

## Prayer during the day in the Theydon Parishes buildings

PREPARATION

My heart tells of your word "Seek my face".  
**Your face, Lord, will I seek.**

PRAISE

We praise you, O God,  
we acclaim you as the Lord;  
all creation worships you,  
the Father everlasting.  
To you all angels, all the powers of heaven,  
the cherubim and seraphim, sing in endless praise:  
Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory

*from Te Deum Laudamus.*

THE WORD OF GOD

*Psalm 19*

- 1 The heavens are telling the glory of God ♦  
and the firmament proclaims his handiwork.**
- 2 One day pours out its song to another ♦  
and one night unfolds knowledge to another.**
- 3 They have neither speech nor language ♦  
and their voices are not heard,**
- 4 Yet their sound has gone out into all lands ♦  
and their words to the ends of the world.**
- 5 In them has he set a tabernacle for the sun, ♦  
that comes forth as a bridegroom out of his chamber  
and rejoices as a champion to run his course.**
- 6 It goes forth from the end of the heavens  
and runs to the very end again, ♦  
and there is nothing hidden from its heat.**
- 7 The law of the Lord is perfect, reviving the soul; ♦  
the testimony of the Lord is sure  
and gives wisdom to the simple.**
- 8 The statutes of the Lord are right and rejoice the heart; ♦**

**the commandment of the Lord is pure  
and gives light to the eyes.**

**9 The fear of the Lord is clean and endures for ever; ♦  
the judgements of the Lord are true  
and righteous altogether.**

**10 More to be desired are they than gold,  
more than much fine gold, ♦  
sweeter also than honey,  
dripping from the honeycomb.**

**11 By them also is your servant taught ♦  
and in keeping them there is great reward.**

**12 Who can tell how often they offend? ♦  
O cleanse me from my secret faults!**

**13 Keep your servant also from presumptuous sins  
lest they get dominion over me; ♦  
so shall I be undefiled,  
and innocent of great offence.**

**14 Let the words of my mouth and the meditation of my heart  
be acceptable in your sight, ♦  
O Lord, my strength and my redeemer.**

**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.**

*John 8.12*

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**

Lord Jesus Christ, you said to your disciples, 'I am with you always'.  
Be with me today, as I offer myself to you.  
Hear my prayers for others and for myself, and keep me in your care.

*A selection of prayers suitable for use*

*You may also wish to light a candle where they are available, or add a prayer request to the prayer board (please bring your own card to post and your own pin)*

**O good Jesus, Word of the Father and brightness of his glory,  
whom angels desire to behold:  
teach me to do your will  
that, guided by your Spirit,  
I may come to that blessed city of everlasting day,  
where all are one in heart and mind,  
where there is safety and eternal peace, happiness and delight,  
where you live with the Father and the Holy Spirit,  
world without end. Amen.**

Merciful God,  
we entrust to your tender care those who are ill or in pain, especially *N*  
knowing that whenever danger threatens your everlasting arms are there to hold  
them safe.  
Comfort and heal them, and restore them to health and strength; 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.**

Almighty God, source of our life,  
we acknowledge you as Creator of all people of every race, language and way of life.  
Help us to see each other as you see us:  
your sons and daughters loved into being and sustained by your parental care.  
Keep watch over our hearts so that the evil of racism will find no home with us.  
Direct our spirits to work for justice and peace so that all barriers to your grace  
which oppress our brothers and sisters will be removed.  
In Jesus' name we pray. Amen.

**God of love and hope,  
you made the world and care for all creation,  
but the world feels strange right now.  
Some people are worried that they might get ill.  
Others are anxious for their family and friends.  
Be with them and help them to find peace.**

**We pray for the doctors and nurses and scientists, and all who are working to discover the right medicines to help those who are ill. Thank you that even in these anxious times, you are with us. Help us to put our trust in you and keep us safe. Amen**

As our Saviour taught us, so we pray

**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.**

## THE CONCLUSION

May God who made both heaven and earth bless this place, and all who come here. **Amen**

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

*from St Patrick's Breastplate*

© [The Archbishops' Council of the Church of England, 2000-2005](#)

All of the official *Common Worship* publications are available from [Church House Publishing](#).

