

SPIRITUAL RESOURCES



for the season of Lent

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THIS GUIDE

This booklet offers Spiritual resources for use during Lent for those unable to attend church for a time. Use whichever speak to you most clearly. These resources are offered to help us to rely upon and always draw close to the presence of Christ. Please know that the church is always praying always and by using these resources you join the wider community of prayer.

SIMPLE FORMS OF PRAYER

- Lighting a candle before you pray can help you focus and listen.

- Praying at the times when you know the church is gathering may help you to feel connected to your church community.

- Jesus taught us the Lord's Prayer so that we would always have words to say. Do use it!

- The "Examen", despite its name, 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 that he's there with you.
 2. Review the day with gratitude (as best you can!)
 3. Pay attention how you are 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 that he is with you.

CREATIVE WAYS TO PRAY

- You might find it helpful to listen to favourite hymns or worship songs, or other pieces of music that have a special meaning for you.
- Pictures can help prompt our prayers - for instance photos of loved ones, maps or pictures of our community or the wider world
- If the news is getting you down, try praying for the people and situations that are mentioned.
- Why not try doodling, painting, or drawing as you pray?

Adapted by Revd. Joe Roberts & compiled by Revd. Arwen Folkes 2020

MORNING PRAYER during Lent

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 judgment 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.

Psalm 51

(or a Psalm from the list on page 17)

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.

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Bible Reading

(one of these or see page 17: for others)

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 saviour:
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,
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,
to give his people knowledge of salvation:
by the forgiveness of all their sins.
8. In the tender compassion of our God:
the dawn from on high shall break upon us,

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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 for the church, the world, those we care for, and those in need.

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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EVENING PRAYER during Lent

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.

Psalm 130

(or a Psalm from the list on page 17)

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

(one of these or see page 17: for others)

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.

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Prayers

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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.

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NIGHT PRAYER

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.

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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.

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.

Or

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.

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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)*

Be sober, be vigilant, because your adversary the devil is prowling round like a roaring lion, seeking for someone to devour. Resist him, strong in the faith. *(1 Peter 5.8, 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 *may be said.*

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.

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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

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 breathing deeply and slowly into 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.

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

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

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

Or

I love you, Jesus, my love able all things,
and I repent with my whole heart having offended you.
Never permit me to separate myself from you again,
grant that I may love you always,
and then do with me what you will.

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Then, if you are able, pray the Collect for the Day and read the lesson concluding the Gospel with a time of silence.

Offer your own prayers ending with the The Lord's Prayer.

Now imagine Jesus, or one of the saints coming to you in a gracious and kind manner, holding out to you the Blessed Sacrament.

As you see them approach, say:

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



Then, 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.

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*As you imagine yourself receiving the Bread of Heaven,
be still and rest in the love of God.*

Thank Him for entering your soul with words such as:

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesu, hear me.
Within your wounds hide me.
Suffer me not to be separated from you.
From the malicious Enemy defend me.
In the hour of my death call me
and bid me come to you,
that with your Saints I may praise you,
for ever and ever.

Amen.

The peace of God, which passes all understanding,
keep our hearts and minds in the knowledge and love of God,
and of his son Jesus Christ our Lord:
and the blessing of God Almighty,
the Father, the Son and the Holy Spirit,
be among us and remain with us always.

Amen.

Let us bless the Lord.

Thanks be to God

*With thanks to the Spiritual Association of the COMPASSIONATE
HEARTS of JESUS and MARY (CHJM) for these prayers.*

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A FORTNIGHT CYCLE OF PSALMS

<i>Sunday</i>	119.1-32	<i>Monday</i>	119.33-56
<i>Tuesday</i>	119.57-80	<i>Wednesday</i>	119.81-104
<i>Thursday</i>	119.105-128	<i>Friday</i>	119.129-152
<i>Saturday</i>	119.153-end		

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

BIBLE READINGS

Sunday: Revelation 21.1-4,
Tuesday: Deuteronomy 28.1-6,
Thursday: John 17.18-23,
Saturday: John 11.17–26a.

Monday: Isaiah 49.1b-4,
Wednesday: Matthew 9.35-end,
Friday: Luke 9.22-25,

Other potential readings:

Psalm 23
Psalm 27
Isaiah 43.1-21
Matthew 6.25-34
John 14.1-7
Romans 8.18-38
Philippians 4.1-13

Jeremiah 29.11-13
Psalm 139
Habbakuk 3.17-19
Matthew 11.25-29
John 17:1-26
Colossians 3.12-17
1 Corinthians 13

Visit www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer for various liturgies and also to view the psalms and readings for the day.

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COLLECTS AND OTHER PRAYERS TO SAY

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.

O God, our sovereign and our shepherd,
who brought again your Son Jesus Christ
from the valley of death,
comfort us with your protecting presence
and your angels of goodness and love,
that we also may come home
and dwell with him in your house for ever.
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.

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.

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

Check www.holytrinitypottenend.org.uk for parish info
(*sign up to our weekly email to be kept up to date*)

www.facebook.com/holytrinitypottenend

like and follow to view our live streamed services throughout the week and view posts on various aspects of our Christian life.

www.churchofengland.org

search 'Daily Prayer' for full Church of England Offices

www.biblegateway.com

find various translations of the bible and study tools

www.godspacelight.com

various posts and reflections on pertinent topics

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www.sacredspace.ie

daily guided *lectio divina* with the Gospels

www.anordinaryoffice.org.uk

“An Ordinary Office” is designed to be very accessible (you can follow it through text, symbol, audio, or video). Easy to pray if you are unwell or very tired. Morning, midday, and evening prayer, plus “nocturnes” for those who cannot sleep.

<https://www.northumbriacommunity.org/offices/how-to-use-daily-office>.

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

Apps: (for handheld or mobile devices)

Common Worship Daily Prayer

Lectio 365

Pray as you go

PASTORAL SUPPORT

If you require pastoral or practical support, have special requests for prayer, or would simply like a conversation, please contact Rev Joe: 01442 865 217 / vicar@holyltrinitypottenend.org.uk.

Take care of yourself at this time and keep safe.

Let us all stay connected in worship, prayer and support.

May God bless you and have a peaceful Lent.

Please wash your hands regularly and be wise and sensible about the risks you take.

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A PRAYER LABYRINTH

When you are ready...slowly trace the labyrinth path with a finger, just let your thoughts come to the surface and let them flow...Jesus is with you every step of the way, you are never alone. You are always loved by God.

When you reach the centre...consider your thoughts...

Stay in the centre for a while and spend some time in prayer and reflection receiving God's love and blessing...

When you are ready...return along the same path...return gratefully, prayerfully...you might like to sing or say aloud a line from the psalms or a favourite hymn.

As you exit the labyrinth give thanks and praise to God:

Glory to the Father and to the Son and to the Holy Spirit as it was in the beginning is now and ever shall be world without end. Amen.

