

Psalm 46

God is our refuge and our strength;
a very present help in time of trouble.
Therefore we will not fear,
though the earth should change,
though the mountains shake in the heart of the sea;
though its waters roar and foam;
though the mountains tremble with its tumult....
"Be still and know that I am God.
I am exalted among the nations.
I am exalted in the earth."
The Lord of Hosts is with us.
The God of Jacob is our refuge.

Romans 8

Who shall separate us from the love of Christ?
Shall tribulation, or distress, or persecution,
or famine, or peril, or nakedness, or sword?....
No, in all these things we are more than conquerors through him
who loved us.
For I am convinced that neither death, nor life,
nor angels, nor principalities,
nor things present, nor things to come,
nor powers, nor height, nor depth,
nor anything else in all creation
can ever separate us from the love of God
made known to us in Jesus Christ our Lord.

Into the unknown

I said to the man who stood at the gate of the year: 'Give me a
light, that I may tread safely into the unknown.' And he replied: 'Go
out into the darkness and put your hand into the hand of God. That
shall be to you better than light, and safer than a known way.'

Minnie Louise Haskins

quoted by George VI in his Christmas broadcast 1939

SOME PRAYERS AND READINGS

Morning Prayers

Thanks be to thee, O God, that I have risen this day
to the rising of this life itself;
May it be to thine own glory, O God of every gift,
and to the glory of my soul likewise. Amen

God our Creator, your kindness
has brought us the gift of a new day.
Help us not to cling to yesterday, nor covet tomorrow,
but to accept the uniqueness of this day.
By your love, celebrated in your Word,
seen in your Son, brought near by your Spirit,
take from us all we need carry no longer,
that we may be free again to choose to serve you
and be served by one other. Amen

Prayers for ourselves and others

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
and who has promised to be with us always,
Jesus Christ our Lord. Amen

Lord Jesus Christ, you taught us to love our neighbour,
and to care for those in need as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated of our love, and your love,
for your name's sake. Amen

Gracious God, give skill and compassion
to all who are caring for the sick,
and your wisdom to those searching for a cure.
Strengthen them with your Spirit,
that through their work many will be restored to health;
through Jesus Christ our Lord. Amen

Prayers of trust

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 made known in Jesus Christ our Lord. Amen

Into your hands, O Lord, I commend my spirit.
Keep me as the apple of your eye.
Hide me under the shadow of your wings. *Office of Compline*

I bind unto myself today
The power of God to hold and lead,
His eye to watch, his might to stay,
His ear to hearken to my need.
The wisdom of my God to teach,
His hand to guide, his shield to ward;
The word of God to give me speech,
His heavenly host to be my guard. *St Patrick's Breastplate*

Alone with none but thee, my God,
I journey on my way.
What need I fear, when thou art near,
O king of night and day?
More safe am I within thy hand
than if an host didst round me stand. *St Columba*

Evening Prayers

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. *Evening Hymn*

Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace. *Office of Compline*

Lighten our darkness, Lord, we pray,
and in your great mercy
defend us from all perils and dangers of this night,
for the love of your only Son,
our Saviour Jesus Christ. Amen *Office of Compline*

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 *Office of Compline*

Watch now, dear Lord,
with those who wake or watch or weep this night,
and give your angels charge over those who sleep.
Tend your sick ones, O Lord Christ,
rest your weary ones, bless your dying ones,
soothe your suffering ones, pity your afflicted ones,
shield your joyous ones, and all for your love's sake. Amen
St Augustine