



St Dunstan's | St Alban's | St Oswald's
CHEAM TEAM MINISTRY
working together for the glory of God

Prayer At Home



Do not fear, for I am with you,
do not be afraid, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my victorious right hand.

Isaiah 41:10

This booklet has been prepared to help us continue to pray as a community during this time when we are prevented from worshipping together in our churches. By praying like this, we remember that we are not alone, and that we join our voices with our sister and brother Christians. You may wish to set up a small prayer corner in your home, or at least light a candle.

As long as it remains possible, prayers will be still said regularly in St Dunstan's Church and in our other churches on occasion. Further prayers and reflections will be made available on the parish website. We are investigating streaming prayer on services online. More information on this will follow.

Please let us know if we can pray for you or help you in any way we can, by telephone or email. Ring the Parish Office on 020 8641 1284 (please leave a message if the office is closed) or email office@cheamparish.org.uk.

We would encourage people to call one another on the telephone, and stay in contact online, so that we can bring comfort and support to others.

The latest information and updates can be found on the Latest News section of the parish website:

www.cheamparish.org.uk

Prayers For Those Affected By Coronavirus

God of healing and hope,
in Jesus you meet us in our places of pain and fear.
Look with mercy on those who have contracted the
new virus, on any who are vulnerable, and on all who
feel in danger. Through this time of global concern, by
your Holy Spirit bring out the best not the worst in us.
Make us more aware of our interdependence on each
other, and of the strength that comes
from being one body in you.
Through Christ our wounded healer.
Amen.

The Rev' d Dr Sam Wells Vicar of St Martin's in the Field

Loving Lord,
We pray for your love and compassion to abound
as we walk through this challenging season.
We ask for wisdom for those who bear
the load of making decision
with widespread consequences.
We pray for those who are suffering with sickness
and for all who are caring for them.
We ask for protection for the elderly and vulnerable
to not succumb to the risks of virus.
We pray for misinformation to be curbed
that fear may take no hold in hearts and minds.
As we exercise the good sense
that you in your mercy provide

may we also approach each day in faith and peace,
trusting in the truth of your goodness towards us.
Amen.

Mothers' Union

Loving God,
source of all healing and comfort,
fill us with your grace
that the sick may be made whole,
that those who care for us
and lead us may be strengthened,
that the anxious may be calmed,
and those most vulnerable be protected,
in the power of the Spirit and in faith in Christ. Amen.

*The Venerable Andrew Nunn, Dean of Southwark
Cathedral*



Morning and Evening Prayer

The Church of England 'Daily Prayer' app can be downloaded onto a smartphone or tablet, and each service is available to view online at:

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

Further prayer resources can be found at:

<https://www.churchofengland.org/more/media-centre/coronavirus-liturgy-and-prayer-resources>

Prayer During the Day

A simple service of prayer can also be followed:

We come from scattered lives to meet with God.
Let us recognise God's presence with us now.

As God's people we have gathered;
Let us worship God now together,
Across the miles yet joined.

Let us pray:
Come, Holy Spirit,
fill the hearts of your faithful people,
and kindle in us the fire of your love;
through Jesus Christ our Lord. **Amen.**

In the light of Jesus, let us examine ourselves and confess our sins.

Keep a short silence, recalling our own shortcomings and those of society.

Living God,
we have sinned against heaven and against you.
We are not worthy to be called your children.
We turn to you again, have mercy on us,
bring us back to yourself as those who once were dead
but now have life through Christ our Lord.

Amen.

May the Father forgive us
by the death of the Son,
and strengthen us
to live in the power of The Spirit
all our days. **Amen.**

Read a passage of the scriptures. You may want to:

- *Use the Sunday readings listed below;*
- *Read your way through one of the Gospels week by week or day by day;*
- *Use the daily readings – we are in Lectionary Year 2 (<https://www.churchofengland.org/sites/default/files/2017-11/weekday%20lectionary%202005.pdf>)*

We affirm our faith in Jesus Christ the Son of God:
Though he was divine,
he did not cling to equality with God,
but made himself nothing.
Taking the form of a slave,
he was born in human likeness.
He humbled himself and was obedient to death,
even the death of the cross.
Therefore, God has raised him on high,
and given him the name above every name:
that at the name of Jesus every knee should bow,
and every voice proclaim that Jesus Christ is Lord,
to the glory of God the Father. Amen.

Based on Philippians 2.6-11

We pray for ourselves and for others in the quiet of
our hearts.

Lord, meet us in the silence
And hear our prayer.

Silence for prayer is kept.

Pray for yourself, for others, for our country, for our world.



**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.
And 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.**

Faithful God,
may we who share in this time of worship
glory in the cross of our Lord Jesus Christ,
our salvation and hope,
who reigns as Lord now and forever.
Fill us, Good Lord with your Spirit of love;
and as you have fed us with your presence,
so, make us one in heart and mind,
in Jesus Christ our Lord.
Amen.

Let us bless the Lord
Thanks be to God.

Silence is kept to end the service.



Spiritual Communion

It is an ancient practice of the Church that, when you are prevented from attending the Holy Eucharist, people are invited to express, in the words of St. Thomas Aquinas, “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him.” Therefore, during this time you are invited to pray this prayer, which may be said as often as you desire:

**Jesus, I believe that you are present
in the Blessed Sacrament.
I love you above all things,
and I long for you in my soul.
Since I cannot now receive you sacramentally,
be with me at least spiritually into my heart.
Amen.**



Compline

The ancient office of Compline derives its name from a Latin word meaning 'completion' (completorium). It is above all a service of quietness and reflection before rest at the end of the day.

The Lord almighty grant us a quiet night and a perfect end.

Amen.

A period of silence for reflection on the past day may follow.

**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.**

Hymn

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.

One, two, or all of the following psalms can be said.

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.

**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 91

1 Whoever dwells in the shelter of the Most High and
abides under the shadow of the Almighty,

2 Shall say to the Lord, 'My refuge and my stronghold,
my God, in whom I put my trust.'

3 For he shall deliver you from the snare of the fowler
and from the deadly pestilence.

4 He shall cover you with his wings
and you shall be safe under his feathers;
his faithfulness shall be your shield and buckler.

5 You shall not be afraid of any terror by night, nor of
the arrow that flies by day;

6 Of the pestilence that stalks in darkness, nor of the
sickness that destroys at noonday.

7 Though a thousand fall at your side
and ten thousand at your right hand, yet it shall not
come near you.

8 Your eyes have only to behold to see the reward of
the wicked.

9 Because you have made the Lord your refuge and the
Most High your stronghold,

10 There shall no evil happen to you, neither shall any
plague come near your tent.

11 For he shall give his angels charge over you, to keep
you in all your ways.

12 They shall bear you in their hands, lest you dash your foot against a stone.

13 You shall tread upon the lion and adder; the young lion and the serpent you shall trample underfoot.

14 Because they have set their love upon me, therefore will I deliver them;

I will lift them up, because they know my name.

15 They will call upon me and I will answer them; I am with them in trouble,

I will deliver them and bring them to honour.

16 With long life will I satisfy them and show them my salvation.

**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 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.**

Reading

One of the following short lessons or another suitable passage is read:

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



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.**

Into your hands, O Lord,
I commend my spirit. Alleluia, alleluia.

**Into your hands, O Lord,
I commend my spirit. Alleluia, alleluia.**

For you have redeemed me, Lord God of truth.
Alleluia, alleluia.

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

**Into your hands, O Lord,
I commend my spirit. Alleluia, alleluia.**

Keep me as the apple of your eye.

Hide me under the shadow of your wings.

Or, in Easter - The 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.**

Luke 2.29-32

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.

Prayers are offered, which may conclude with:

In peace we will lie down and sleep;
for you alone, Lord, make us dwell in safety.
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.

Collects And Readings For Each Sunday

Fourth Sunday of Lent – 22nd March

1 Samuel 16.1-13

Psalm 23

Ephesians 5.8-14

John 9.1-41

Merciful Lord,
absolve your people from their offences,
that through your bountiful goodness
we may all be delivered from the chains of those sins which by our frailty we
have committed;
grant this, heavenly Father,
for Jesus Christ's sake, our blessed Lord and Saviour, who is alive and reigns
with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Fifth Sunday of Lent (Passion Sunday) – 29th March

Ezekiel 37.1-14

Psalm 130

Romans 8.6-11

John 11.1-45

Most merciful God,
who by the death and resurrection of your Son Jesus Christ delivered and saved the world:
grant that by faith in him who suffered on the cross
we may triumph in the power of his victory;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Palm Sunday – 5th April

Isaiah 50.4-9a

Psalms 31.9-16

Philippians 2.5-11

Matthew 26.14 - 27.66

Almighty and everlasting God,
who in your tender love towards the human race
sent your Son our Saviour Jesus Christ
to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of his patience and humility, and also be
made partakers of his resurrection;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Maundy Thursday – 9th April

Exodus 12.1-4[5-10], 11-14

Psalms 116.1, 10-17*

I Corinthians 11.23-26

John 13.1-17, 31b-35

God our Father,
you have invited us to share in the supper which your Son gave to his Church
to proclaim his death until he comes:
may he nourish us by his presence,
and unite us in his love;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Good Friday – 10th April

Isaiah 52.13 - 53.12

Psalm 22*

Hebrews 10.16-25

John 18.1 - 19.42

Almighty Father,
look with mercy on this your family
for which our Lord Jesus Christ was content to be betrayed and given up into
the hands of sinners
and to suffer death upon the cross;
who is alive and glorified with you and the Holy Spirit,
one God, now and for ever.

Easter – 12th April

Acts 10.34-43 or Jeremiah 31.1-6 Psalm 118.1-2,14-24

Colossians 3.1-4 or Acts 10.34-43

John 20.1-18 or Matthew 28.1-10

Lord of all life and power,
who through the mighty resurrection of your Son overcame the old order of
sin and death
to make all things new in him:
grant that we, being dead to sin
and alive to you in Jesus Christ,
may reign with him in glory;
to whom with you and the Holy Spirit
be praise and honour, glory and might,
now and in all eternity.

The Second Sunday of Easter – 19th April

Acts 2.14a,22-32

Psalm 16

1 Peter 1.3-9

John 20.19-31

Almighty Father,
you have given your only Son to die for our sins
and to rise again for our justification:
grant us so to put away the leaven of malice and wickedness that we may
always serve you
in pureness of living and truth;

through the merits of your Son Jesus Christ our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

The Third Sunday of Easter – 26th April

Acts 2.14a,36-4

Psalm 116.1-3,10-17

1 Peter 1.17-23

Luke 24.13-35

Almighty Father,
who in your great mercy gladdened the disciples
with the sight of the risen Lord:
give us such knowledge of his presence with us,
that we may be strengthened and sustained by his risen life and serve you
continually in righteousness and truth; through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

The Fourth Sunday of Easter – 3rd May

Acts 2.42-47

Psalm 23

1 Peter 2.19-25

John 10.1-10

Almighty God,
whose Son Jesus Christ is the resurrection and the life: raise us, who trust in
him,
from the death of sin to the life of righteousness,
that we may seek those things which are above,
where he reigns with you
in the unity of the Holy Spirit,
one God, now and for ever.

The Fifth Sunday of Easter – 10th May

Acts 7.55-60

Psalm 31.1-5,15-16

1 Peter 2.2-10

John 14.1-14

Almighty God,
who through your only-begotten Son Jesus Christ
have overcome death and opened to us the gate of everlasting life: grant that,
as by your grace going before us
you put into our minds good desires,
so by your continual help
we may bring them to good effect;
through Jesus Christ our risen Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

The Sixth Sunday of Easter – 17th May

Acts 17.22-31

Psalm 66.7-18

1 Peter 3.13-22

John 14.15-21

God our redeemer,
you have delivered us from the power of darkness and brought us into the
kingdom of your Son: grant, that as by his death he has recalled us to life, so by
his continual presence in us he may raise us to eternal joy;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Ascension Day – 21st May

Acts 1.1-11 or Daniel 7.9-14

Psalm 47 or Psalm 93

Ephesians 1.15-23 or Acts 1.1-11

Luke 24.44-53

Grant, we pray, almighty God,
that as we believe your only-begotten Son our Lord Jesus Christ to have
ascended into the heavens,
so we in heart and mind may also ascend
and with him continually dwell;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Sunday after Ascension Day – 24th May

Acts 1.6-14

Psalm 68.1-10,32-35

I Peter 4.12-14; 5.6-11

John 17.1-11

O God the King of glory,
you have exalted your only Son Jesus Christ
with great triumph to your kingdom in heaven:
we beseech you, leave us not comfortless,
but send your Holy Spirit to strengthen us
and exalt us to the place where our Saviour Christ is gone before, who is alive
and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Pentecost – 31st May

Acts 2.1-21 or Numbers

11.24-30 Psalm 104.26-36,37b

I Corinthians 12.3b-13 or Acts 2.1-21

John 20.19-23 or John 7.37-39

God, who as at this time
taught the hearts of your faithful people
by sending to them the light of your Holy Spirit: grant us by the same Spirit
to have a right judgement in all things
and evermore to rejoice in his holy comfort; through the merits of Christ Jesus
our Saviour, who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

*With thanks to Tewkesbury Abbey, whose own book of prayers
provided the template and inspiration for our own.*

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