

Praying Alone

Praying Together



Spiritual resources for praying at home *for growing together as the body of Christ*

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We never pray alone.

When we pray, we join with the constant prayer of our fellow Christians on earth and in heaven.

When we pray, the Holy Spirit prays within us – lifting our stumbling words and feeble will, drawing us into the life of the Holy Trinity. One God, in three persons, Father, Son, and Holy Spirit, the perfect expression of community.

The Old Testament encourages us to know and explore scripture *'have this Book of Law always on your lips; meditate on it day and night'* (Joshua 1:8) and the Church of England has always promoted and practised daily prayer, echoing the words of George Herbert (17th century priest and hymn writer) that we praise our King of Glory *'seven whole days not one in seven'*.

This booklet is to help us be a praising church today, a people who daily engage with Scripture and prayer and who, through this practice, flourish in being salt and light, as Jesus encourages us to be (Matthew 5:13-16), wherever we find ourselves day by day.

Additional resources

The Church of England has yearly lectionaries for both Morning and Evening Prayer, however these repeat and swap over, so following Morning Prayer over two years results in both lectionaries being read. To enable time to reflect on the passages we suggest; the reading of the New Testament passage in the morning to encourage us in our being Christian, and the reading of the Old Testament passage in the evening to help us in reflecting on the day that has been.

The Bible readings, together with the suggested Psalm/s for each day, can be found in the Oakham Team Ministry Weekly Pewsheets or on our website www.oakhamteam.org.uk

Oakham Team Ministry has online services based on this resource at 8.30am each weekday morning and you can access these services either through our Oakham Team Ministry Facebook page or the website.

Evening prayer is usually said at 5.30pm, either in one of our churches or at home.

However we use these resources, our prayer is that may we draw closer together, grow deeper in God, and go further in faith...
and to God be the glory. Amen.

Morning Prayer



Preparation

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.

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.

The Word of God



Psalm – see *Weekly Pewsheets*

we conclude the psalm with the Doxology:

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.

Canticle – see pages 11-17

Readings – see Weekly Pewsheet

Responsory – see pages 17-19

Gospel Canticle: The Benedictus (The Song of Zechariah)

1 Blessed be the Lord the God of Israel,
who 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 God promised of old
to save us from our enemies,
from the hands of all that hate us,

4 To show mercy to our ancestors,
and to remember his holy covenant.

5 This was the oath God 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 And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,

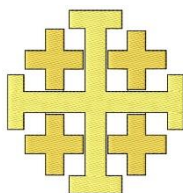
8 To give his people knowledge of salvation
by the forgiveness of all their sins.

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.

Luke 1.68-79

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 pray for the day and its tasks; the world and its needs; the life of the Church.

Some suggestions for the focus of our prayers -

<p>Monday</p> <ul style="list-style-type: none">• The media and the arts• Farming and fishing• Commerce and industry• Those whose work is unfulfilling, stressful, or fraught with danger• All who are unemployed	<p>Thursday</p> <ul style="list-style-type: none">• The Queen, members of parliament, and the armed forces• Governments and all in positions of authority• Those who work for peace and reconciliation
<p>Tuesday</p> <ul style="list-style-type: none">• All who are sick• Those in the midst of war, famine, or disaster• Victims of abuse, intolerance, and prejudice• Those who are bereaved• All who work in the medical and healing professions	<p>Friday</p> <ul style="list-style-type: none">• Our homes, families, friends, and whom we love• Those whose time is spent caring for others• Those who are close to death• Those who have lost hope• All who are in any kind of need
<p>Wednesday</p> <ul style="list-style-type: none">• The social services• All who work in the criminal justice system• Victims and perpetrators of crime• The work of aid agencies throughout the world• Those living in poverty or under oppression	<p>Saturday</p> <ul style="list-style-type: none">• The universal Church• Bishops, priests, deacons, synods, and all who lead the church• The natural world and the resources of the earth• The worship of the Church

The Collect prayer of the day (see Weekly Pewsheet) is said.

Let us pray with confidence as our Saviour has taught us

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.**

The Conclusion

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.

A blessing over me

Yes, my soul, find rest in God; my hope comes from him

Psalm 62:5



In the busyness of this day, grant me a stillness in seeing, O God.
In the conflicting voices of my heart, grant me a calmness of hearing.
Let my seeing and hearing, my words and my actions
be rooted in a silent certainty of your presence.
Let my passions for life, and the longings for justice that stir within me
be grounded in experience of your stillness.
Let my life be rooted in the ground of your peace,
O God, let me be rooted in the depths of your peace...

Evening Prayer



Preparation

O God, make speed to save us.

O Lord, make haste to help us.

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.

The Word of God



Psalm - see pewsheet

we conclude the psalm with the Doxology:

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.

Canticle – see pages 11-17

Readings - see *Weekly Pewsheet*

Responsory – see *pages 17-19*

Gospel Canticle: The Magnificat (The Song of Mary)

- 1 My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour;
he has looked with favour on his lowly servant.
- 2 From this day all generations will call me blessed;
the Almighty has done great things for me
and holy is his name.
- 3 He has mercy on those who fear him,
from generation to generation.
- 4 He has shown strength with his arm
and has scattered the proud in their conceit,
- 5 Casting down the mighty from their thrones
and lifting up the lowly.
- 6 He has filled the hungry with good things
and sent the rich away empty.
- 7 He has come to the aid of his servant Israel,
to remember his promise of mercy,
- 8 The promise made to our ancestors,
to Abraham and his children for ever.

Luke 1.46-55

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 give thanks for the day.

Consider the moment for which you are most grateful – where was God at work? Consider the moment that was most difficult for you – where was God in that?



We pray for peace; we entrust to God all we have not been able to manage this day; we pray for individuals and their needs.

<p>Monday</p> <ul style="list-style-type: none"> • Local businesses • Parishes of Ashwell & Braunston • Team members - Simon Aley, Michael Ellard, Stephen Griffiths 	<p>Thursday</p> <ul style="list-style-type: none"> • Local Schools – Primary, Secondary, Sixth Form • Parishes of Market Overton & Oakham • Team Members – Chris Rattenberry, Alan Rudge, Gail Rudge
<p>Tuesday</p> <ul style="list-style-type: none"> • Local Health & Social Services • Parishes of Brooke & Egleton • Team Members – Rhona Knight, Deborah Marsh, Madeline Morris 	<p>Friday</p> <ul style="list-style-type: none"> • Local Voluntary Sector • Parishes of Whissendine & Teigh • Team Members – Natalie Stiles, Rachel Thompson, Vyv Wainwright
<p>Wednesday</p> <ul style="list-style-type: none"> • Parish, Town, & County Councils • Parishes of Hambleton & Langham • Team Members – Liz Nicholls, David Pattinson, David Perrill 	<p>Saturday</p> <ul style="list-style-type: none"> • Local media and the arts • Places of recreation • Local emergency services • Team administration support

The Collect of the day

As our Saviour taught us, so we pray

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 Conclusion

The grace of our Lord Jesus Christ, and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore. Amen.
Let us bless the Lord. Thanks be to God.

Reflecting on the Day

How content was I today?

*I am not saying this because I am in
need, for I have learned to be content
whatever the circumstances
Philippians 4:11*



How meaningful was my day?

Come near to God and he will come near to you *James 4:8*

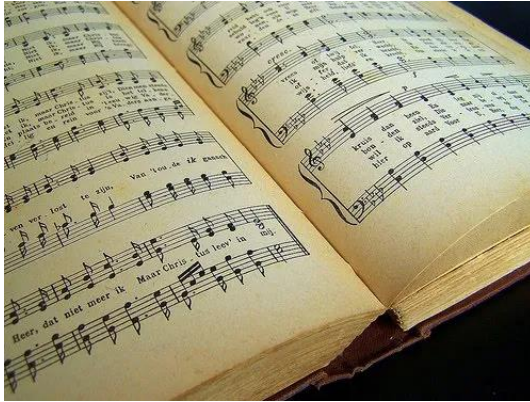
What am I grateful for today?

Give thanks in all circumstances; for this is God's will for you in Christ Jesus
1 Thessalonians 5:18

How might I have changed my day?

*For each one should carry their own load... Let us not become weary in doing
good, for at the proper time we will reap a harvest if we do not give up...
As we have opportunity, let us do good to all people* *Galatians 6:5, 9-10*

Canticles



Each one ends with the doxology –

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.

Monday

Morning - A Song of David

- 1 Blessed are you, God of Israel, for ever and ever, for yours is the greatness, the power, the glory, the splendour and the majesty.
- 2 Everything in heaven and on earth is yours;
yours is the kingdom, O Lord, and you are exalted as head over all.
- 3 Riches and honour come from you
and you rule over all.
- 4 In your hand are power and might;
yours it is to give power and strength to all.
- 5 And now we give you thanks, our God,
and praise your glorious name.
- 6 For all things come from you,
and of your own have we given you.

1 Chronicles 29.10b-13, 14b

Evening – A Song of God’s Grace

- 1 Blessed are you, the God and Father of our Lord Jesus Christ,
for you have blest us in Christ Jesus
with every spiritual blessing in the heavenly places.
- 2 You chose us to be yours in Christ before the foundation of the world,
that we should be holy and blameless before you.
- 3 In love you destined us for adoption as your children,
through Jesus Christ, according to the purpose of your will,
- 4 To the praise of your glorious grace,
which you freely bestowed on us in the Beloved.
- 5 In you, we have redemption through the blood of Christ,
the forgiveness of our sins,
- 6 According to the riches of your grace,
which you have lavished upon us.
- 7 You have made known to us, in all wisdom and insight,
the mystery of your will,
- 8 According to your purpose which you set forth in Christ,
as a plan for the fullness of time,
- 9 To unite all things in Christ,
things in heaven and things on earth. *Ephesians 1.3-10*

Tuesday

Morning - A Song of Deliverance

- 1 ‘Behold, God is my salvation;
I will trust and will not be afraid;
- 2 ‘For the Lord God is my strength and my song,
and has become my salvation.’
- 3 With joy you will draw water
from the wells of salvation.
- 4 On that day you will say,
‘Give thanks to the Lord, call upon his name
- 5 ‘Make known his deeds among the nations,
proclaim that his name is exalted.
- 6 ‘Sing God’s praises, who has triumphed gloriously;
let this be known in all the world.
- 7 ‘Shout and sing for joy, you that dwell in Zion,
for great in your midst is the Holy One of Israel.’ *Isaiah 12.2-6*

Evening – A Song of the Holy City

- 1 I saw a new heaven and a new earth,
for the first heaven and the first earth had passed away
and the sea was no more.
- 2 And I saw the holy city, new Jerusalem,
coming down out of heaven from God,
prepared as a bride adorned for her husband.
- 3 And I heard a great voice from the throne saying,
'Behold, the dwelling of God is among mortals.
- 4 'He will dwell with them and they shall be his peoples,
and God himself will be with them.
- 5 'He will wipe every tear from their eyes,
and death shall be no more.
- 6 'Neither shall there be mourning, nor crying, nor pain any more,
for the former things have passed away.'
- 7 And the One who sat upon the throne said,
'Behold, I make all things new.'

Revelation 21.1-5a

Wednesday

Morning - A Song of Peace

- 1 Come, let us go up to the mountain of God,
to the house of the God of Jacob;
- 2 That God may teach us his ways,
and that we may walk in his paths.
- 3 For the law shall go out from Zion,
and the word of the Lord from Jerusalem.
- 4 God shall judge between the nations,
and shall mediate for many peoples.
- 5 They shall beat their swords into ploughshares,
and their spears into pruning hooks.
- 6 Nation shall not lift up sword against nation,
neither shall they learn war any more.
- 7 O people of Jacob, come:
let us walk in the light of the Lord.

Isaiah 2.3-5

Evening – A Song of God’s Love

- 1 Beloved, let us love one another, for love is of God;
everyone who loves is born of God and knows God.
- 2 Whoever does not love does not know God,
for God is love.
- 3 In this the love of God was revealed among us,
that God sent his only Son into the world,
so that we might live through him.
- 4 In this is love, not that we loved God but that he loved us,
and sent his Son to be the expiation for our sins.
- 5 Beloved, since God loved us so much,
we ought also to love one another.
- 6 For if we love one another, God abides in us,
and God’s love will be perfected in us.

1 John 4.7-11, 12b

Thursday

Morning - A song of Mercy & Truth

- 1 God, will you not give us life again,
that your people may rejoice in you?
- 2 Show us your mercy, O Lord,
and grant us your salvation.
- 3 Truly, his salvation is near to those who fear him,
that his glory may dwell in our land.
- 4 Mercy and truth are met together,
righteousness and peace have kissed each other;
- 5 Truth shall spring up from the earth
and righteousness look down from heaven.
- 6 Righteousness shall go before him
and direct his steps in the way.

Psalms 85.6, 7, 9-11, 13

Evening – A Song of Faith

- 1 Blessed be the God and Father
of our Lord Jesus Christ!
- 2 By his great mercy we have been born anew to a living hope
through the resurrection of Jesus Christ from the dead,
- 3 Into an inheritance that is imperishable, undefiled and unfading,
kept in heaven for you,
- 4 Who are being protected by the power of God through faith,
for a salvation ready to be revealed in the last time.
- 5 You were ransomed from the futile ways of your ancestors
not with perishable things like silver or gold
- 6 But with the precious blood of Christ
like that of a lamb without spot or stain.
- 7 Through him you have confidence in God,
who raised him from the dead and gave him glory,
so that your faith and hope are set on God.

1 Peter 1.3-5, 18, 19,

Friday

Morning - A Song of God's Blessing

- 1 God be gracious to us and bless us
and make his face to shine upon us,
- 2 That your way may be known upon earth,
your saving power among all nations.
- 3 Let the peoples praise you, O God;
let all the peoples praise you.
- 4 O let the nations rejoice and be glad,
for you will judge the peoples righteously
and govern the nations upon earth.
- 5 Let the peoples praise you, O God;
let all the peoples praise you.
- 6 Then shall the earth bring forth her increase,
and God, our own God, will bless us.
- 7 God will bless us,
and all the ends of the earth shall fear him.

Psalms 67

Evening – A Song of Repentance

- 1 This is the message we have heard from Christ and proclaim to you:
that God is light, in whom there is no darkness at all.
- 2 If we say that we have fellowship with God
while we walk in darkness,
we lie and do not do what is true.
- 3 But if we walk in the light as God is in the light,
we have fellowship with one another.
- 4 And the blood of Jesus, the Son of God,
cleanses us from all our sins.
- 5 If we say that we have no sin,
we deceive ourselves and the truth is not in us.
- 6 If we confess our sins,
the One who is faithful and just will forgive us
and cleanse us from all unrighteousness.

1 John 1. 5-9

Saturday

Morning – A Song of the Covenant

- 1 Thus says God, who created the heavens,
who fashioned the earth and all that dwells in it;
- 2 Who gives breath to the people upon it
and spirit to those who walk in it,
- 3 'I am the Lord and I have called you in righteousness,
I have taken you by the hand and kept you;
- 4 'I have given you as a covenant to the people,
a light to the nations, to open the eyes that are blind,
- 5 'To bring out the captives from the dungeon,
from the prison, those who sit in darkness.
- 6 'I am the Lord, that is my name;
my glory I give to no other.'

Isaiah 42.5-8a

Evening – A Song of Christ the Servant

- 1 Christ suffered for you, leaving you an example,
that you should follow in his steps.
- 2 He committed no sin, no guile was found on his lips,
when he was reviled, he did not revile in turn.
- 3 When he suffered, he did not threaten,
but he trusted himself to God who judges justly.
- 4 Christ himself bore our sins in his body on the tree,
that we might die to sin and live to righteousness.
- 5 By his wounds, you have been healed,
for you were straying like sheep,
but have now returned
to the shepherd and guardian of your souls.

1 Peter 2.21b-25

Responsories



Monday

Trust in the Lord with all your heart;
and be not wise in your own sight.

**Trust in the Lord with all your heart;
and be not wise in your own sight.**

In all your ways acknowledge him
and he will make straight your paths.

Trust in the Lord with all your heart.

Glory to the Father and to the Son and to the Holy Spirit.

**Trust in the Lord with all your heart;
and be not wise in your own sight.**

from Proverbs 3

Tuesday

Open my eyes, O Lord
that I may see the wonders of your law.
**Open my eyes, O Lord
that I may see the wonders of your law.**
Lead me in the path of your commandments
that I may see the wonders of your law.
Glory to the Father and to the Son
and to the Holy Spirit.
**Open my eyes, O Lord
that I may see the wonders of your law.**

from Psalm 119

Wednesday

Lord, you will guide me with your counsel
and afterwards receive me with glory.
**Lord, you will guide me with your counsel
and afterwards receive me with glory.**
For I am always with you;
you hold me by my right hand.
And afterwards receive me with glory.
Glory to the Father and to the Son
and to the Holy Spirit.
**Lord, you will guide me with your counsel
and afterwards receive me with glory.**

from Psalm 73

Thursday

Fear not, for I have redeemed you.
I have called you by name; you are mine.
**Fear not, 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.
When you walk through fire, you shall not be burned.
I have called you by name; you are mine.
Glory to the Father, and to the Son
and to the Holy Spirit.
**Fear not, for I have redeemed you.
I have called you by name; you are mine.**

from Isaiah 43

Friday

Forsake me not, O Lord;
be not far from me, O my God.

**Forsake me not, O Lord;
be not far from me, O my God.**

Make haste to help me,
O Lord of my salvation.

Be not far from me, O my God.

Glory to the Father and to the Son
and to the Holy Spirit.

**Forsake me not, O Lord;
be not far from me, O my God.**

from Psalm 38

Saturday

Your salvation is near to those who fear you;
that glory may dwell in our land.

**Your salvation is near to those who fear you;
that glory may dwell in our land.**

Mercy and truth have met together;
righteousness and peace have kissed each other.

That glory may dwell in our land.

Glory to the Father and to the Son
and to the Holy Spirit.

**Your salvation is near to those who fear you;
that glory may dwell in our land.**

from Psalm 85



AN ACT OF SPIRITUAL COMMUNION



Settle yourself into a quiet place, perhaps place a cross in front of you, maybe light a candle, and allow your attention to silently withdraw from external things.

You can do this by breathing deeply and slowly into the centre of your being, and 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

Reflect on the day and on your relationships - What good things have come from God today? - Where have I fallen short?

and then call to mind any sins you have committed and confess them in your heart or out loud, and make an act of repentance saying -

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

or

Lord, have mercy. Christ, have mercy. Lord, have mercy.

Read the following words from Scripture and reflect on them.

Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.' John 6.35

Pray for the needs of the world, for those you know who hunger and thirst, those in need of the bread of life...

End with the 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.**

Now imagine Jesus coming to you in a gracious and kind manner, holding out to you the bread of Holy Communion...

As you see him 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 saying either your own words or one of the following prayers

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 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.

or

Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother,
may I know you more clearly, love you more dearly,
and follow you more nearly, day by day. Amen.

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

You might then add one or more of the following prayers:

Lord Jesus Christ, you said to your disciples, 'I am with you always'.
Be with me today, as I offer myself to you.
Hear my prayers for others and for myself,
and keep me in your care. Amen.

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
revealed in Jesus Christ our Lord. Amen.

Lord,
in these days of mercy, make us quiet and prayerful;
in these days of challenge, make us stronger in you;
in these days of emptiness, take possession of us;
in these days of waiting, open our hearts to the mystery of your cross.

Almighty God, Father of all mercies,
we your unworthy servants give you most humble and hearty thanks
for all your goodness and loving kindness.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ,
for the means of grace, and for the hope of glory.
And give us, we pray, such a sense of all your mercies
that our hearts may be unfeignedly thankful,
and that we show forth your praise, not only with our lips but in our lives,
by giving up ourselves to your service,
and by walking before you in holiness and righteousness all our days;
through Jesus Christ our Lord, to whom, with you and the Holy Spirit,
be all honour and glory, for ever and ever. Amen.

Conclude with the following

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



Finger Prayer Labyrinth

Labyrinths are ancient pathways found across the world. The winding path helps us to 'unwind', to let go and rest in God. Finger labyrinths can be used for prayerful reflection when it is not possible to walk a full-sized labyrinth. There is no right or wrong way to a labyrinth... no set pace... just follow the path in your own time...

...did not our hearts burn within us as he talked to us on the road... Luke 24:32



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