

All Saints Church Banstead

Spiritual Resources for those in isolation

Psalm 46

¹God is our refuge and strength,
a very present^[a] help in trouble.
²Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea;
³though its waters roar and foam,
though the mountains tremble with its tumult.

Come, behold the works of the Lord;
see what desolations he has brought on the earth.

⁹He makes wars cease to the end of the earth;
he breaks the bow, and shatters the spear;
he burns the shields with fire.

¹⁰“Be still, and know that I am God!
I am exalted among the nations,
I am exalted in the earth.”

¹¹The Lord of hosts is with us;
the God of Jacob is our refuge

The following are resources, both online and written, for you to use at home whilst the church is shut.

Applications

Download on your phone or tablet.



Find complete services for Morning, Evening and Night Prayer from the Church of England with this official Daily Prayer app.

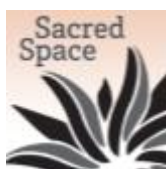


Pray as you go is a daily prayer session, designed for use on portable devices. It is not a 'Thought for the Day', a sermon or a bible-study, but rather a framework for your own prayer. It is founded in Ignatian Spirituality and uses the imagination to enter more deeply into prayer.

Centering Prayer is an ancient method of Christian prayer adapted for modern times by Fathers Thomas Keating, William Meninger and Basil Pennington.



The Centering Prayer application will support your daily prayer practice commitment. Beautiful and peaceful, the app includes an adjustable timer, as well as opening and closing prayer options that you may read before and after your silent prayer time. An assortment of sounds and backgrounds allow you to choose the type of environment you want to create for your prayer time. Brief instructions for learning Centering Prayer are also included.



Our daily routine constantly bombards us with new tools and technologies but God doesn't have to get lost in the shuffle. We can find God anywhere, even on our smartphones. Use the Sacred Space app for peace and reflection. Continue to seek and find God in the busy, modern world.



This is the Surrey library App where you can borrow eBooks, eAudiobooks, eMagazines and eComics all through the one App. You can register online through the Surrey Libraries page.

Podcasts

These are few podcasts I like to listen to. Hopefully you will find them interesting as well. I have other to suggest if you want to contact me. Google, or search in a podcast application



The Robcast is a weekly podcast hosted by Rob Bell.



The Bible For Normal People – A weekly podcast talk show having serious talks about the sacred book. Hosted by Peter Enns and Jared Byas



A series of short talks by Steve Chalke the leader of Oasis

Prayers from the Church of England

A prayer about the Coronavirus outbreak

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.

Amen.

For those in isolation

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,
but reigns with you in glory,
Jesus Christ our Lord.

Amen.

For those who are worried/social cohesion

Loving Jesus, you are compassionate to those in need
and heal the sick in body and mind.
Look kindly on those who are fearful at this time.
Help us all to put away all thoughts and actions
that separate us from you and from one another.
Give us grace to live our lives
confident in your promise that you are with us always.

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 care for the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.

Amen.

For hospital staff and medical researchers

Gracious God,
give skill, sympathy and resilience
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.

A prayer for the world

God of love and hope,
You made the world and care for all creation.
But the world feels strange right now.
The news is full of stories about Coronavirus.
Many people are anxious because of it.
Many people are anxious that they might get ill.
Many people are anxious about their family and friends.
Be with them in their worries and help them to find some peace.
We pray for the doctors and nurses and scientists who are working to discover the right
medicines to give hope to those who are ill.
Thank you that even in these strange and worrying times, you are with us.
Help us to look for the signs of your goodness and love towards us.

Amen.

The following are two simple Morning and Evening/night prayers one from the Northumbria Community and the other Church of England Common Worship

Morning Prayer

+ indicates that you may make the sign of the cross.

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

Opening sentences

One thing I have asked of the Lord,
this is what I seek:
that I may dwell in the house of the Lord
all the days of my life;
to behold the beauty of the Lord
and to seek Him in His temple.

Call: Who is it that you seek?

Response: We seek the Lord our God.

Call: Do you seek Him with all your heart?

Response: Amen. Lord, have mercy.

Call: Do you seek Him with all your soul?

Response: Amen. Lord, have mercy.

Call: Do you seek Him with all your mind?

Response: Amen. Lord, have mercy.

Call: Do you seek Him with all your strength?

Response: Amen. Christ, have mercy.

Declaration of faith

To whom shall we go?
You have the words of eternal life,
and we have believed and have come to know
that You are the Holy One of God.

Praise to You, Lord Jesus Christ,
King of endless glory.

Today's Scripture Reading

Please add a scripture reading here. You may wish to use the weekly pattern of short readings given below or choose a passage of your own. If you would like some guidance contact Ian and he will give you the lectionary readings

Sunday Morning

But now thus says the Lord,
he who created you, O Jacob, he
who formed you, O Israel:
Do not fear, 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; and
through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned, and
the flame shall not consume you.
For I am the Lord your God,
the Holy One of Israel, your Saviour.

Isaiah 43.1-3a

Monday Morning

‘Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.’ Thomas said to him, ‘Lord, we do not know where you are going. How can we know the way?’ Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me.

John 14.1-6

Tuesday Morning

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Philippians 4.8-9

Wednesday Morning

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3.16,17

Thursday Morning

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

Ephesians 2.19-22

Friday Morning

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

Romans 19.9-12

Saturday Morning

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them.

Prayers for others

Canticle

Christ, as a light
illumine and guide me.
Christ, as a shield
overshadow me.
Christ under me;
Christ over me;
Christ beside me
on my left and my right.
This day be within and without me,
lowly and meek, yet all-powerful.
Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.
This day be within and without me,
lowly and meek, yet all-powerful.
Christ as a light;
Christ as a shield;
Christ beside me
on my left and my right.

Blessing

May the peace of the Lord Christ go with you,
wherever He may send you.
May He guide you through the wilderness,
protect you through the storm.
May He bring you home rejoicing
at the wonders He has shown you.
May He bring you home rejoicing
once again into our doors.

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

Evening prayer

+ indicates that you may make the sign of the cross.

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

Opening sentences

My soul waits for the Lord
more than those
who watch for the morning,
more than those
who watch for the morning.

Call: Out of the depths I have cried to You.

Response: O Lord, hear my voice.

Call: With my whole heart I want to praise You.

Response: O Lord, hear my voice.

Call: If you, Lord, should mark iniquities:

Response: Who could stand? who could stand?

I will wait for the Lord, my soul waits,
and in His word do I hope.

Expressions of faith

Lord, You have always given
bread for the coming day;
and though I am poor,
today I believe.

Lord, You have always given
strength for the coming day;
and though I am weak,
today I believe.

Lord, You have always given
peace for the coming day;
and though of anxious heart,
today I believe.

Lord, You have always kept
me safe in trials;
and now, tried as I am,
today I believe.

Lord, You have always marked
the road for the coming day;
and though it may be hidden,
today I believe.

Lord, You have always lightened
this darkness of mine;
and though the night is here,
today I believe.

Lord, You have always spoken
when time was ripe;
and though you be silent now,
today I believe.

Today's Scripture Reading

Please add a scripture reading here. You may wish to use the weekly pattern of short readings given below or choose a passage of your own. If you would like some guidance contact Ian and he will give you the lectionary readings

Sunday Evening

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

Monday Evening

Thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength.

Isaiah 30.15

Tuesday Evening

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Matthew 11.28-end

Wednesday Evening

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.

1 Peter 5.6,7

Thursday Evening

Jesus said, 'I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!'

John 16.33

Friday Evening

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

1 Thessalonians 5.9,10

Saturday Evening

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

Prayers for others

Canticle

In the shadow of Your wings
I will sing Your praises, O Lord.

The Lord is my light, my salvation;
whom shall I fear?
The Lord is the refuge of my life;
of whom shall I be afraid?

In the shadow of Your wings
I will sing Your praises, O Lord.

One thing I ask of the Lord,
one thing I seek;
to dwell in the presence of my God,
to gaze on Your holy place.

In the shadow of Your wings
I will sing Your praises, O Lord.

I believe I shall see the goodness
of the Lord in the land of the living.
O wait for the Lord!
Have courage and wait,
wait for the Lord.

In the shadow of Your wings
I will sing Your praises, O Lord.

Blessing

See that ye be at peace among yourselves, my children,
and love one another.

Follow the example of the wise and good
and God will comfort you and help you,
both in this world
and in the world which is to come.

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

Morning Prayer

You may wish to light a candle and have some reflective music playing in the background.

The Lord is good, a strong refuge when trouble comes. God is close to those who trust in him.

Nahum 1.7

Opening Sentences

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.

Pause for reflection as you offer the day to God.

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.**

Bible Reading

You may wish to say Psalm 23 or another psalm here, such as Psalm 16 or Psalm 139.

Psalm 23

1. The Lord is my shepherd; ◆
therefore can I lack nothing.
- 2 He makes me lie down in green pastures ◆
and leads me beside still waters.
- 3 He shall refresh my soul ◆
and guide me in the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow of death, I will
fear no evil; ☐

for you are with me;
your rod and your staff, they comfort me.

- 5 You spread a table before me
in the presence of those who trouble me; ◆
you have anointed my head with oil
and my cup shall be full.
- 6 Surely goodness and loving mercy shall follow me all the
days of my life, ☩
and I will dwell in the house of the Lord 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.**

*You may wish to use the weekly pattern of short readings given below or choose a
passage of your own.*

Sunday Morning

But now thus says the Lord,
he who created you, O Jacob, he
who formed you, O Israel:
Do not fear, 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; and
through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned, and
the flame shall not consume you.
For I am the Lord your God,
the Holy One of Israel, your Saviour.

Isaiah 43.1-3a

Monday Morning

‘Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s
house there are many dwelling-places. If it were not so, would I have told you that I go to
prepare a place for you? And if I go and prepare a place for you, I will come again and
will take you to myself, so that where I am, there you may be also. And you know the
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and the life. No one comes to the Father except through me.

John 14.1-6

Tuesday Morning

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Philippians 4.8-9

Wednesday Morning

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3.16,17

Thursday Morning

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

Ephesians 2.19-22

Friday Morning

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

Romans 19.9-12

Saturday Morning

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

Luke 12.22-31

Prayers

Almighty and everlasting God,
we thank you that you have brought us safely to
the beginning of this day.
Keep us from falling into sin or
running into danger; order us
in all our doings and guide us
to do always
what is righteous in your sight;
through Jesus Christ our Lord. **Amen.**

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress. Sustain
and support the anxious and fearful, and lift up
all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love in
Christ Jesus our Lord.
Amen.

The Lord's Prayer

**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.**

**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.**

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.

Night Prayer

You may wish to light a candle and have some reflective music playing in the background.

The eternal God is your refuge,
and underneath are the everlasting arms.

Deuteronomy 33.27

Opening Sentences

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.

Pause and reflect on the day that is past.

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

Bible Reading

You may wish to say here the psalm given below, or Psalm 27, or another chosen psalm.

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.**

You may wish to use one of the following short readings or choose a passage of your own.

Sunday Evening

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

Monday Evening

Thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength.

Isaiah 30.15

Tuesday Evening

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Matthew 11.28-end

Wednesday Evening

Humble yourselves under the mighty hand of God, so that he may exalt you

in due time. Cast all your anxiety on him, because he cares for you.

1 Peter 5.6,7

Thursday Evening

Jesus said, 'I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!'

John 16.33

Friday Evening

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

1 Thessalonians 5.9,10

Saturday Evening

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

John 8.12

Prayers

Merciful God,
we entrust to your unfailing and tender care this night those who
are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold us safe. Comfort
and heal them,
and restore them to health and strength; through Jesus
Christ our Lord. **Amen.**

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.**

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy; may
your holy angels dwell with us in peace, and may
your blessing be always upon us; through Jesus
Christ our Lord. **Amen.**

The Lord's Prayer

**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.**

(or)

**Our Father,
who art in heaven,
hallowed be thyname; 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.**

The Conclusion

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 to shine upon us and be gracious to us; The Lord
look kindly upon us and give us peace. **Amen.**

Materials in this booklet are drawn from *Common Worship: Services and Prayers for the Church of England*, *Common Worship: Pastoral Services*, and *Common Worship: Daily Prayer*, all of which are copyright © The Archbishopcouncil

Get in touch...

If you need any help, support or would like to receive prayer.

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