

# **Worship at Home (Solo)**

## **St. Peter and St. Paul, Abington**

- *If you are on your own or in isolation, you may use this version of Worship at Home. If you are praying together with someone over the phone or with a Pastoral Visitor, then you may choose to use Worship at Home (Together).*
- *Please prepare a Bible, a candle and if you can, a cross. Remember, you are not alone when you pray. The Holy Spirit is with you. And your brothers and sisters in Christ are with you in spirit and in your worship.*
- *This worship can be done either in the morning or in the evening. You don't have to follow it exactly of course. This is given as a guide. The most important thing is to make a time every day to pray. It will take about 10 minutes if you follow this. If you don't have time, you can always say our Pocket Prayer.*
- *Morning Prayer will be offered in the parish church at 9 am on every Friday. The Eucharist will be offered in the parish church at 10 am on every Sunday. Please do join in, especially on Sunday by praying in your home.*

## Opening Prayer

*Close your eyes, take a deep breath and may the following prayer. Close their eyes and takes a few deep breaths, then say out loud the following. Remember, prayer is a conversation. Try to talk to God rather than reciting the words.*

Here I am. I stand at the door and knock. If you hear my voice and open the door, I will come in and eat with you, and you will eat with me. (Revelation. 3.20)

*Keep a short silence*

Lord God, you are always with me.  
You are with me in the day and in the night.  
You are with me when I'm happy and when I'm sad.  
You are with me when I'm healthy and when I am ill.  
You are with me when I am peaceful and when I am worried.  
Today I am feeling *(tell God how you are feeling)*  
because *(share with God the reasons you are feeling this way)*.  
Help me to remember that you love me and are with me in everything today. Amen.

## Bible Reading

*You may wish to use the weekly pattern of short readings given below, or choose a passage of your own. Please note this is just a guide. You can choose any reading you like. You may wish to read the passage twice or three times slowly. See if there is a word or phrase that stands out to you. Share with God those words or phrases and have a conversation with him about why they might have stood out to you.*

### Sunday (2 Readings)

#### First Reading

We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience. Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the

mind of the Spirit, because the Spirit prays for God's people according to the will of God.

(Romans 8.22-27)

## Second Reading

“I pray for these followers, but I am also praying for all those who will believe in me because of their teaching. Father, I pray that they can be one. As you are in me and I am in you, I pray that they can also be one in us. Then the world will believe that you sent me. I have given these people the glory that you gave me so that they can be one, just as you and I are one. I will be in them and you will be in me so that they will be completely one. Then the world will know that you sent me and that you loved them just as much as you loved me. Father, I want these people that you gave me to be with me where I am. I want them to see my glory, which you gave me because you loved me before the world was made. Father, you are the One who is good. The world does not know you, but I know you, and these people know you sent me. I showed them what you are like, and I will show them again. Then they will have the same love that you have for me, and I will live in them.”

(John 17.20-26)

## *Monday*

But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Saviour.

(Isaiah 43.1-3)

## *Tuesday*

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

(Philippians 4.8-9)

### *Wednesday*

I lift up my eyes to the hills; from where will my help come? My help comes from the Lord, who made heaven and earth. He will not let your foot be moved; he who keeps you will not slumber. He who keeps Israel will neither slumber nor sleep. The Lord is your keeper; the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time on and for evermore. (Psalm 121)

### *Thursday*

I will fulfil to you my promise and bring you back to this place. For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the Lord. (Jeremiah 29.10-14)

## *Friday*

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. (Romans 5.1-5)

## *Saturday*

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God

so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

(Luke 12.22-31)

## Prayers

*Here you can pray for your friends, neighbours, community, the church and the nation. You may choose to read the prayers below. Or you may just want to pray freely. All prayers can be brought together into the Lord's Prayer at the end.*

God of compassion,  
be close to those who are ill, afraid or in isolation.  
In their loneliness, be their consolation;  
in their anxiety, be their hope;  
in their darkness, be their light;  
through him who suffered alone on the cross,  
but reigns with you in glory,  
Jesus Christ our Lord. Amen.



Gracious God,  
give skill, sympathy and resilience  
to all who are caring for the sick,  
and your wisdom to those searching for a cure.  
Strengthen them with your Spirit,  
that through their work many will be restored to health;  
through Jesus Christ our Lord. Amen.

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

## **The Lord's Prayer**

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.

## Conclusion

*Here you are affirming that you are not alone but part of God's people. You may choose to say either all of the words or just one of the words below. You will bless the community and the church with the same words as others use at the end.*

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with my righteous right hand.'

(Isaiah 41.10)

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.

Thank you Lord. I am one of your holy people.  
We are not people of fear:  
we are people of courage.  
We are not people who protect our own safety:  
we are people who protect our neighbours' safety.  
We are not people of greed:  
we are people of generosity.  
We are your people God,  
giving and loving,  
wherever we are,  
whatever it costs.  
For as long as it takes  
wherever you call us.

The Lord bless us and watch over us; The Lord make his  
face to shine upon us and be gracious to us; The Lord  
look kindly upon us and give us peace.

In the name of Christ, Amen.