

Mattishall and Tudd Valley

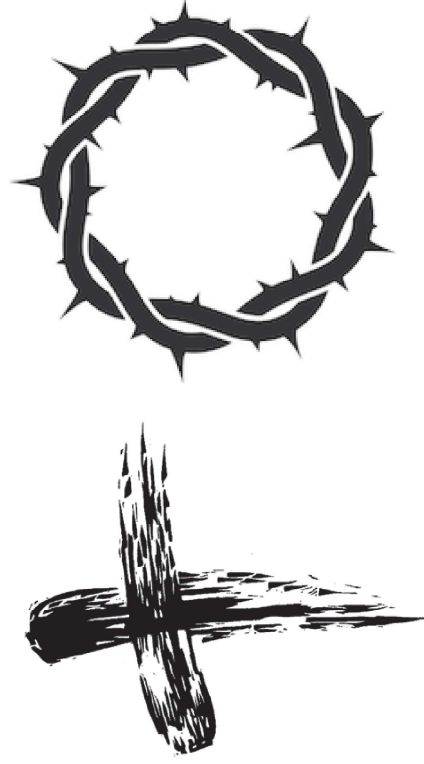
Morning Prayer for Lent and Holy Week

“And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

“And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.”

-Kitty O'Meara



Common Worship: Services and Prayers for the Church of England © 2000– 2005. Prayer for those affected by Covid-19 © the Church of England 2020

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Mattishall and Tudd Valley

Introduction

During these unprecedented times when we are unable to meet together face to face, we would like to encourage you to join with us from the comfort of your own home to share morning prayer every day at **9am**.

The main focus is simply that we meet as the Body of Christ with our Father God in the name of Jesus and in the power of the Holy Spirit. That does not require us to be in the same room, because it is the Spirit that unites us (Colossians 2:5).

This booklet contains the resources we'll be using each morning.

At **9am**, one member of the team will be at one of our churches in the Benefice to act as a focus, a hub, for our prayers and together we will pray for that congregation, and the community it serves.

Please join in, either in individual prayer using the resources in this booklet, or by using Zoom—just type in the link in brackets below or go to <https://zoom.us/join> and type in the 9 digit code in the brackets below—e.g. 188324480 for Hockering.

Monday - Hockering (us04web.zoom.us/j/188324480)

Tuesday - Yaxham (us04web.zoom.us/j/835040110)

Wednesday - Welborne (us04web.zoom.us/j/315499722)

Thursday - East Tuddenham (us04web.zoom.us/j/868643634)

Friday - North Tuddenham (us04web.zoom.us/j/261094727)

Saturday - Mattishall (us04web.zoom.us/j/822426266)

Please don't come along but join with the prayers at home, via Zoom or individually.

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God of courage, We pray for our countries leaders and for governments around the world in the Decisions that have to be made for the good of all . We pray for our Christian Leaders at international, national and local level as they seek to support and encourage us in our faith as we face uncertain times. Help us as we live alongside others in the pain and frustrations of the present days. As we face social distancing and isolation , may we do nothing out of selfish ambition or vain conceit but in humility and with courage help us consider the needs of others before our own.

Lord of life , Hear our prayer

Affirmation of the faith of the universal church.

With Christ as our example to imitate we affirm our faith in him:

Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father. Amen.

In the silences between and after the readings

Ask some questions

What was God saying to people when this passage was written?

What is God saying to us today?

Is the Holy Spirit prompting us to pray and act on what we have heard?

Reflections and Prayers

You might find the following helpful to use before you begin, during the prayers or in the silences during and after the readings if you are using this booklet individually.

Before

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. **Amen**
And/or

Grace mercy and peace from God our Father and the Lord Jesus Christ be with us all. **Amen.**

During the prayers

The following is an order of Prayers based on the book of Philipians.

God our Father, We thank you that while we cannot meet together face to face as your people we pray with joy for one another and our partnership in the Gospel. May your love abound more and more in us that we might be filled with the fruit of righteousness that comes through Jesus Christ, to the praise and glory of God.

Lord of life , Hear our prayer

Loving Lord , While we are separated from each other may we have courage and fearlessness remembering that we are the body of Christ. Help us to shine like stars so that our friends and Neighbours would truly see Jesus the light of the world in all we say and do.

Lord of life , Hear our prayer

Lord of comfort, We pray for those who have Covid 19 and for those closest to them. We lift to you those awaiting operations and routine treatment. We pray for the family and friends who have lost loved ones be with them in their grief and surround them with your love.

Help us not to be anxious but in everything help us to pray that our requests may be known to you, and may we each know your peace which transcends all understanding that our hearts and minds may be guarded in Christ Jesus.

Lord of life , Hear our prayer

God of Humility, We pray for all those working on the front line in the NHS, Government, Education. For those working to ensure we have enough food and home supplies, the supermarket workers, local businesses.

As we receive encouragement from being united with Christ may we encourage one another;

As we receive comfort may we comfort and love others . May your Holy Spirit fill us so that we might share Christ's compassion and tenderness with our communities. As we pray individually may we be like minded in love being one in spirit and purpose.

Lord of life , Hear our prayer

The suggested readings for

Lent and Holy week

Please use a Psalm and either one or both of the Old and New Testament readings.

	Psalm	OT	NT	Notes
Mon 23 rd March	77	Exodus 2:11-22	Hebrews 9:1-14	Lent 4
Tues 24 th March	79	Exodus 2: 23-3: 20	Hebrews 9:15-end	
Wednesday 25 th March	111	1 Samuel 2:1-10	Romans 5: 12-21	The annunciation of our Lord to the Blessed Virgin Mary
Thursday 26 th March	86	Exodus 4.27–6.1	Hebrews 10:19-25	
Friday 27 th March	102	Exodus 6.2–13	Hebrews 10:26-end	
Saturday 28 th March	32	Exodus 7.8–end	Hebrews 11:1-16	
Monday 30 th March	73	Exodus 8: 1-19	Hebrews 11:17-31	Lent 5
Tuesday 31 st March	35	Exodus 8:20-end	Hebrews 11:32-12:2	
Wednesday 1 st April	55	Exodus 9:1-12	Hebrews 12:3-13	
Thursday 2 nd April	40	Exodus 9:13-end	Hebrews 12:14-end	
Friday 3 rd April	22	Exodus 10	Hebrews 13:1-16	
Saturday 4 th April	23	Exodus 11	Hebrews 13:17-end	
Monday 6 th April	41	Lamentations 1:1-12a	Luke 22:1-23	Holy Week
Tuesday 7 th April	27	Lamentations 3:1-18	Luke 22:24-53	
Wednesday 8 th April	102: 1-18	Jeremiah 11:18-20	Luke 22:54-end	
Thursday 9 th April	42	Leviticus 16:2-24	Luke 23:1-25	Maundy Thursday
Friday 10 th April	69	Genesis 22:1-18	Hebrews 10:1-10	Good Friday
Saturday 11 th April	142	Hosea 6:1-6	John 2:18-22	Easter Eve

Morning Prayer for Lent

Preparation

O God, make speed to save us

O Lord make haste to help us

Hear my prayer, O Lord , and give ear to my cry;

Hold not your peace at my tears.

Psalms 39:13

The word of God

One or more psalms, and one or more Bible readings are used. (see page 2)

Allow a short time of silence between and at the end of the readings before responding with :

To you O lord , I lift up my soul:

O my God in you I trust

Prayers

Prayers may include:

The day and it's tasks, the world and it's needs, the church and her life.

In our Benefice please pray for the village allocated for today (see page 1)

Those who are considering Baptism and confirmation

Those serving through leadership.

Those looking for forgiveness.

We use the prayers from the Diocesan Prayer Calendar set for today.

A prayer for all those affected by Covid-19

Keep us good Lord,
Under the shadow of your mercy
Sustain and support the anxious
Be with those who care for the sick
And lift up all who are brought low
That we may find comfort
Knowing that nothing can separate us from your love
In Jesus Christ our Lord.

Amen

Collect for Lent

Almighty and everlasting God,
You hate nothing that you have made
And forgive the sins of all who are penitent:
Create and make in us new and contrite hearts
That we, worthily lamenting our sins
And acknowledging our wretchedness,
May receive from you, the God of all mercy, perfect remission and forgiveness;
Through Jesus Christ our Lord

Amen

And /Or

Teach us good Lord, to serve you as you deserve;

To give and not to count the cost;

To fight and not to heed the wounds;

To toil and not to seek for rest;

To labour and not to seek for any reward,

Save that of knowing that we do your will.

After Ignatius of Loyola (1556)

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.

And lead us not into temptation

but deliver us from evil.

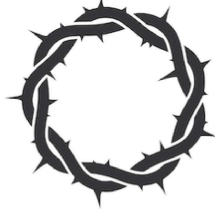
For the kingdom, the power and the glory

are yours now and forever.

Amen

The Conclusion

May God bless us and show us compassion and mercy. **Amen**



Morning Prayer for Holy Week

Preparation

O God make speed to save us.

O Lord make haste to help us

My Trust is in you O Lord

I have said you are my God

Psalms 31:14

The Word of God

One or more psalms, and one or more Bible readings are used. (see page 2)

Allow a short time of silence between and at the end of the readings before responding with :

We adore you, O Christ , and we bless you,

Because by your Holy Cross you have

redeemed the world.

Prayers

Prayers may include:

The day and it's tasks, the world and it's needs, the church and her life.

In our Benefice please pray for the village allocated for today (see page 1).

The suffering Church.

the oppressed peoples of the world.

The persecuted and the falsely accused.

We use the prayers from the Diocesan Prayer Calendar set for today.

A prayer for all those affected by Covid-19

Keep us good Lord,
Under the shadow of your mercy
Sustain and support the anxious
Be with those who care for the sick
And lift up all who are brought low
That we may find comfort
Knowing that nothing can separate us from your love
In Jesus Christ our Lord

Amen

The collect for Holy Week

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 partakers of his
resurrection ;
Through Jesus Christ our Lord
Amen

And /or

Lord Jesus Christ you humbled yourself
taking the form of a servant,
And in obedience died on the cross
for our salvation:

Give us the mind to follow you

And to proclaim you as Lord and King,

To the Glory of God the Father.

Post communion prayer for palm Sunday

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.

And lead us not into temptation

but deliver us from evil.

For the kingdom, the power and the glory

are yours now and forever.

Amen

The Conclusion

May Christ our saviour give us peace. **Amen**

