pm each day please pray the corresponding prayer and feel free to add your own.

Sunday

Family, friends and loved ones

We lift to God those we hold in our hearts – praying for their health, their well-being and their sense of hope.

We pray that even when loved ones cannot physically be together they would not feel apart.

We ask for God's help in our communicating, our connecting and our caring.

Monday

Schools and colleges, children and young people

We pray for all those involved in the shaping of young lives.

We give God thanks for the sacrifice and commitment of teachers and all those involved in serving children and young people in education.

We pray that all might be nurtured and cared for and that every needful resource would be made available - that all lives can flourish even in these difficult times and that no-one would be overlooked.

Tuesday

Elderly, isolated and vulnerable

We echo God's commitment to those most at risk of this virus by praying today for those who are particularly vulnerable and isolated. Praying for their deliverance, protection and comfort.

We hold before God those who care for them – that they would be strengthened and encouraged in this work.

Wednesday

Businesses, the workplace and economic wellbeing

In this time of great challenge, we pray for the economic wellbeing of the country.

We remember before God those who face great uncertainty in their work.

We lift before God those who have lost their jobs and face an uncertain and difficult future. We pray for a renewed commitment to our common life together.

Thursday

The NHS and other key workers

Our God is the great healer – and the agent used more than any other is the NHS.

Today we voice our gratitude for those who serve this country in the National Health Service and pray for that God would prosper the work of their hands – that they would all be encouraged in their continued work of sacrifice and care amongst us.

Friday

National and Local government

We pray for those who are in positions of authority with responsibility for decision making at national and local level at this difficult time.

We ask that God would give great wisdom, deep commitment to all and right judgment.

Saturday

All who are grieving, and all suffering with physical and mental ill-health

'Lord the one you love is ill....' John 11v3

We bring to God all those who suffer in body, mind, spirit or with grief.

We ask that in God's great loving kindness they might know God's sustaining presence amidst their pain.

We pray for those who are stretched beyond their own capacity to cope and remain hopeful – that in the roar of these waterfalls God would bring a sense of coherence, comfort and strength.

Prayers for those who are ill

Ultimate healer God, draw close to all who are ill. We are aware that we don't understand the long-term effects of this illness, so many are struggling to fully recover, while more are falling ill. Lord we pray for all those suffering with Covid-19 or other conditions that have been made more difficult due to the pandemic. Please bring healing and restoration. **Amen.**

For hospital staff

Loving Father, your children are tired. Please refresh and encourage all of the staff in the hospitals, from chaplains to surgeons, from porters to ICU nurses, from admin staff to caterers. We pray for you protection and your help. Lord draw close to everyone who is stretched too thinly help them to lean on you who sustains us. **Amen.**

For scientific researchers

God who created atoms and molecules, thank you for the bright minds and clever thinkers who understand these building blocks of your creation. Please help them to keep going, to see clearly and to think creatively, join with them in developing a vaccine so that the most vulnerable in our society can be protected. **Amen**

For our leaders

Sovereign God may those in government who have to make life changing decisions on behalf of the nation be blessed with discernment and wisdom. Help them to rule with humility and act with integrity. Lord be there in the rooms where decisions are discussed and made, may your spirit move powerfully in them. **Amen**

From one who is ill or isolated

O God, help me to trust you, help me to know that you are with me,
help me to believe that nothing can separate me from your love revealed in Jesus
Christ our Lord. **Amen**

For the Christian community

King of Kings, light of the world, Jesus, help us your church to be your hands and
feet, bringing hope and joy to a world in turmoil.

Inspire us with love and care for our neighbours and those suffering in our
community. Give us willing hearts so we can live lives of service, for your glory.

Guide our leaders to make wise and bold decisions leading us into territory
unknown. In your name lord Jesus for the sake of your kingdom.

Amen

A short reflection on our fragility

Our bodies are so fragile

Our time here is so brief

Our lives are but a single drop in the ocean of
eternity

And yet...

We are known

We are loved

We are held

May our fears about our death be transformed

And may all our suffering be transfigured.

May we discover, within ourselves,
a deep well of peace

And a great storehouse of resources:

The grace to recognise the gifts that illness brings

The insight to perceive that as time shrinks in length it expands in depth

The wisdom to discern what matters, and
what does not

The resourcefulness to seek beauty, hope
and love wherever we can find them

The generosity of heart to accept, gratefully,
our limitations

The courage to let go.

Written by Cara Heafey

A Prayer for the morning

Lord thank you for this new day, thank you for another opportunity to worship you and to notice your grace for me. Open my eyes to see your goodness and open my heart so that each day I may become more like you. Help me to live this day to the full, being true to you in all I do and say. Help me to know that when I am happy, feeling low, worried, or feeling in control you are always with me and your grace enough for me. **Amen**

A prayer at bedtime

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.

Tonight we pray especially for *(names family or friends who are affected by Coronavirus)* and the people of *(country or place which is affected by Coronavirus)*.

Please give skill and wisdom to all who are caring for them.

Amen.

A prayer remembering God is with us

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 meek, yet all-powerful.

Christ as a light;

Christ as a shield;

Christ beside me

on my left and my right

May the God of peace be close to your heart,
the Prince of peace hold you in his arms and the Spirit of peace enable
you to be a comfort to others.

Amen