



Personal Prayers

Lord may I be wakeful at sunrise to begin a new day for you;
Cheerful at sunset for having done my work for you;
Thankful at moonrise and under starshine for the beauty of your universe;
And may I add what little may be in me to add to your great world. Amen
(from The Abbot of Greve, A Celtic Liturgy)

Individual Prayer Walk

Before you begin, take a moment to center yourself and invite the Holy Spirit of God to accompany you, guiding your steps, your thoughts, and your words.

Opening Prayer

May I walk this day in the realm of grace,
walking with you my feet firmly on your earth-path,
my heart loving all as kindred, my words and deeds alive with justice.
May I walk as blessing, meeting blessing at every turn in every challenge, blessing,
in all opposition, blessing, in harm's way, blessing.
May I walk each step in this moment of grace,
alert to hear you and awake enough to say a simple Yes.
(Robert Corin Morris Taken from caminodesantiago.me)

As you step out of your home recite the following psalm:

Psalm 42

1 As the deer longs for the water-brooks, *
so longs my soul for you, O God.
2 My soul is athirst for God, athirst for the living God; *
when shall I come to appear before the presence of God?
3 My tears have been my food day and night, *
while all day long they say to me, "Where now is your God?"
4 I pour out my soul when I think on these things; *
how I went with the multitude and led them into the house of God,
5 With the voice of praise and thanksgiving, *
among those who keep holy day.
6 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?
7 Put your trust in God; *
for I will yet give thanks to him, who is the help of my countenance, and my God.



8 My soul is heavy within me; *
therefore I will remember you from the land of Jordan, and from the peak of Mizar among
the heights of Hermon.

9 One deep calls to another in the noise of your cataracts; *
all your rapids and floods have gone over me.

10 The LORD grants his loving-kindness in the daytime; *
in the night season his song is with me, a prayer to the God of my life.

11 I will say to the God of my strength, "Why have you forgotten me? *
and why do I go so heavily while the enemy oppresses me?"

12 While my bones are being broken, *
my enemies mock me to my face;

13 All day long they mock me *
and say to me, "Where now is your God?"

14 Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?

15 Put your trust in God; *
for I will yet give thanks to him, who is the help of my countenance, and my God.

Maintaining social distance, begin to walk around your neighborhood stopping along the way. The following prayers are for use as you encounter the following places. Pray for other places not listed as you are so moved.

With distance, at a neighbor's home

O God of compassion, you commanded us to love our neighbors, both near and far. I commend my neighbor (insert name, if known) to your care this day. Grant me concern for all those I encounter, that I may create here a community of justice, care, and peace where your will may be done; through your Son, Jesus Christ our Lord. Amen.

With distance, prayer at a store or shop

Almighty God, whose Son Jesus Christ in his earthly life shared our toil and hallowed our labor: Be present with your people where they work; make those who carry on the industries and commerce of this land responsive to your will; and give to us all a pride in what we do, and a just return for our labor. Strengthen those who suffer want and anxiety from lack of work. Guide the people of this land so to use our public and private wealth that all may find suitable and fulfilling employment, and receive just payment for their labor through Jesus Christ our Lord. Amen.

(Book of Common Prayer, p. 259, for commerce and for the unemployed)



With distance, prayer at a school

O Eternal God, bless all schools, colleges, and universities especially all teachers and students that they may be lively centers for sound learning, new discovery, and the pursuit of wisdom; and grant that those who teach and those who learn may find you to be the source of all truth; through Jesus Christ our Lord. Amen.

(Book of Common Prayer, Collect for Schools)

With distance, prayer at a fire station, hospital, or police station

O Creator of all, whose blessed Son came not to be served but to serve: Bless all who, following in his steps, give themselves to the service of others; that with wisdom, patience, and courage, they may minister in his Name to the suffering, the friendless, and the needy. Protect all emergency responders who take risks bringing people to safety in dangerous situations; for the love of the one who laid down his life for us, your Son our Savior Jesus Christ. Amen.

With distance, prayer at the home of a known sick person or at a healthcare facility

Almighty God, giver of life and health: Send your blessing on all who are sick, and upon those who minister to them, that all weakness may be vanquished by the triumph of the risen Christ; who lives and reigns for ever and ever. Amen.

With distance, prayer for those who are homeless or at a homeless shelter

God of compassion, your love for humanity was revealed in Jesus, whose earthly life began in the poverty of a stable and ended in the pain and isolation of the cross: we hold before you those who are homeless and cold especially in this bitter weather. Draw near and comfort them in spirit and bless those who work to provide them with shelter, food and friendship. We ask this in Jesus' name. Amen. (From the Church of England)

Concluding Prayers

O Lord our God, accept the fervent prayers of your people; in the multitude of your mercies look with compassion upon us and all who turn to you for help; for you are gracious, O lover of souls, and to you we give glory, Father, Son, and Holy Spirit, now and for ever.

Amen.

(Book of Common Prayer, p 394)

May the God of hope fill me with every joy in believing. May the peace of Christ abound in my heart. May I be enriched by the gifts of the Holy Spirit, now and for ever. Amen.



Other Prayer Resources

From:

Pause, Listen, Think, Pray and Go
d365.org



Pray as you Go <https://pray-as-you-go.org/>

An online portal (or app) to pray the scriptures. Pray As You Go is a daily prayer session, designed to go with you wherever you go, to help you pray whenever you find time. A new prayer session is produced every day of the working week and one session for the weekend. Lasting between ten and thirteen minutes, it combines music, scripture and some questions for reflection. Its aim is to help you to become more aware of God's presence in your life, listen to and reflect on God's word, and grow in your relationship with God.

A Prayer for those Living with Concern Regarding the Corona virus:

God of the present moment, God who in Jesus stills the storm and soothes the frantic heart;
Bring hope and courage to all who wait or work in uncertainty.
Bring hope that you will make them the equal of whatever lies ahead.
Bring them courage to endure what cannot be avoided, for your will is health and wholeness;
Restore wellness in body, mind and spirit for you are God, and we need you.
In Christ's name we pray. Amen
(as adapted from the New Zealand Prayer Book)

A prayer from the Rt. Rev. Susan Goff

Holy, Gracious, Loving God, Our times are in your hands, and these times have brought us to a strange moment. We read the news. We hear the stories. We know of people who have either tested positive for the Coronavirus or have been in a room with people who have tested positive. And we wonder. We know that there is fear out there, and we ask you to help us to turn this fear, our fear, into an opportunity for your love. We pray for all who have been affected by this illness, for those who are afraid, for all healthcare workers, for our hospital system, for all leaders who are making decisions that affect their people. Guide us all, because we haven't done this before and we are figuring out how to do it as we are doing it. Lead us, bless us, fill us with your peace and with your presence, so that our faith may always exceed our fear, and that we may be a part of the healing work that you are doing. And we pray all this in Jesus' name. Amen.



Prayers written by the Rev. Dr. Barney Hawkins

A Prayer for a Person Suffering with COVID-19

(to be used over the phone or on Zoom/ FaceTime)

God of healing, God of hope, our souls are hungry for health and happiness. You are the Maker and Keeper of billions of galaxies of stars and planets seething in their violence. You are the delicate fashioner of the hummingbird's wings and the infant's lungs. You are the architect and creator of our fragile bodies. We know you are the caring Abba of us all. Be with _____, and drive far from her all sickness and all anxiety in body, mind, spirit and relationships. Deliver her from her suffering and may goodness and mercy follow her all the days of her life. We pray in the name of the Great Physician, the Way, the Truth and the Life. Amen.

(Written after reading Reynolds Price's Letter to a Man in the Fire)

A Prayer for a Person in a 14-day Self-Quarantine

Suffering God, your Beloved Son endured temptations and the wilderness for forty days after his Baptism. New life gave him suffering. The Light was dark and the Word without a voice. From the solitary Jesus we learn that the broken bread is our only food. For once and always, O Lord, be present to those in self-quarantine. Give them ears to hear you say: "I am here." Give them the grace to breathe in the perfect love that casts out fear. Give them food for their bodies and hope for their beings. This is our prayer for our brothers and sisters in Christ. In the healing name of Jesus, we make our petitions. Amen and so be it.

A Prayer for a Person Unable to Take the Eucharist

My Jesus, I believe that you are truly present in the Blessed Sacrament of the Altar. I love you above all things, and long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.

(Written St. Alphonsus de Liguori, 1696-1787, and discovered by Rev. Dr. Hawkins)

A Prayer for an Online Service of Parishioners, When Regular Services Have Been Canceled

Almighty God of the Cross and Loving God of Community, we are not in a church building today but Church is never canceled. We are not wise, and not very often kind. But we are the Body of Christ in your suffering world. We know that our vocation is to be the Light of this Christ whose Body we are. Give us courage to be the Church and to keep our minds on what matters—which is to keep loving the world which you have called good. Buildings crumble; the Church Year passes; but your Church endures from generation to generation. Make this for us a Feast Day of your Protection, your Plenty, your Purpose, your Plan and your Peace.



All this we ask, as we pray in silence, with all the Saints and with each other. Amen.
(Echoing the poetry of Mary Oliver)

A Prayer for Our Nation and the World in the Light of this Pandemic

Ever-creating God, be with us as the pall of this COVID-19 pandemic falls upon this “fragile earth” which is our “island home.” We hold in our hearts and prayers all who are suffering in our nation from “sea to shining sea.” We pray for the whole world. Our common anxiety is making us one, undivided human family. We pray for world leaders as they chart these unknown waters. Strengthen them to walk into the Light of a new, healing day for the whole planet. Help us to cross our broken lands and be for each other bridges back to heaven. Lift the cares to which we cling. Descend, O God, on us all to be our Guest. Show us how to find in everything blessing and rest. May this be our prayer while we do not know how to pray and until the last light lingers in the west. Amen, in the name of our creating, redeeming and sustaining God.

(With indebtedness to Malcolm Guite and Flannery O’Connor, two of my companions on the way) Prayers Written by the Rev. Dr. Kate Sonderegger

Prayer in Time of Isolation

Almighty God: Our times are in your hand. We call upon you in this hour of our need, when we are lonely and must stand apart. Be our strength, O Sovereign Lord, our calm in the midst of raging seas, our refuge and our dwelling place. Sanctify to us this time drawn away from others, even as your Son, O Father, drew away to a lonely place for prayer. Deepen our need of you, O Lord, that every breath may be a whisper of the Spirit’s prompting, a renewed searching of the deep things of God. Stir up in us the great act of intercession, that we may spend our time apart in prayer for the world you created and sustain. Bless us in our turning toward you, and make us a blessing to those who stand in need of you, the whole fragile earth. All this we ask in the name of great Physician, even Jesus Christ our Lord. Amen.

A Prayer in Time of Pandemic

This hour we turn to you, O Lord, in full knowledge of our frailty, our vulnerability, and our great need as your mortal creatures. We cry to you, as one human family, unsure of the path ahead, unequal to the unseen forces around us, frightened by the sickness and death that seem all too real to us now. Stir up your strength and visit us, O Lord; be our shield and rock and hiding place! Guide our leaders, our scientists, our nurses and doctors. Give them wisdom and fill their hearts with courage and determination. Make even this hour, O Lord, a season of blessing for us, that in fear we find you mighty to save, and in illness or death, we find the cross to be none other than the way of life. All this we ask in the name of the One who bore all our infirmities, even Jesus Christ our Risen and Victorious Lord. Amen.



Lectio Divina Exercise

Lectio Divina is one of the oldest spiritual practices in the Christian Tradition with roots in the 3rd century CE. It is an ancient way of praying with scripture and literally means divine reading. It is designed to begin a dialogue between us and God within our hearts, minds or souls. The point is not to figure out what a Scripture means, but to experience the Scripture.

For this version of the practice, you will only need:

- A quiet comfortable space to sit inside or outside, in a chair or on the ground.*
- The passage of scripture*
- Timer (recommended not necessary)*
- A journal, notebook or piece of paper and pencil or pen (recommended but not required)*

Instructions:

Lectio (Reading): Read the passage to yourself slowly. Savor each verse, constantly listening for the "still, small voice" of a word or phrase that resonates with you. In lectio divina, God is teaching us to listen to him, to seek him in silence. Allow God to gently invite you ever more deeply into his presence. **(5 minutes)**

Meditato (Listening): As you read the passage again ask how this word or phrase speaks to your life and why it connects with you. Ponder it carefully. Write down the word or phrase in your journal or on a piece of paper. Spend a few minutes repeating it to yourself. What is this word or phrase saying to you? Allow this deep listening, inner pondering, and rumination to invite you into dialogue with God. **(5 minutes)**

Oratio (Speaking): We ask, "God, what do you want me to do with what you've given me today?" What is it that you need to do, where are you being called, and what are you being asked to relinquish as a result of what God is saying to you in this word or phrase? In the silence that follows the reading pray for the grace of the Spirit to plant this word in your heart. **(5 minutes)**

Contemplatio (Contemplation): Just be with and experience the word or phrase that has come to you. Rest in God's embrace. Rejoice in the knowledge that God is with you in both words and silence, in spiritual activity and inner receptivity. **(5 minutes)**

Or, if you'd like a simple handy, dandy guide to carry along with you, to walk you through the prayer process, use a web browser and search for JONATHAN TEIXEIRA'S: LECTIO THREE-STEP. AN ILLUSTRATED BOOKLET FOR YOUR PRAYER TIME.