



# StowCape Churches

## SPIRITUAL RESOURCES



This booklet provides some Lenten spiritual resources for all those who are unable to attend church. They are offered to help us all to use this time to rely more on Christ each day, and to draw nearer to the presence of God, whether we're with others or on our own. God bless you all. CMRP

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## **Simple Morning Prayer**

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

Hear our voice, O Lord, according to your faithful love,  
**according to your judgement give us life.**

**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.**

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**



### **Psalm 51 'Returning to God'**

1. Have mercy on me, O God, in your enduring goodness:  
according to the fullness of your compassion blot out my offences.
2. Wash me thoroughly from my wickedness:  
and cleanse me from my sin.
3. For I acknowledge my rebellion:  
and my sin is ever before me.
4. Create in me a clean heart, O God:  
and renew a right spirit within me.
5. Do not cast me out from your presence:  
do not take your holy spirit from me.
6. O give me the gladness of your help again:  
and support me with a willing spirit.

7. The sacrifice of God is a broken spirit:  
a broken and contrite heart, O God, you will not despise.

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**

*(one of these or a passage from scripture)*

Finally, brothers and sisters, we beseech and exhort you in the Lord Jesus, that as you learned from us how you ought to live and to please God, just as you are doing, you do so more and more. For God has not called us for uncleanness, but in holiness. *(1 Thessalonians 4. 1, 7)*

The Lord's true love is surely not spent, nor has his compassion failed, they are new every morning, so great is his constancy. The Lord, I say, is all that I have; therefore I will wait for him patiently. The Lord is good to those who look for him, to all who seek him. *(Lamentations 3.22–25)*

### **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 savior:  
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.

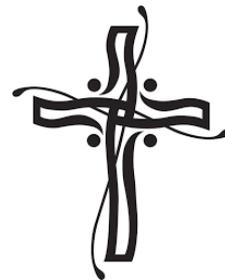
Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning is now, and shall be for ever. **Amen.**

### Prayers

*We keep silence or pray in our own words*

### Kyrie

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



### Lord's Prayer

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.  
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.**

### 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**

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## **Simple Evening Prayer**

O God, make speed to save us.

**O Lord, make haste to help us.**

Hear our voice, O Lord, according to your faithful love,  
**according to your judgement give us life.**

**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.**

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.**



### **Psalm 130 'Returning to God'**

1. Out of the depths have I called to you, O Lord:  
Lord, hear my voice.
2. O let your ears consider well:  
the voice of my supplication.
3. If you, Lord, should note what we do wrong:  
who then, O Lord, could stand?
4. But there is forgiveness with you:  
so that you shall be feared.
5. I wait for the Lord, my soul waits for him:  
and in his word is my hope.

6. My soul looks for the Lord:  
more than watchmen for the morning, more, I say, than  
watchmen for the morning.
7. O Israel, trust in the Lord, for with the Lord there is  
mercy: and with him is ample redemption.
8. He will redeem Israel:  
from the multitude of his sins.

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** (*these or another passage from scripture*)

Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. (1 Corinthians 9.24–25)

Jesus said, ‘There will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.’ (Luke 15.7)

**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*

### **Kyrie**

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

### **Lord's Prayer**

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.  
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.

### **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.**

*With grateful thanks to the Scottish Episcopal Church (Anglican) for their shortened  
liturgy for Morning and Evening Prayer which is used in this booklet.*

## **NIGHT PRAYER/COMPLINE**

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.**

O God, make speed to save us.  
**O 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.**

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. **Amen.**



#### **Psalm 4**

- 1 Answer me when I call, O God of my righteousness;  
you set me at liberty when I was in trouble;  
have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory;  
how long will you love vain things and seek after  
falsehood?
- 3 But know that the Lord has shown me his marvellous  
kindness; when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not;  
commune with your own heart upon your bed,  
and be still.
- 5 Offer the sacrifices of righteousness  
and put your trust in the Lord.
- 6 There are many that say, 'Who will show us any good?'  
Lord, lift up the light of your countenance upon us.
- 7 You have put gladness in my heart,  
more than when their corn and wine and oil increase.
- 8 In peace I will lie down and sleep,  
for it is you Lord, only, who make me dwell in safety.

#### **Psalm 134**

- 1 Come, bless the Lord, all you servants of the Lord,  
you that by night stand in the house of the Lord.
- 2 Lift up your hands towards the sanctuary  
and bless the Lord.
- 3 The Lord who made heaven and earth  
give you blessing out of Zion.

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** *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*

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.

*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.**

## **The 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.**

*With thanks to the Church of England for this form of Night Prayer*

## **Simple Forms of Prayer**

- Lighting a candle before you pray can help you to focus and listen.
- Jesus taught us the Lord's Prayer so that we would always have words to say. Use it!
- The "Examen". Don't let the name put you off! This 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 he's there with you.
  2. Review the day with gratitude (as best you can!)
  3. Pay attention to how you're 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 he's with you.
- Lectio Divina: again, if this is new to you, don't let the name put you off. Lectio helps you to read the Bible in a prayerful way. Pick a short passage of Scripture (it can be anything you like, but if you're stuck,



parables of Jesus or the shorter Psalms are a good choice – a list of possible readings can be found below). Read it through, slowly, two or three times. Notice what jumps out at you, and ask yourself, what is God saying to me here? Reflect on this for a few minutes. Then, read the passage again. Now ask yourself, what do I want to say to God? – then say it. Lastly, sit quietly and know that God is with you.

- In the quiet repeat very slowly the Prayer of the Name or Jesus Prayer: ‘Lord Jesus Christ, Son of God, have mercy on me, a sinner’ for several minutes and let the presence of Christ fill and still your heart.

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## **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 matching your breathing slowly to the rhythm of your heart, the centre of your being, or by repeating some reflective verses. For example:*

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

*Then you may make the sign of the cross and say*

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

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

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

*Then, if you are able, say a prayer from those below, read a gospel passage and keep a time of quiet reflection.*

*Offer your own prayers and petitions.*

*Now imagine Jesus coming to you, in your home, offering himself to you in the Blessed Sacrament. And say....*

**Lord, I am not worthy to receive you,  
but only say the word and I shall be healed.**



*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 by saying the **Our Father***

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

*With thanks to the Spiritual Association of the Compassionate Heart of Jesus &  
Mary for this form of prayer.*

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## **Some Collects and Other Prayers**

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.

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.

***A prayer of confession:***

Father eternal, giver of light and grace,  
we have sinned against you and against our neighbour,  
in what we have thought,  
in what we have said and done,  
through ignorance, through weakness, through our own deliberate fault.  
We have wounded your love and marred your image in us.  
We are sorry and ashamed and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past  
and lead us out from darkness to walk as children of light. **Amen.**

***The collect for purity/ prayer of preparation:***

Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through 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.**

***Prayers before sleeping:***

Be present, O merciful God,  
 and protect us through the silent hours of this night,  
 so that we who are wearied  
 by the changes and chances of this fleeting world,  
 may rest upon your eternal changelessness;  
 through Jesus Christ our Lord. **Amen.**

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**Psalms for Reading through the Week**

Sunday	121, 122
Monday	123, 124
Tuesday	125, 126
Wednesday	127
Thursday	128
Friday	129, 130
Saturday	131, 133

**Some More Bible Passages for reflection**

Psalm 23	Jeremiah 29.11-13
Psalm 27	Psalm 139
Isaiah 43.1-21	Habbakuk 3.17-19
Matthew 6.25-34	Matthew 11.25-29
John 14.1-7	John 17:1-26
Romans 8.18-38	Colossians 3.12-17
Philippians 4.1-13	1 Corinthians 13

## **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:**

[www.churchofengland.org](http://www.churchofengland.org)

search 'Daily Prayer' for full Church of England Offices

[www.sacredspace.ie](http://www.sacredspace.ie)

daily guided *lectio divina* with the Gospels

[www.northumbriacommunity.org/offices/how-to-use-daily-office/](http://www.northumbriacommunity.org/offices/how-to-use-daily-office/).

Short but poetic forms of daily prayer in the "Celtic" style from the Northumbria Community.

[www.pray-as-you-go.org/](http://www.pray-as-you-go.org/). A short (11-12 minutes) daily act of prayer and worship, available online or as a tablet and smartphone app (search for "pray as you go" in your app store and look for the headphone logo). This easy-to-use, beautifully-produced site uses music and pictures to help you pray and reflect with a passage of Scripture. Follows the Roman Catholic calendar, but widely used by Christians of all traditions. There are also special seasonal meditations.

[www.content.scriptureunion.org.uk/wordlive/living-faith](http://www.content.scriptureunion.org.uk/wordlive/living-faith). Daily Bible study and prayer points from Scripture Union. Linked to a Facebook group where you can share your thoughts and prayers with other Christians.

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

Lectio 365

Common Worship Daily Prayer

## **PASTORAL SUPPORT**

If you require pastoral support, have special requests for prayer, or would simply like a conversation, please call.....

Crispin Pemberton on 07824 444655, email: [crispinpemberton@yahoo.co.uk](mailto:crispinpemberton@yahoo.co.uk)

or Tim Starling on 07980 204572, email: [revtimstarling@gmail.com](mailto:revtimstarling@gmail.com)