

ST WILFRID CHURCH BOGNOR – A SHORT DAILY PRAYER – Lent 2020

PREPARE YOURSELF TO WORSHIP

Find a place that you and those participating can be still.

Remove the things that could distract you.

Close your eyes and hold a moment of stillness, uttering these simple words:

(if more than one person is present, elect a leader)

Lord, open my (our) lips

All And my (our) mouth shall proclaim your praise.

Become aware of your need for forgiveness; from God, from others (it may be that after this act of worship you need to pick up the phone and say sorry to someone); and from yourself.

Jesus said, 'Repent, for the kingdom of heaven is close at hand.'

When you are ready say the following:

Lord God, I (we) have sinned against you; I have done evil in your sight. I'm sorry and repent. Please have mercy on me according to your love. Wash away my wrongdoing and cleanse me from my sin. Renew a right spirit within me and restore me to the joy of your salvation; Through Christ the Lord, Amen.

Now receive God's forgiveness:

Thank you Father for your mercy. Thank you for cleansing me from me sins and restoring me in your image. May it be to your praise and glory, through Jesus Christ the Lord. Amen

PROCLAIM A SONG OF PRAISE

You might to play or sing a song or a hymn and reflect upon the words. Or you might like to read a Psalm of Praise or perhaps write a poem that gives praise and thanks to God. If it helps, you might like to say the following:

Blessed are you, Lord God of our salvation, to you be glory and praise for ever.

In the darkness of our sin you have shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

Open our eyes to acknowledge your presence,

that freed from the misery of sin and shame we may grow into your likeness from glory to glory.

Blessed be God, Father, Son and Holy Spirit.

All Blessed be God for ever.

READ FROM THE BIBLE

If you have a bible to hand you might like to read a *Psalm*, a passage from the *Old Testament* and one from the *New Testament*. It's really useful to read from the *Gospels* also, as these tell beautifully the story of Jesus. You might find it useful to use the Church of England *Lectionary* or another daily bible reading plan to structure this section of your worship.

For some people it is helpful to write down or speak out what you felt about the scripture that you just read and to focus on any parts that you felt were particularly pertinent and helpful to you.

DECLARE YOUR FAITH

The Apostles Creed has been used by Christians for hundreds of years to express out loud what they believe in their hearts and minds:

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.
Amen.**

PRAYERS

You may have a particular way that you structure your prayers. Whilst bringing the things that *you* hold dear to the Lord, you might also like to expand your prayers to include matters which are global or national. Pray for the church around the world, pray for the world leaders – for our queen and government, pray for medical professionals and those on the front-line services.

At the end of your prayers you might like to pray the Lord's Prayer:

**Our Father, which are in heaven,
Hallowed be Thy name;
Thy kingdom come;
Thy will be done,
In earth as it is in heaven,
Give us today our daily bread,
And forgive us our trespasses,
As we forgive them that 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.**

**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.**

You may also like to pray this set prayer:

**God of love,
Passionate and strong,
Tender and careful:
Watch over us and hold us
All the days of our life;
Through Jesus Christ our Lord.
Amen.**

CLOSING WORDS

If there are a few people gathered together you may like to say the words of the *Grace*:

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all for evermore. Amen