

*Christ Church Cathedral*  
OXFORD



**Resources for Praying at Home**

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## Pastoral Introduction

As we continue to live through strange times, unable to meet together in person in order to protect the health of the community, we continue to seek new patterns and to become a different kind of church: constant in prayer, in self-giving love and acts of service, continuing to pray for one another and to be bound together in love even whilst we must maintain physical distance, and worshipping together in our own homes with familiar words and patterns, even as we cannot come together in person.

It may still feel strange and sad to meet 'virtually' for worship, unable to gather in our cathedral for our familiar pattern of prayer. Yet we are still the people of God. We are not Christians because we go to church, but because we worship, love and serve our living God, made known to us in Jesus Christ.

I am very grateful to our Succentor, Philippa White, who amidst all her other commitments at this time, has compiled this invaluable booklet. We offer you the prayer resources within it as a way to help you to worship, love and serve our living God while we cannot meet together as we normally do. Please don't feel constrained – if you have a way of praying that works for you, that's wonderful and do carry on! There is no right way to pray; these are just some ideas.

We continue to pray for you and to seek to support you both spiritually and practically. If you need our support, please get in touch.



Revd Canon Dr Edmund Newey,  
Sub Dean

## **Getting the most out of broadcast services**

We are posting services on our Christ Church website, at [www.chch.ox.ac.uk/onlineworship](http://www.chch.ox.ac.uk/onlineworship). There will be a service posted every Sunday at 9 am, as well as an additional sermon from one of the canons or clergy – both available as recordings with downloadable orders of service. On other days, especially during Holy Week and Easter, we will be posting additional services.

Try to actively share in the service, not just have it on in the background. You may not want to stand or kneel as usual but find a comfortable position that helps you and perhaps think about how you hold your hands, maybe holding them palms upwards to receive God's love and blessing. Join in with the words in bold.

If the service is video, have it somewhere where you can really focus on it. If it's audio only, look at the order of service or find an image you can use as a focus – a cross, an icon, a religious picture.

If a service is Communion, it may be painful to listen without being able to share in the bread and wine. Be reassured that Communion is only one way of receiving God's love and grace. When we are unable to receive the sacrament of Holy Communion, God honours our desires and comes to meet us anyway.

## **Praying at home**

Set aside space and time – maybe a corner of your bedroom, or a particular chair; maybe first thing in the morning, at midday, after lunch, or last thing at night.

Perhaps meet virtually with a friend to pray at a particular time each day – over the phone (or Skype), or perhaps by text, email, or Facebook.

Lighting a candle at the beginning of your time of prayer can be a powerful reminder of the presence of God with you – even or especially if you are praying alone.

## Creative Ways of Praying

Some people are finding it particularly difficult to pray while the world is in such turmoil. If you are struggling to pray in your usual ways, it might help to try something different, something creative, or something that allows you to relax in the presence of God.

- Listen to music – hymns or choral music, or anything that reminds you of God’s presence.
- Sing hymns
- Use pictures to help prompt your prayers – perhaps photographs of the people, places or situations you want to pray for as a visual prayer list.
- Try praying with an icon, a cross or a religious picture. Sit comfortably and look at the picture. What does it tell you about God? What might God be trying to say to you through the image? Can it draw you in as a window into God’s presence?
- Why not try doodling, painting, or drawing as you pray?

## Prayers to use daily

*Morning prayers:*

Sovereign God,  
the defence of those who trust in you  
and the strength of those who suffer:  
look with mercy on our affliction  
and deliver us through our mighty Saviour Jesus Christ. Amen.

O God, our sovereign and our shepherd,  
who brought again your Son Jesus Christ from the valley of death,  
comfort us with your protecting presence  
and your angels of goodness and love,  
that we also may come home  
and dwell with him in your house for ever. Amen.

Lord God, whose Son, Jesus Christ,  
understood people's fear and pain  
before they spoke of them,  
we pray for those in hospital or sick at home;  
surround the frightened with your tenderness;  
give strength to those in pain;  
hold the weak in your arms of love,  
and give hope and patience  
to those who are recovering;  
we ask this through the same Jesus Christ, our Lord. Amen.

Almighty God,  
you see that we have no power of ourselves to help ourselves:  
keep us both outwardly in our bodies,  
and inwardly in our souls;  
that we may be defended from all adversities  
    which may happen to the body,  
and from all evil thoughts which may assault and hurt the soul;  
through Jesus Christ our Lord. Amen

God be in my head, and in my understanding;  
God be in my eyes, and in my looking;  
God be in my mouth, and in my speaking;  
God be in my heart, and in my thinking;  
God be at mine end, and at my departing. Amen

*Prayers before sleeping:*

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.

Abide with us, Lord, for it is evening,  
and day is drawing to a close.  
Abide with us and with your whole Church,  
in the evening of the day,  
in the evening of life,  
in the evening of the world;  
abide with us and with all your faithful ones, O Lord,  
in time and in eternity. Amen.

Lord Jesus Christ, Son of the living God,  
who at this evening hour lay in the tomb  
and so hallowed the grave  
to be a bed of hope for all who put their trust in you:  
give us such sorrow for our sins,  
which were the cause of your passion,  
that when our bodies lie in the dust,  
our souls may live with you forever. Amen.

## **Prayer of Confession**

Almighty God,  
to whom all hearts are open, all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.

Father eternal, giver of light and grace,  
we have sinned against you and against our neighbour,  
in what we have thought,  
in what we have said and done,  
through ignorance, through weakness,  
through our own deliberate fault.  
We have wounded your love  
and marred your image in us.  
We are sorry and ashamed and repent of all our sins.  
For the sake of your Son Jesus Christ, who died for us,  
forgive us all that is past  
and lead us out from darkness  
to walk as children of light. Amen.

## **Prayers for Spiritual Communion**

In union, O Lord with the faithful at every altar of your Church, where the Holy Eucharist is celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united to you. And since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I unite myself to you, and embrace you with all the affections of my soul. Let nothing ever separate you from me. May I live and die in your love. Amen.

The Litany  
from *Common Worship*

I

Let us pray.

God the Father,

**All have mercy upon us.**

God the Son,

**All have mercy upon us.**

God the Holy Spirit,

**All have mercy upon us.**

Holy, blessed and glorious Trinity,

**All have mercy upon us.**

II

From all evil and mischief;

from pride, vanity and hypocrisy;

from envy, hatred and malice;

and from all evil intent,

**All good Lord, deliver us.**

From sloth, worldliness and love of money;

from hardness of heart

and contempt for your word and your laws,

**All good Lord, deliver us.**

From sins of body and mind;

from the deceits of the world, the flesh and the devil,

**All good Lord, deliver us.**

From famine and disaster;

from violence, murder and dying unprepared,

**All good Lord, deliver us.**

In all times of sorrow;

in all times of joy;

in the hour of death,

and at the day of judgement,

**All good Lord, deliver us.**

### III

By the mystery of your holy incarnation;  
by your birth, childhood and obedience;  
by your baptism, fasting and temptation,

**All good Lord, deliver us.**

By your ministry in word and work;  
by your mighty acts of power;  
and by your preaching of the kingdom,

**All good Lord, deliver us.**

By your agony and trial;  
by your cross and passion;  
and by your precious death and burial,

**All good Lord, deliver us.**

By your mighty resurrection;  
by your glorious ascension;  
and by your sending of the Holy Spirit,

**All good Lord, deliver us.**

### IV

Hear our prayers, O Lord our God.

**All Hear us, good Lord.**

Govern and direct your holy Church;  
fill it with love and truth;  
and grant it that unity which is your will.

**All Hear us, good Lord.**

Give us boldness to preach the gospel in all the world,  
and to make disciples of all the nations.

**All Hear us, good Lord.**

Enlighten Steven our Bishop and all who minister  
with knowledge and understanding,  
that by their teaching and their lives they may proclaim your word.

**All Hear us, good Lord.**

Give your people grace to hear and receive your word,  
and to bring forth the fruit of the Spirit.

**All Hear us, good Lord.**

Bring into the way of truth all who have erred  
and are deceived.

**All Hear us, good Lord.**

Strengthen those who stand;  
comfort and help the faint-hearted;  
raise up the fallen;  
and finally beat down Satan under our feet.

**All Hear us, good Lord.**

**V**

Guide the leaders of the nations  
into the ways of peace and justice.

**All Hear us, good Lord.**

Guard and strengthen your servant Elizabeth our Queen,  
that she may put her trust in you,  
and seek your honour and glory.

**All Hear us, good Lord.**

Endue the High Court of Parliament  
and all the Ministers of the Crown  
with wisdom and understanding.

**All Hear us, good Lord.**

Bless those who administer the law,  
that they may uphold justice, honesty and truth.

**All Hear us, good Lord.**

Give us the will to use the resources of the earth to your glory,  
and for the good of all creation.

**All Hear us, good Lord.**

Bless and keep all your people.

**All Hear us, good Lord.**

Bring your joy into all families;  
strengthen and deliver those in childbirth,  
watch over children and guide the young,  
bring reconciliation to those in discord  
and peace to those in stress.

**All Hear us, good Lord.**

## **VI**

Help and comfort the lonely, the bereaved and the oppressed.

**All Lord, have mercy.**

Keep in safety those who travel, and all who are in danger.

**All Lord, have mercy.**

Heal the sick in body and mind,  
and provide for the homeless, the hungry and the destitute.

**All Lord, have mercy.**

Show your pity on prisoners and refugees,  
and all who are in trouble.

**All Lord, have mercy.**

Forgive our enemies, persecutors and slanderers,  
and turn their hearts.

**All Lord, have mercy.**

Hear us as we remember  
those who have died in the peace of Christ,  
both those who have confessed the faith  
and those whose faith is known to you alone,  
and grant us with them a share in your eternal kingdom.

**All Lord, have mercy.**

## **VII**

Give us true repentance;  
forgive us our sins of negligence and ignorance  
and our deliberate sins;  
and grant us the grace of your Holy Spirit  
to amend our lives according to your holy word.

**All Holy God,  
holy and strong,  
holy and immortal,  
have mercy upon us.**

## Compline

*The service of Compline is a quiet, reflective service at the end of the day, which invites us to commit the day to God before we go to bed. You might like to pray this as a couple, family or household; or if you live alone, you could pray it alone or over the phone with a friend.*

*If you'd prefer to listen, there is a recording available on the Christ Church website: [www.chch.ox.ac.uk/onlineworship](http://www.chch.ox.ac.uk/onlineworship)*

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

All **Amen**

Beloved, be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: whom resist, steadfast in the faith.

*(1 Peter 5: .8, 9)*

But thou, O Lord, have mercy upon us.

All **Thanks be to God.**

Our help is in the name of the Lord

All **who hath made heaven and earth.**

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

All **We confess to God almighty,  
the Father, the Son and the Holy Ghost,  
that we have sinned in thought, word and deed,  
through our own grievous fault.  
Wherefore we pray God to have mercy upon us.  
Almighty God, have mercy upon us,  
forgive us all our sins and deliver us from all evil,  
confirm and strengthen us in all goodness,  
and bring us to life everlasting;  
through Jesus Christ our Lord.  
Amen.**

*All* O God, make speed to save us.  
**O Lord, make haste to help us.**

Glory be to the Father, and to the Son,  
and to the Holy Ghost;  
*All* **as it was in the beginning, is now, and ever shall be,  
world without end. Amen.**

Praise ye the Lord.  
*All* **The Lord's name be praised.**

## Office Hymn

Before the ending of the day,  
Creator of the world we pray,  
That with thy wonted favour thou  
Wouldst be our guard and keeper now.

From all ill dreams defend our eyes,  
From nightly fears and fantasies;  
Tread underfoot our ghostly foe,  
That no pollution we may know.

O Father, that we ask be done,  
Through Jesus Christ, thine only Son;  
Who, with the Holy Ghost and thee,  
Doth live and reign eternally.

## The Word of God

### Psalmody

*One or more of the following psalms may be used:*

### Psalm 4 (BCP)

- 1 Hear me when I call, O God of my righteousness :  
thou hast set me at liberty when I was in trouble;  
have mercy upon me, and hearken unto my prayer.
- 2 O ye sons of men, how long will ye blaspheme mine honour :  
and have such pleasure in vanity, and seek after leasing?

- 3 Know this also, that the Lord hath chosen to himself  
the man that is godly :  
when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not :  
commune with your own heart, and in your chamber, and be still.
- 5 Offer the sacrifice of righteousness :  
and put your trust in the Lord.
- 6 There be many that say :  
Who will shew us any good?
- 7 Lord, lift thou up :  
the light of thy countenance upon us.
- 8 Thou hast put gladness in my heart :  
since the time that their corn, and wine, and oil increased.
- 9 I will lay me down in peace, and take my rest :  
for it is thou, Lord, only, that makest me dwell in safety.

**Psalm 31:1-6 (BCP)**

- 1 In thee, O Lord, have I put my trust :  
let me never be put to confusion, deliver me in thy righteousness.
- 2 Bow down thine ear to me :  
make haste to deliver me.
- 3 And be thou my strong rock, and house of defence :  
that thou mayest save me.
- 4 For thou art my strong rock, and my castle :  
be thou also my guide, and lead me for thy name's sake.
- 5 Draw me out of the net, that they have laid privily for me :  
for thou art my strength.

6 Into thy hands I commend my spirit :  
for thou hast redeemed me, O Lord, thou God of truth.

**Psalm 91 (BCP)**

1 Whoso dwelleth under the defence of the Most High :  
shall abide under the shadow of the Almighty.

2 I will say unto the Lord, Thou art my hope, and my stronghold :  
my God, in him will I trust.

3 For he shall deliver thee from the snare of the hunter :  
and from the noisome pestilence.

4 He shall defend thee under his wings,  
and thou shalt be safe under his feathers :  
his faithfulness and truth shall be thy shield and buckler.

5 Thou shalt not be afraid for any terror by night :  
nor for the arrow that flieth by day;

6 For the pestilence that walketh in darkness :  
nor for the sickness that destroyeth in the noonday.

7 A thousand shall fall beside thee, and ten thousand at thy right hand :  
but it shall not come nigh thee.

8 Yea, with thine eyes shalt thou behold :  
and see the reward of the ungodly.

9 For thou, Lord, art my hope :  
thou hast set thine house of defence very high.

10 There shall no evil happen unto thee :  
neither shall any plague come nigh thy dwelling.

11 For he shall give his angels charge over thee :  
to keep thee in all thy ways.

12 They shall bear thee in their hands :  
that thou hurt not thy foot against a stone.

- 13 Thou shalt go upon the lion and adder :  
the young lion and the dragon shalt thou tread under thy feet.
- 14 Because he hath set his love upon me, therefore will I deliver him :  
I will set him up, because he hath known my name.
- 15 He shall call upon me, and I will hear him :  
yea, I am with him in trouble;  
I will deliver him, and bring him to honour.
- 16 With long life will I satisfy him :  
and shew him my salvation.

**Psalm 134 (BCP)**

- 1 Behold now, praise the Lord :  
all ye servants of the Lord;
- 2 Ye that by night stand in the house of the Lord :  
even in the courts of the house of our God.
- 3 Lift up your hands in the sanctuary :  
and praise the Lord.
- 4 The Lord that made heaven and earth :  
give thee blessing out of Sion.

*At the end of the psalmody, the following is said or sung:*

Glory be to the Father, and to the Son :  
and to the Holy Ghost;  
as it was in the beginning, is now, and ever shall be :  
world without end. Amen.

**Scripture Reading**

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

Thou, O Lord, art in the midst of us, and we are called by thy name; leave us not, O Lord our God.

*(Jeremiah 14: 9)*

(or)

Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.

(Matthew 11: 28-30)

(or)

Now the God of peace, that brought again from the dead our Lord Jesus, that great shepherd of the sheep, through the blood of the everlasting covenant, make you perfect in every good work to do his will, working in you that which is well-pleasing in his sight; through Jesus Christ, to whom be glory for ever and ever. Amen.

(Hebrews 13: 20, 21)

All     **Thanks be to God.**

*The following responsory may be said:*

Into thy hands, O Lord, I commend my spirit.

All     **Into thy hands, O Lord, I commend my spirit.**  
For thou hast redeemed me, O Lord, thou God of truth.

All     **I commend my spirit.**

Glory be to the Father, and to the Son, and to the Holy Ghost.

All     **Into thy hands, O Lord, I commend my spirit.**

Keep me as the apple of an eye.

All     **Hide me under the shadow of thy wings.**

## Gospel Canticle

*The following canticle may be said or sung:*

### **Nunc dimittis** (The Song of Simeon)

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

1     Lord, now lettest thou thy servant depart in peace :  
according to thy word.

2     For mine eyes have seen :  
thy salvation;

3     Which thou hast prepared :  
before the face of all people;

4     To be a light to lighten the Gentiles :  
and to be the glory of thy people Israel.

*(Luke 2: 29-32)*

Glory be to the Father, and to the Son :  
and to the Holy Ghost;

as it was in the beginning, is now, and ever shall be :  
world without end. Amen.

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

## Prayers

Lord, have mercy upon us.  
*All* **Christ, have mercy upon us.**  
Lord, have mercy upon us.

*All* **Our Father, which art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done,  
in earth as it is in heaven.  
Give us this day 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. Amen.**

Blessed art thou, Lord God of our fathers:  
*All* **to be praised and glorified above all for ever.**

Let us bless the Father, the Son, and the Holy Ghost:  
*All* **let us praise him and magnify him for ever.**

Blessed art thou, O Lord, in the firmament of heaven:  
*All* **to be praised and glorified above all for ever.**

The almighty and most merciful Lord  
guard us and give us his blessing.  
*All* **Amen.**

O Lord, shew thy mercy upon us;  
*All* **and grant us thy salvation.**

Vouchsafe, O Lord, to keep us this night without sin;  
*All* **O Lord, have mercy upon us, have mercy upon us.**

O Lord, hear our prayer;  
*All* **and let our cry come unto thee.**

Let us pray.

*One or more of the following Collects is said:*

Visit, we beseech thee, O Lord, this place,  
and drive from it all the snares of the enemy;  
let thy holy angels dwell herein to preserve us in peace;  
and may thy blessing be upon us evermore;  
through Jesus Christ our Lord.

*All* **Amen.**

Lighten our darkness, we beseech thee, O Lord;  
and by thy great mercy defend us  
from all perils and dangers of this night;  
for the love of thy only Son, our Saviour, Jesus Christ.

*All* **Amen.**

O Lord Jesus Christ, son of the living God,  
who at this evening hour didst rest in the sepulchre,  
and didst thereby sanctify the grave  
to be a bed of hope to thy people:  
make us so to abound in sorrow for our sins,  
which were the cause of thy passion,  
that when our bodies lie in the dust,  
our souls may live with thee;  
who livest and reignest with the Father and the Holy Ghost,  
one God, world without end.

*All* **Amen.**

Look down, O Lord, from thy heavenly throne,  
illuminate the darkness of this night with thy celestial brightness,  
and from the sons of light banish the deeds of darkness;  
through Jesus Christ our Lord.

*All* **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 repose upon thy eternal changelessness;  
through Jesus Christ our Lord.

*All* **Amen.**

## The Conclusion

We will lay us down in peace and take our rest.

*All* **For it is thou, Lord, only that makest us dwell in safety.**

Abide with us, O Lord,

*All* **for it is toward evening and the day is far spent.**

As the watchmen look for the morning,

*All* **so do we look for thee, O Christ.**

The Lord be with you

*All* **and with thy spirit.**

Let us bless the Lord.

*All* **Thanks be to God.**

The almighty and merciful Lord,  
the Father, the Son and the Holy Ghost,  
bless us and preserve us.

*All* **Amen.**

## Prayers for Eastertide

### Easter Season

#### The Dawning

Awake, sad heart, whom sorrow ever drowns ;  
Take up thine eyes, which feed on earth ;  
Unfold thy forehead, gathered into frowns ;  
    Thy Saviour comes, and with Him mirth :  
                                    Awake, awake,  
And with a thankful heart His comforts take.  
    But thou dost still lament, and pine, and cry,  
    And feel His death, but not His victory.

Arise, sad heart ; if thou dost not withstand,  
    Christ's resurrection thine may be ;  
Do not by hanging down break from the hand  
    Which, as it riseth, raiseth thee :  
                                    Arise, Arise;  
    And with His burial linen drie thine eyes.  
Christ left His grave-clothes, that we might, when grief  
Draws tears or blood, not want a handkerchief.

George Herbert (1593-1633)

#### An Easter Prayer for Hope

Christ our risen and redeeming Lord,  
we are surrounded by the whispers of your mercy.  
As your Resurrection dawns in the world  
kindle in us the flame of your presence  
and breathe on the embers of our hope  
that we may be your lights in the world  
and rejoice that you are risen.  
Amen.

## **An Easter Prayer for Blessing**

God of glory,  
you brought your son Jesus Christ to new life  
because of your love for the world.  
In thanksgiving for the new life you have given us,  
we offer to you all that we have and all that we are,  
in the joy of Easter and in supplication for the world you love so much.  
May the light of your Love be seen in the darkness;  
the whispers of your healing be heard in empty streets;  
the flowers of your hope blossom in many hearts.  
Bless us with Easter joy and Easter hope,  
that we may shine with your light.  
Amen.

## **Collects for Easter**

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.

Almighty God, who through thine only-begotten Son Jesus Christ hast  
overcome death, and opened unto us the gate of everlasting life: We humbly  
beseech thee, that as by thy special grace going before us thou dost put into  
our minds good desires, so by thy continual help we may bring the same to  
good effect; through Jesus Christ our Lord, who liveth and reigneth with thee  
and the Holy Ghost, ever one God, world without end. Amen

Almighty Father, who hast given thine 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 thee in pureness of living and truth;  
through the merits of the same thy Son Jesus Christ our Lord. Amen.

Almighty God, who hast given thine only Son to be unto us both a sacrifice for sin, and also an example of godly life: Give us grace that we may always most thankfully receive that his inestimable benefit, and also daily endeavour ourselves to follow the blessed steps of his most holy life; through the same Jesus Christ our Lord. Amen.

Almighty God, who shewest to them that be in error the light of thy truth, to the intent that they may return into the way of righteousness: Grant unto all them that are admitted into the fellowship of Christ's religion, that they may eschew those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ. Amen.

O Lord, from whom all good things do come: Grant to us thy humble servants, that by thy holy inspiration we may think those things that be good, and by thy merciful guiding may perform the same; through our Lord Jesus Christ. Amen.

### **Ascension**

Grant, we beseech thee, Almighty God, that like as we do believe thy only-begotten Son our Lord Jesus Christ to have ascended into the heavens; so we may also in heart and mind thither ascend, and with him continually dwell, who liveth and reigneth with thee and the Holy Ghost, one God, world without end. Amen.

### **Pentecost**

God, who as at this time didst teach the hearts of thy faithful people, by the sending to them the light of thy 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 liveth and reigneth with thee, in the unity of the same Spirit, one God, world without end. Amen.

## **Meditations on the Resurrection**

This series of meditations on the story of Easter and moments in the story of the Resurrection is designed to help us to enter more deeply into a familiar story. While we are very used to spending time in Holy Week and Good Friday meditating on the story of the Passion of Jesus, the Gospel accounts of the Resurrection often receive less attention. In these meditations, familiar verses from the Gospels, the New Testament and prayers seek to focus our attention in new ways on the details of these accounts, and so to help us to enter into the joy of the Resurrection in a different way.

It is structured as a service, and you might like to share it with a family member or a friend over the phone, taking one part each. Or you might like to use it alone: either speaking all the words yourself (aloud or in your heart) or just focusing on the Bible verses and prayers.

If this isn't something you want to use, please feel no obligation to try it: like everything else in the booklet, it is offered only as a resource.

Alleluia. Christ is risen.  
All **He is risen indeed. Alleluia.**

Sing for joy, O heavens, and exult, O earth;  
break forth, O mountains, into singing!  
For the Lord has comforted his people,  
and will have compassion on his suffering ones.

Let us pray.

God of glory, by the raising of your Son  
you have broken the chains of death and hell:  
fill your Church with faith and hope;  
for a new day has dawned and the way to life stands open  
in our Saviour Jesus Christ.

All **Amen.**

Praise to you, Lord Jesus:  
All **Dying you destroyed our death,  
rising you restored our life:  
Lord Jesus, come in glory.**

## **The Sealed Tomb**

*Reading – Matthew 27: 65-66*

Pilate said to the chief priests and the Pharisees, 'You have a guard of soldiers; go, make it as secure as you can.' So they went with the guard and made the tomb secure by sealing the stone.

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for you entered the darkness of the tomb  
to bring your people to eternal light.  
In the darkness of our lives,  
help us to cling to the promise of your resurrection.  
To you, Lord Jesus, whose love is stronger than death,  
be honour and glory, now and for ever.

Praise to you, Lord Jesus...

## **Bursting from the Tomb**

*Reading – Ephesians 4: 8-10*

‘When he ascended on high he made captivity itself a captive; he gave gifts to his people.’

When it says, ‘He ascended’, what does it mean but that he had also descended – into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for in the darkness of night you descended into death  
to bring salvation to all held in its power.  
As we rejoice in your saving resurrection,  
empower us to live in its light.  
To you, Lord Jesus, who broke the chains of death,  
be honour and glory, now and for ever.

Praise to you, Lord Jesus...

## **The Angel Rolls the Stone away**

*Reading – Matthew 28: 2-3*

Suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for in your resurrection the power of love  
breaks open the earth and frees life from death.  
As the angel rolled away the stone from the prison of the tomb,  
so release those imprisoned by life’s misfortunes.  
To you, Lord Jesus, whose life brings surprises  
beyond our wildest expectations,  
be honour and glory, now and for ever.

Praise to you, Lord Jesus...

## **The Women come to the Tomb**

*Reading – Matthew 28: 5-7*

The angel said to the women, ‘Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come, see the place where he lay. Then go quickly and tell his disciples, “He has been raised from the dead, and indeed he is going ahead of you to Galilee; there you will see him.” This is my message for you.’

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for your resurrection overturns our expectations of life  
and even your closest friends could not see truth before them.  
As the angel helped them  
to grasp your triumph and overcome their fear,  
so help us to see your hand at work  
through the events of our own lives.  
To you, Lord Jesus, whose ways astonish beyond our imagining,  
be honour and glory, now and for ever.

Praise to you, Lord Jesus...

## **The Women Meet Jesus**

*Reading – Matthew 28: 9-10*

Suddenly Jesus met them and said, ‘Greetings!’ And they came to him, took hold of his feet, and worshipped him. Then Jesus said to them, ‘Do not be afraid; go and tell my brothers to go to Galilee; there they will see me.’

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for your simple word of greeting  
made the hearts of the women leap with joy.  
Speak your word of love to those whose hearts are broken,  
that they too may hear your loving, beckoning call.  
To you, Lord Jesus, whose call summons us to life in all its fullness,  
be honour and glory, now and for ever.

Praise to you, Lord Jesus...

## **Peter and John come to the Tomb**

*Reading – John 20: 3-8*

Peter and the other disciple set out and went towards the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed.

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for in you our God reveals the awesome power of love  
that is stronger even than death.

As in your dying you destroyed death,  
so in your rising may we be raised  
above the trials and torments of this world's woe.

To you, Lord Jesus,  
the fullness of your life revealed in an empty tomb,  
be honour and glory, now and for ever.

All **Amen**

Praise to you, Lord Jesus...

## **Angel in the tomb**

*Reading- John 20: 11-14*

Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, 'Woman, why are you weeping?' She said to them, 'They have taken away my Lord, and I do not know where they have laid him.' When she had said this, she turned round and saw Jesus standing there, but she did not know that it was Jesus.

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for you meet us in our weeping  
and reach out to us with your love.

Be present in your risen life  
with all who weep and mourn  
and bring them too to resurrection life.

To you, Lord Jesus, friend, companion and comforter,  
be honour and glory, now and for ever.

All **Amen**

Praise to you, Lord Jesus...

## **Walking to Emmaus**

*Reading – Luke 24: 13-16, 25-29*

Two of the disciples were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. Then he said to them, ‘Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?’ Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures. As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, ‘Stay with us, because it is almost evening and the day is now nearly over.’ So he went in to stay with them.

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for you are with us, even when we cannot see your companionship.  
Walk this day alongside the disconsolate and the despairing,  
and remain with them in their evening time.  
To you, Lord Jesus, walking by our side,  
be honour and glory, now and for ever.

Praise to you, Lord Jesus...

## Supper at Emmaus

*Reading – Luke 24: 30-32*

When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, ‘Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?’

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for you are with us and you open our eyes to recognise you.  
Meet us in our fellowship and feed us with your life,  
that our hearts may burn within us at your invisible presence.  
To you, Lord Jesus, whose blessing rests on all your people,  
be honour and glory, now and for ever.

Praise to you, Lord Jesus...

## Jesus appears to Peter

*Reading – John 21: 15-17*

When they had finished breakfast, Jesus said to Simon Peter, ‘Simon son of John, do you love me more than these?’ He said to him, ‘Yes, Lord; you know that I love you.’ Jesus said to him, ‘Feed my lambs.’ A second time he said to him, ‘Simon son of John, do you love me?’ He said to him, ‘Yes, Lord; you know that I love you.’ Jesus said to him, ‘Tend my sheep.’ He said to him the third time, ‘Simon son of John, do you love me?’ Peter felt hurt because he said to him the third time, ‘Do you love me?’ And he said to him, ‘Lord, you know everything; you know that I love you.’ Jesus said to him, ‘Feed my sheep.’

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for you meet us in our failures with gentle love and forgiveness.  
When we feel we have let you down,  
draw near to us with redeeming love and compassion  
and call us again into your service.  
To you, Lord Jesus, redeemer of your people,  
be honour and glory, now and for ever.

Praise to you, Lord Jesus...

## Jesus appears to the disciples

*Reading – Luke 24: 36-43*

Jesus himself stood among the disciples and said to them, 'Peace be with you.' They were startled and terrified, and thought that they were seeing a ghost. He said to them, 'Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.' And when he had said this, he showed them his hands and his feet. While in their joy they were disbelieving and still wondering, he said to them, 'Have you anything here to eat?' They gave him a piece of broiled fish, and he took it and ate in their presence.

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for in your birth you were proclaimed the Prince of Peace,  
and in your resurrection you breathe into your people  
peace beyond this world's understanding.  
Be present, Lord, with those whose lives are disfigured by conflict  
and those whose hearts know no peace.  
To you, Lord Jesus, true bringer of the peace of heaven,  
be honour and glory, now and for ever.

Praise to you, Lord Jesus...

## Thomas

*Reading – John 20: 24-29*

Thomas, one of the twelve, was not with them when Jesus came. So the other disciples told him, 'We have seen the Lord.' But he said to them, 'Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.' A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, 'Peace be with you.' Then he said to Thomas, 'Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.' Thomas answered him, 'My Lord and my God!' Jesus said to him, 'Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.'

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for you come to us even in our doubting.  
Through the sovereign work of your Spirit  
and the loving hands of your people,  
continue to reveal yourself where doubt is stronger than faith.  
To you, Lord Jesus, whose resurrection body bears the murderous  
marks of the cross,  
be honour and glory, now and for ever.

Praise to you, Lord Jesus...

## **Jesus at the Seashore**

*Reading- John 21: 9-13*

When the disciples had gone ashore, they saw a charcoal fire there, with fish on it, and bread. Jesus said to them, 'Bring some of the fish that you have just caught.' So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and though there were so many, the net was not torn. Jesus said to them, 'Come and have breakfast.' Now none of the disciples dared to ask him, 'Who are you?' because they knew it was the Lord. Jesus came and took the bread and gave it to them, and did the same with the fish.

We praise you and we bless you,  
our risen Lord Jesus, King of glory,  
for at the lakeside you fed your disciples.  
As you guided them to fill their nets with fish,  
so guide all who are hungry till their hunger is satisfied in you.  
To you, Lord Jesus, sharing with us the food of faith,  
be honour and glory, now and for ever.

Praise to you, Lord Jesus...

## **Ascension**

*Reading – Acts 1: 8-11*

Jesus said, 'You will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.' When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up towards heaven, suddenly two men in white robes stood by them. They said, 'Men of Galilee, why do you stand looking up towards heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.'

We praise you and we bless you, our risen Lord Jesus, King of glory,  
for in your ascension you are crowned  
King of kings and Lord of lords.  
As we worship you on your heavenly throne,  
prepare our hearts for the coming of your Spirit.  
To you, Lord Jesus, who will return just as you went up into heaven,  
be honour and glory, now and for ever.

Praise to you, Lord Jesus...

## **Pentecost**

*Reading – Acts 2: 1-4*

When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

We praise you and we bless you, our risen Lord Jesus, King of glory,  
for you gave your disciples the gift of the Holy Spirit  
and empowered them with the wind and flame of your presence.  
Fill us afresh with your Spirit today, revive your Church,  
and renew the face of the earth.  
To you, Lord Jesus, and the Holy Spirit  
be honour and glory, now and for ever.  
Praise to you, Lord Jesus...

**Our Father in heaven,  
hallowed be your name.  
Your Kingdom come;  
your will be done; on earth as in heaven.  
Give us this day our daily bread and 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 forever. Amen.**

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 that are above  
where he reigns with you, in the unity of the Holy Spirit,  
one God, now and forever.  
All **Amen.**