

# Worship Resources



This booklet contains some resources that you can use as part of your prayer and worship at home. We hope that it is an encouragement to you at this time.

*For this reason I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.*

*Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.*

*Ephesians 3.14-21 (NRSV)*

## **Contents**

- A pattern of daily prayer
- Suggested Bible passages
- Ways to explore a Bible passage
- Ways to pray
- Further resources

## Daily Prayer

*You can use this on your own or with others.*

*You may wish to light a candle and/or have some reflective music playing in the background.*

The Lord is good, a strong refuge when trouble comes.  
God is close to those who trust in him.

Nahum 1.7

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

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

*Pause for reflection as you offer the day to God.*

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.

*You may wish to say Psalm 23.*

### Psalm 23

- 1 The Lord is my shepherd; therefore can I lack nothing.
- 2 He makes me lie down in green pastures and leads me beside still waters.
- 3 He shall refresh my soul  
and guide me in the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow of death, I will fear no evil;  
for you are with me;  
your rod and your staff, they comfort me.
- 5 You spread a table before me  
in the presence of those who trouble me;  
you have anointed my head with oil and my cup shall be full.
- 6 Surely goodness and loving mercy shall follow me all the days of my life,  
and I will dwell in the house of the Lord 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.**

### Bible Reading

*You may wish to one of the readings suggested later in this booklet, or choose a passage of your own.*

*There are some suggestions later in this booklet about ways to explore a Bible passage.*

## **Prayers**

*You might like to pray for our world and nation, our local community and church, and individual people and situations that are particularly on your heart at this time. There are also some suggestions later in this booklet about ways to pray.*

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love in Christ Jesus our Lord.  
**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.**

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life.  
**Amen.**

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

## Suggested Bible passages



*Below are readings for each day of the week, as suggested by the Church of England.*

*Alternatively, you could look up or order what is known as the Lectionary, which is a list of set readings for each day of the year.*

*Another option would be to choose a book of the Bible, perhaps one of the Gospels, to read a chapter or two.*

### Sunday

But now thus says the Lord,  
he who created you, O Jacob, he who formed you, O Israel:  
Do not fear, for I have redeemed you;  
I have called you by name, you are mine.  
When you pass through the waters, I will be with you;  
and through the rivers, they shall not overwhelm you;  
when you walk through fire you shall not be burned,  
and the flame shall not consume you.  
For I am the Lord your God,  
the Holy One of Israel, your Saviour.

Isaiah 43.1-3a

### Monday

'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me.'

John 14.1-6

## Tuesday

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Philippians 4.8-9

## Wednesday

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3.16,17

## Thursday

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

Ephesians 2.19-22

## Friday

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

Romans 19.9-12

## Saturday

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

Luke 12.22-31

## Ways to explore a Bible passage

1. One method you might like to use to explore a Bible passage is known as 'Lectio Divina'.

*Lectio divina* literally means 'divine reading'; it is a prayerful approach to reading the Bible in such a way that it shapes us and the lives we live. It was largely developed by St Benedict, and David Foster explains it like this:

*it is a way of praying, letting the words of the Bible illuminate our experience and understanding, and using them to nourish a sense of God's presence in our own hearts and minds, so that we can listen to him, and let him help us find ourselves in relation to him.*<sup>1</sup>

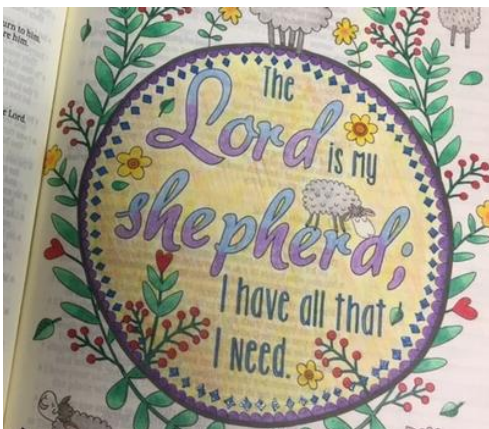
There are four stages to *lectio divina*:

1. First, read a passage of the Bible (*lectio*) – you might like to do this out loud.
2. Then pause, and consider if a particular sentence or word stood out for you; if it did, take time to reflect upon it (*mediatio*). You may then like to reread the passage again and see if another sentence or word stands out for you.
3. You may then wish to pray about what it was that particularly struck you within the passage (*oratio*), simply talking to God about how it relates to your life.
4. Following this, you may wish to spend some time just 'being' in God's presence (*contemplatio*).

Lectio  
divina

Sometimes a fifth stage is added, as you respond to what you have reflected upon in action (*operatio*). As well as this, you may continue to meditate upon or reflect on what you have discovered throughout the day, and this may naturally shape your actions.

2. An alternative method you might like to try is drawing and doodling.



You might like to start with a blank sheet of paper, and write down a word or verse that stood out to you from the Bible passage, in the middle of the page.

You might then want to add any images that come to mind. (If you have time, you could even find images from newspapers or magazines that represent what this word or verse means to you).

Next, you might write down any questions this raises for you.

Finally, you might want to write a prayer, as your response to your exploration of this passage.

---

<sup>1</sup> David Foster (2005) *Reading with God: Lectio Divina*. London: Continuum p. v.

## Ways to pray

Below are a few suggestions of ways you might like to pray.

1. *You might like to use the following set prayers which have been produced by the Church of England:*

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

For all who are affected by coronavirus,  
through illness or isolation or anxiety,  
that they may find relief and recovery:  
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.**

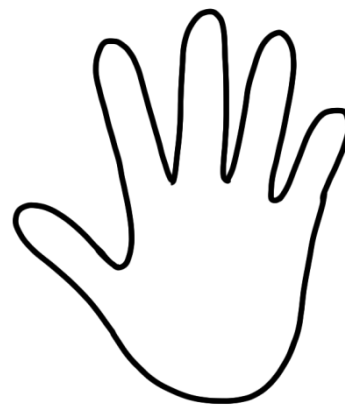
For the vulnerable and the fearful,  
for the gravely ill and the dying,  
that they may know your comfort and peace:  
Lord, hear us,  
**Lord, graciously hear us.**

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.**



2. *You could use your hands.*

Take time to hold each of your fingers and thumbs, and as you hold each one, pray for someone who you know, who you feel especially needs your prayer at this time.

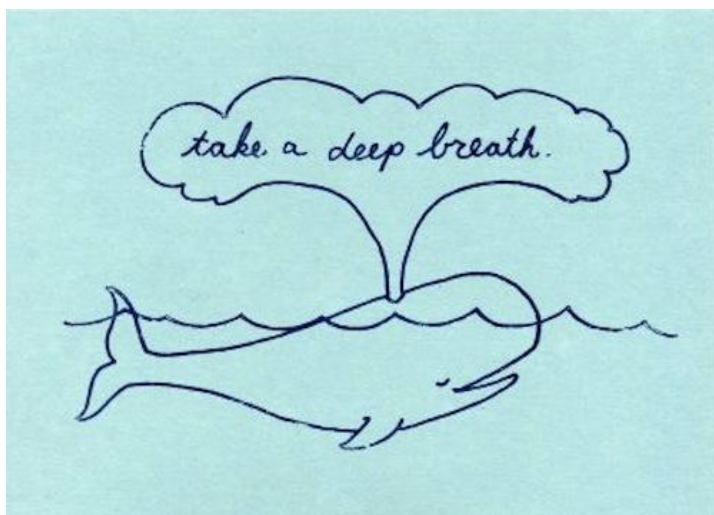


3. *You might like to say the words of St Patrick's Breastplate.*

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

4. *You might like to use your breathing to shape your prayers.*

On each inhalation, you might like to think: "God's Peace",  
And on each exhalation, you might like to think: "Anxiety".



Or,  
you could use The Jesus Prayer:  
*Lord Jesus Christ,  
Son of the living God,  
have mercy on me, a sinner.*

You could think, 'Lord Jesus Christ'  
as you inhale,  
then 'Son of the living God'  
as you hold that breath,  
and 'have mercy on me, a sinner' as  
you exhale.

5. *You might like to draw pictures or symbols to represent the things you are praying for.*

## Further Resources

The Church of England website includes lots of worship resources that you might enjoy using:

<https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources>

The Church of England will also be sharing information about churches that are Live Streaming their worship services online, this information can currently be found here, if you scroll down to the section on 'Digital Resources':

<https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-guidance-churches>

Christian websites, such as Eden, have lots of resources, such as Bible Study Guides and books of prayers, as well as biographies that might be a source of inspiration and encouragement:

<https://www.eden.co.uk>