

St Mary's Parish Church West Moors



Book of Prayers

Pentecost 2020

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Prayer is the heartbeat of the life of faith, a beautiful moment where we rest in the presence of God. The prayers that pour out from our hearts can be full of words or they can be the silent meditation that opens our heart to God's presence within us.

St Paul encourages us to pray without ceasing (1 Thessalonians 17) and throughout the years there have been countless prayers that have inspired us and lifted us into the presence of the Almighty. Their familiar words, often first encountered at school or in our salad days, have filled our hearts, and become well-loved and treasured repositories for life; offering not only our praise and petitions, but soothing our troubled hearts and minds in the moments when our own prayers fail us.

These beautiful prayers that form this book, were either written or chosen by the congregation of St Mary's Parish Church, some are well known, some less so. They were collected for the Diocesan 24 hours of prayer taking place on Pentecost 2020. At this time, we were living with the threat of the Coronavirus pandemic and so there is a particular poignancy within each of these prayers as they offer us, the community and the world, hope, reassurance and love.

May they be an inspiration today and always.

God Bless

Love

Andy

Revd Andy Muckle

Vicar

The Feast of Pentecost 2020

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.

First past the post is the prayer that Jesus himself gave us (Matthew 6:9 and Luke 11:2). Here in both versions, the Lord's Prayer has become our greatest prayer, a prayer that is recited faithfully and dutifully across the globe, every hour of every day. These words are a hymn of hope for all humanity and all creation; it is a prayer for the world, for the world.

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.

Giving thanks

We give thanks for the beauty of creation in the wonders of the nature that surround us in this season of the year. May we cherish and nurture our earth's environment.

With gratitude and appreciation we pray for all those who have cared for or are caring for us in our times of need. In times of weakness, infirmity, danger and isolation, when we need support and comfort.

We give thanks for all those who inspire hope and progress in times of difficulty, in times of suffering and in times when we need to see light beyond our darkness.

Above all, we give thanks for the love of God, Father, Son and Holy Spirit, that supports us through all aspects of our lives.

With your light, Lord, the darkness will never overcome us.
Amen

Written by Gill & Alex Clarke



The Rhythm of Life

Lord, let your love fill our hearts and minds,
that we may love the world
with the great love that you have for the world;
that we may love you with all our
heart and mind and soul and strength,
and our neighbour as ourselves.
Amen

A prayer from the book "The Rhythm of Life" by David Adams

Lighten our darkness

Lighten our darkness,
Lord, we pray,
and in your great mercy
defend us from all perils and dangers of this night,
for the love of your only Son,
our Saviour Jesus Christ.
Amen

In its traditional form this prayer is beloved as the Third Collect, for Aid against all Perils, from the Book of Common Prayer. Its gentle words remind us before we go to sleep of God's abiding love and mercy.



God be in my head

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 my end,
and at my departing.
Amen.

This petition for God's presence is from the Sarum Primer of 1527, a book of prayers and worship resources collected at Salisbury Cathedral. Its richly worded prayers have influenced Christian worship ever since and many were used in the Book of Common Prayer.

Hope and Faith

Dear Father, we come to you with hope and faith in our hearts, knowing that you love each one of us. We thank you for giving us “time”, - time to live on this earth as members of the human race, able to enjoy all the wonders of nature, and with time to love and care for each other; time to pause and reflect; time to remember our loved ones, long passed, who helped to shape our lives.

Father, you give us so much time, - all the minutes of the day, the weeks, the years, yet we spend so much of it, selfishly. As we ask for forgiveness, we are humbled by your compassion, in setting us free from our sins. We feel the comfort of your loving arms, as you give us time to be quiet and still, enabling us to listen to that inner voice, the Holy Spirit, that pleads with us to follow in the ways of Jesus our Saviour. As we are joined together through the Spirit, we are united by faith. In the words of this hymn we pray – “There’s a quiet understanding when we’re gathered in the Spirit; It’s a promise that He gives us, when we gather in His name. There’s a love we feel in Jesus; there’s a manna that He feeds us, and we know when we’re together, sharing love and understanding, that our brothers and our sisters feel the oneness when we pray in His name. Thank you, thank you, Lord”

We thank you Father, for the spiritual guidance given to us through the gospels, and for our church leaders who give us wisdom and understanding. As we pray for each other when times are difficult, we are united in love. Help us to be strengthened by your almighty power, and may we be comforted and inspired by your promise of Eternal Life.

Amen

Written by Barbara Willis



Footprints

One night I had a dream.
I dreamed I was walking along the beach with the Lord...
Across the sky flashed scenes from my life...
For each scene, I noticed two sets of footprints in the sand,
one belonging to me, and the other to the Lord...

When the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that many times along the path of my life
there was only one set of footprints.
I also noticed that it happened at the very lowest
and saddest times in my life.
This really bothered me
and I questioned the Lord about it:
"Lord, you said that once I decided to follow you,
you'd walk with me all the way.
But I have noticed that during the most
troublesome times in my life
there is only one set of footprints.
I don't understand why
when I need you most you would leave me."

The Lord replied:
"My precious child, I love you and would never leave you.
During your times of trial and suffering,
when you see only one set of footprints, it was then
that I carried you."

Written by Mary Stevenson, there can be few poems and prayers that have been so comforting and reassuring of God's love for us in the times we face the darkest hours. Its intimate picture is a raw cry from our hearts to the God who is with us even we believe we are alone.



A Prayer of Saint Chrysostom

Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests: Fulfil now, O Lord, the desires and petitions of thy servants, as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. Amen.

From the Book of Common Prayer, the Prayer of St Chrysostom (one of the Early Church Fathers) is the final prayer before the Grace at Morning and Evening Prayer. At this time when we find ourselves separated physically yet united in spirit, its words hold a unique poignancy.



A Prayer of St Ignatius of Loyola

Teach me 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 ask for any reward
Save that of knowing that I do Your Holy Will.
Through Jesus Christ, Our Lord
Amen

This prayer is attributed to St Ignatius, the Spanish Basque Catholic priest and theologian, who co-founded the religious order called the Society of Jesus (Jesuits).

Hold my hand, Lord

Hold my hand, lead me on
Hold my hand when hope has gone.

Hold my hand, show me the way
when I find it hard to pray.
Hold my hand, stay by my side
be to me my strength and guide.

Hold my hand, my comfort be
when pain and fear are all I see.
Hold my hand and love me still
when doubts arise against my will.

And hold it too when days are bright
when everything is going right.
And when I feel that I could sing
and praise and worship to you bring.
And hold my hand in times of ease
when all around my soul does please.
Then hold my hand with firmest grip
in case through pleasure I should slip.

Hold my hand, don't let it go
then my faith will surely grow.
For when your hand takes hold of mine
I'm linked to power and love divine.
Through your power and love I'll stand
and so, my Lord, please hold my hand.

A prayer and poem by an unknown author, the words have held many people both in times of joy and times of sorrow.



O God the author of peace

O God, the author of peace
and lover of concord,
to know you is eternal life,
to serve you is perfect freedom.
Defend us your servants
from all assaults of our enemies;
that we, surely trusting in your defence,
may not fear the power of any adversaries;
through Jesus Christ our Lord.
Amen.

Known as the Collect for Peace, this prayer in its traditional form is found in the Book of Common Prayer as the Second Collect at Morning Prayer. In its contemporary version its beautiful words are now prayed every Thursday morning during Ordinary Time.



Prayer of St Richard of Chichester

Jesus friend and brother,
May we know you more clearly,
Love you more dearly,
And follow you more nearly.

This famous prayer written by Richard, Bishop of Chichester for eight years in the mid-13th century. The prayer is found in many forms and was set to music in the musical Godspell. Richard was well acquainted with both hard work and suffering and his prayer reflects the commitment and needed by anyone who seeks to be a true follower of Jesus. This version is beautiful and powerful in its simplicity.

Agnus Dei

O Lamb of God
that takest away the sins of the world,
have mercy upon us.

O Lamb of God
that takest away the sins of the world,
have mercy upon us.

O Lamb of God
that takest away the sins of the world,
grant us thy peace.

There are few more familiar or more beautiful words in the Communion Service than the Agnus Dei, introduced into the Roman Rite in the 7th Century. The words based on John the Baptist's description of Jesus, have been set to some of the world's most exquisite music.



All shall be well

In you, Father all-mighty, we have our preservation and our bliss.
In you, Christ, we have our restoring and our saving.
You are our mother, brother, and Saviour.
In you, our Lord the Holy Spirit, is marvellous and plenteous grace.
You are our clothing; for love you wrap us and embrace us.
You are our maker, our lover, our keeper.
Teach us to believe that by your grace
all shall be well,
and all shall be well,
and all manner of things shall be well.
Amen

In 1373, Julian of Norwich aged thirty and seriously ill, received a series of visionary experiences, which later in life she mediated on. This, her most famous prayer, is a mantra of hope for all facing the darkest times.

Disturb us, O Lord

Disturb us, Lord, when we are too well pleased with ourselves, when our dreams have come true because we have dreamed too little, when we arrive safely because we sailed too close to the shore.

Disturb us, Lord, when with the abundance of things we possess, we have lost our thirst for the waters of life, having fallen in love with life, we have ceased to dream of eternity, and in our efforts to build a new earth, we have allowed our vision of the new heaven to dim.

Disturb us, Lord, to dare more boldly, to venture on wider seas, where storms will show your mastery, where losing sight of land, we shall find the stars. We ask you to push back the horizon of our hopes, and to push us into the future in strength, courage, hope, and love.

This we ask in the name of our Captain, who is Jesus Christ. Amen

A prayer by Sir Francis Drake (1577) the English sea captain, naval officer and explorer of the Elizabethan era.



O God make speed to save us.

- God, make speed to save us.
- Lord, make haste to help us.

This short versicle and response from Psalm 40 have opened the offices of Morning and Evening Prayer for centuries. They are timeless words calling in faith for God's support for the day and night ahead.

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, invigorate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
Good Jesus, hear me.
Within your wounds, hide me.
Never let me be separated from you.
From the deadly enemy, defend me.
In the hour of my death, call me,
And bid me come to you,
That with all your Saints I may praise you
Forever and ever.
Amen.

This 14th Century prayer, although occasionally attributed to St Ignatius was possibly written by Pope John XXII, and has inspired generations with its invocations of baptism, communion and the passion of Christ.



A Benedictine Prayer

Lord, arouse in your Church the spirit which guided our holy father Benedict.
Fill us with that spirit and grant that we may love what he loved and put into practice what he taught.
Help us to be steadfast in the service of your will, that we may grow in number and holiness.
We make our prayer through Christ our Lord.
Amen.

The Rule of St Benedict, written in 516 by Benedict of Nursia, has provided inspiration for countless religious communities and individuals. This prayer unites those who attempt to follow the Rule, in the spirit of St Benedict and the service of God.

Christ Has No Body

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Yours are the hands, yours are the feet,
Yours are the eyes, you are his body.
Christ has no body now but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
compassion on this world.
Christ has no body now on earth but yours.

Attributed to St Teresa of Avila, this prayer has provided inspiration for generations of faithful people who are called to show God's love in the world. Born in Spain, Teresa entered a Carmelite convent when she was eighteen, and later earned a reputation as a mystic, reformer, and writer who experienced divine visions.



Renewing Hope

God our Father, renew our hope.
By the Holy Spirit's power strengthen us to pray readily,
serve joyfully and grow abundantly,
rejoicing in Jesus Christ our Lord.
Amen

Since the Renewing Hope vision was adopted by the Diocese of Salisbury in 2016, this prayer has been the heartbeat of our vision and is prayed at the majority of meetings.

Mission and Service

O God, who to an expectant and united church
granted at Pentecost the gift of the Holy Spirit
give us the help of the same Spirit
in all our life and worship,
that we may expect great things from you
and attempt great things for you,
and show to the world your Son our saviour Jesus Christ;
to whom with you and the Holy Spirit be honour and glory,
now and for evermore
Amen

A prayer from the Church of South India on the theme of mission and service.



The Mary Sumner Prayer

All this day, O Lord,
let me touch as many lives as possible for thee;
and every life I touch, do thou by thy spirit quicken,
whether through the word I speak,
the prayer I breathe,
or the life I live.
Amen.

There has been a Mothers' Union at St Mary's West Moors for 100 years. The Mothers' Union was founded by Mary Sumner in 1876. She wanted to create an organisation for women that brought together rich and poor to build a network that would support mothers of all kinds as they brought up their children in Christian faith. This is her prayer and is the prayer of the Mothers' Union.

Celebration of Faith

Sing to the Lord, sing praise to Him.
Give thanks to the Lord, the anchor of life.
Let us celebrate the love and faith, the joy and hope
we have in the God of our salvation.
Give thanks to God for his faithfulness.
His unfailing, unchangeable and enduring love are ever present.

We celebrate the grandeur of His creation from the mountain top,
and the beauty of the fresh fallen snow on the earth below;
the vastness of God seen in His creation,
and for the beauty of the earth, we praise Him.

Let us celebrate our faith together in the breaking of bread,
and the celebration of the resurrection;
as we bring our thanks and praise to Jesus our Lord
in prayer and songs of praise.
Sing to the Lord, celebrate and sing praise to Him.

In 2016 the afternoon Mother's Union group under the guidance of Revd Lynne wrote a psalm together. This is their prayer.



A Grateful Heart

You who have given so much to me,
give one thing more – a grateful heart;
not thankful when it pleases me,
as if your blessings had spare days;
but such a heart whose very pulse
may be your praise.

Written by the priest and poet George Herbert (who served as Rector of Bemerton, near Salisbury) this prayer goes to the very essence of thanking God each and every day for the blessings we enjoy.

A Night-time Prayer

Now into the keeping of God I put, all doings of today.
All disappointments, hindrances, forgotten things, negligences.

All gladness and beauty, love delight, achievement.

All that people have done for me,
All that I have done for them,
my work and my prayers.

And I commit all the people whom I love to his shepherding,
to his healing and restoring,
to his calling and making;
Through Jesus Christ our Lord.
Amen

Written by Margaret Cropper in the early 20th Century, this prayer is an offering to God of our days and lives, before we take our nightly rest.



Your work on Earth

Dear Risen Lord, please send your mighty fire
to rage within our mind and in our heart,
and fill us with unquenchable desire
to summon all our will and strength and art
to do your work on earth, and Lord we pray
to come more close to you in love each day.
Amen

A prayer from the Mothers' Union 'Dear Lord' book of prayers.

When you are...

When you are lonely,
I wish you Love.
When you are sad
I wish you Joy.
When you are discouraged,
I wish you Hope.
When your spirit is low
I wish you Beauty.
When you are troubled,
I wish you Peace.
With the blessing of God.
Amen

A gentle prayer of hope and encouragement when life seems difficult.



Breath of the Spirit

Dear Lord
Over recent weeks you have shown the breath of the Holy Spirit
to us all through healing, acts of kindness, listening to our prayers,
caring and comforting us.
Worshipping differently but together.
Having trust in you helps us, especially when we feel lonely,
vulnerable and scared.
We know that with your love we are not alone
and are loved dearly. Thank you.
Amen.

Written by Debbie Brown

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



The Feast of Pentecost 2020



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