



Seven Towers Benefice

*Down Hatherley; The Leigh with Evington;
Norton; Sandhurst; Staverton with Boddington.*



Praying at home

Morning Prayer in various traditions

& Compline

It's comforting to know that we are never alone, and we never pray alone. By praying the same words as the rest of the Church, even if we cannot see each other physically, we know that we join with all the angels and saints of heaven whenever we pray.

For as long as is possible, morning prayer will still be said in one of our churches, on Tuesday's and Thursdays at 9am.

Please keep an eye on our website (<http://seventowers.org.uk>) for social media links to these services.

Contents:

1. Morning Prayer	(Church England)	page 3
2. Morning Prayer	(Celtic tradition)	page 6
3. Morning Prayer	(Taize style)	page 9
4. Morning Prayer	(Church of New Zealand)	page 11
5. Compline	(Church of England)	page 14
6. Compline	(Celtic tradition)	page 19

Morning Prayer (Church of England)

Gathering

We come from scattered lives to meet with God.
Let us recognise God's presence with us now.

Keep a short silence; still your heart.

As God's people we have gathered in God's presence,
Separated by distance but united in God's love.

Let us pray.

Come Holy Spirit,
fill the hearts of your faithful people,
and kindle in us the fire of your love;
through Jesus Christ our Lord, Amen.

Prayers of Penitence

In the light of Jesus, let us examine ourselves and confess our sins.

Keep a short silence; leave your sins at the cross.

Father, we have sinned against heaven and against you.
We are not worthy to be called your children.
We turn to you again, have mercy on us,
bring us back to yourself as those who once were dead
but now have life through Christ our Lord.
Amen.

May the Father forgive us by the death of the Son,
And strengthen us to live In the power of the Spirit
All our days. Amen

The Bible Readings

The Creed

We affirm our faith in the words of the Apostles Creed:
I believe in God, the Father almighty, Creator of heaven and earth.
I believe in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary, suffered under Pontius Pilate,
was crucified, died and was buried;
He ascended into heaven,
He is seated at the right hand of the Father,
and he will come to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic Church,
the communion of saints, the forgiveness of sins,
the resurrection of the body, and the life everlasting.
Amen

Prayers of Intercession

We intercede for others in the quiet of our hearts.
Lord meet us in the silence and hear our prayer.

Pray for yourself in your isolation that God would sit with you.

Pray for others in their loneliness.

Pray for our country.

Pray 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.

Faithful God, may we who share in this time of worship
glory in the cross of our Lord Jesus Christ,
our salvation and hope,
who reigns as Lord now and for ever.

Fill us, Good Lord with your Spirit of love;
and as you have fed us with your presence,
so, make us one in heart and mind,
in Jesus Christ our Lord.
Amen.

Let us bless the Lord
Thanks be to God.

Silence is kept

If you want to live out your faith in your isolation, why not telephone someone, to encourage them and let them know that they are not alone.

*“The Lord will be with you; he will not leave you or forsake you.
Do not be dismayed.”*

(Deuteronomy 31:8b)

Liturgical material adapted from Common Worship © 2000 Archbishops Council

Morning Prayer (Celtic tradition)

In the name of the Father,
and of the Son, and of the Holy Spirit.
Amen

Opening Sentences

One thing I have asked of the Lord, this is what I seek:
that I may dwell in the house of the Lord
all the days of my life;
to behold the beauty of the Lord and to seek Him in His temple.

Who is it that you seek?
We seek the Lord our God.

Do you seek Him with all your heart?
Amen. Lord, have mercy.

Do you seek Him with all your soul?
Amen. Lord, have mercy.

Do you seek him with all your mind?
Amen. Lord, have mercy.

Do you seek Him with all your strength?
Amen. Christ, have mercy.

Declaration of faith

To whom shall we go?
You have the word of eternal life,
and we have believed and have come to know
that You are the Holy One of God.
Praise to You, Lord Jesus Christ,
King of endless glory.

Bible Readings

Prayers of Intercession

We intercede for others in the quiet of our hearts.
Lord meet us in the silence and hear our prayer.

Pray for yourself in your isolation that God would sit with you.

Pray for others in their loneliness.

Pray for our country.

Pray for the world.

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.

Canticle

Christ, as a light
Illumine and guide me.
Christ, as a shield
overshadow me.
Christ under me;
Christ over me;
Christ beside me
on my left and my right.
This day be within and without me,
lowly and meek, yet all-powerful.
Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.
This day be within and without me,
lowly and meek, yet all-powerful.
Christ as a light;
Christ as a shield;
Christ beside me;
on my left and my right.

Blessing

May the peace of the Lord Jesus Christ be with you.
May he guide you through the wilderness,
protect you through the storm.
May he bring you home rejoicing
at the wonders he has shown you.
May he bring you home rejoicing
once again into our doors.

In the name of The Father,
and of the Son, and of the Holy Spirit.
Amen

Morning Prayer – after the style of Taizé

Psalm – from Psalm 96

Leader: O sing a new song to the Lord,
Sing to the Lord all the earth.
O sing to the Lord, bless his name.

**All: Proclaim God’s help day by day,
Tell among the nations his glory
And his wonders among all peoples.**

Leader: It was the Lord who made the heavens,
His are majesty and power
And splendour in his holy place.

**All: Let the heavens rejoice and earth be glad,
Let the sea and all within it thunder praise,
Let the land and all it bears rejoice,
All the trees of the wood shout for joy
At the presence of the Lord who comes.**

The Lord says: Surely, this commandment I am commanding you today is not too hard for you, nor is it too far away.

It is not in heaven, that you should say “Who will go up to heaven for us, and get it for us so that we may hear it and observe it?”

Neither is it beyond the sea, that you should say “Who will cross to the other side of the sea for us, and get it for us, so that we may hear it and observe it?” No, the word is very near to you: it is in your mouth and in your heart for you to observe.

Deuteronomy 30 v 11 – 14

Bible Reading

Reflection

Prayers

- For peace in the world and freedom for all people
- For the leaders of the churches, that they may tirelessly seek visible unity among Christians
- For honesty in political life, for justice in society
- For those without work or resources, those with no family or home
- For those who suffer from loneliness
- For those sick in body, mind or spirit
- For those who work with the poor, the excluded, the unloved

The Lord's Prayer

**All: Our Father in heaven,
 Hallowed be your name.
 May you kingdom come, your will be done
 On earth as in heaven.
 Give us today 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.**

Leader: Living God, however poor our prayer is, we search for you with confidence. And your love carves out a way forward through our hesitations and even through our doubts.

You have blessed us, living God; you bury our past in the heart of Christ and are going to take care of our future.

Let us go in the peace of Christ

All: Thanks be to God.

Morning Prayer after the style of the Church of New Zealand

Leader: Great is the Lord and worthy of all praise.

**All: Amen! Praise and glory and wisdom,
thanksgiving and honour, power and might,
be to our God, for ever and ever. Amen!**

Brothers and sisters in Christ, let us praise and worship God who has called us together. Let us celebrate God's majesty, and delight in the wonder of God's love. Together we shall confess our sins and receive assurance that we have been forgiven.

As the scriptures are read, we can allow God's word to speak to us, and ponder its meaning for our lives.

In our prayers, we give thanks for God's goodness, we pray for others as well as ourselves, and we offer our lives anew in Christ's service.

All this we do, because we believe in the presence among us of our Saviour Jesus Christ, and in the mighty power of the Holy Spirit.

Love one another, for love is of God,
and whoever loves is born of God and knows God.

All: Spirit of God, search our hearts.

In silence, let us remember our need for God's forgiveness.

All: God of mercy, we have sinned against you and against others. We have sinned in what we have done, and in what we have failed to do. We are truly sorry. For the sake of your son, Jesus Christ, who died for our sins, forgive us all that is past and raise us to newness of life. Amen.

Almighty God, who pardons all who truly repent, forgive us our sins, strengthen us by the Holy Spirit, and keep us in life eternal; through Jesus Christ our Redeemer.
Amen.

O come, let us sing unto the Lord.

All: Let us rejoice in the rock of our salvation.

We sing to you, O God and bless your name.

All: and tell of your salvation from day to day.

We proclaim your glory to the nations

All: your praise to the ends of the earth.

Bible Reading

Reflection

Hear what the Spirit is saying to the church.

All : Thanks be to God.

Prayers, concluding with the Lord's Prayer

Make your ways known upon earth, O God

All: Your saving power among all peoples.

Renew your church in holiness.

All: And help us to serve you with joy.

Guide the leaders of this and every nation.

All: That justice may prevail throughout the world.

Let not the needy, O God, be forgotten,

All: Nor the hope of the poor be taken away.

Make us instruments of your peace,

All: And let your glory be over all the earth.

Holy and ever living God, by your power we are created
and by your love we are redeemed;
guide and strengthen us by your Holy Spirit,
that we may give ourselves to your service,
and live each day in love to one another and to you,
through Jesus Christ our Lord.

All: Amen.

**All: In darkness and in light,
in trouble and in joy,
help us, Heavenly Father, to trust your love,
to serve your purpose,
and to praise your name,
through Jesus Christ our Lord.
Amen.**

Let us bless the Lord.

All: Thanks be to God!

Compline (night prayer)

* It is recommended that a time of quietness should precede Compline, emptying out all the tensions and concerns of the past day and shifting the focus of our attention back to God.

If it helps you can make the sign of the cross silently before starting the spoken prayers.

Compline (Church of England)

Preparation

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

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

Most merciful God, we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed,
and in what we have failed to do.

Forgive us our sins,
heal us by your Spirit,
and raise us to new life in Christ. Amen.

O God, make speed to save us.

O Lord, make haste to help us.

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.

Hymn

Before the ending of the day,
Creator of the world, we pray:
protect us by your mighty grace,
grant us your mercy and your peace:

Bless us in sleep, that we may find
no terrors to disturb our mind;
our cunning enemy restrain
guard us from sin and all its stain.

O Father, may your will be done
through Jesus Christ your only Son;
whom with the Spirit we adore,
one God, both now and evermore.

Psalmody (*any of those below could be used or one of your choice*)

Psalm 4

Answer me when I call to you,
O God who declares me innocent.
Free me from my troubles.
Have mercy on me and hear my prayer.
How long will you people ruin my reputation?
How long will you make groundless accusations?
How long will you continue your lies?

Interlude

You can be sure of this:
The Lord set apart the godly for himself.
The Lord will answer when I call to him.
Don't sin by letting anger control you.
Think about it overnight and remain silent.

Offer sacrifices in the right spirit, and trust the Lord.
Many people say, "Who will show us better times?"
Let your face smile on us, Lord.
You have given me greater joy
than those who have abundant harvests of grain and new wine.

In peace I will lie down and sleep,
for you alone, O Lord, will keep me safe.

*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.*

Psalm 91

Those who live in the shelter of the Most High
will find rest in the shadow of the Almighty.
This I declare about the Lord: He alone is my refuge, my place of safety;
he is my God, and I trust him. For he will rescue you from every trap
and protect you from deadly disease.
He will cover you with his feathers. He will shelter you with his wings.
His faithful promises are your armour and protection.
Do not be afraid of the terrors of the night,
nor the arrow that flies in the day.
Do not dread the disease that stalks in darkness,
nor the disaster that strikes at midday.
Though a thousand fall at your side, though ten thousand are dying
around you, these evils will not touch you.
Just open your eyes, and see how the wicked are punished.
If you make the Lord your refuge,
if you make the Most High your shelter,
no evil will conquer you;
no plague will come near your home.
For he will order his angels to protect you wherever you go.
they will hold you up with their hands
so you won't even hurt your foot on a stone.
You will trample upon lions and cobras;
you will crush fierce lions and serpents under your feet!
The Lord says, "I will rescue those who love me.
I will protect those who trust in my name.

When they call on me, I will answer;
I will be with them in trouble. I will rescue and honour them.
I will reward them with a long life and give them my salvation.”

Glory to the Father and to the Son

Psalm 134

Oh, praise the Lord, all you servants of the Lord,
you who serve at night in the house of the Lord.
Lift your hands toward the sanctuary, and praise the Lord.
May the Lord, who made heaven and earth,
bless you from Jerusalem.

Glory to the Father and to the Son

Reading

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

You, O Lord, are in the midst of us and we are called by your name;
leave us not, O Lord our God. *Jeremiah 14.9*

Be sober, be vigilant, because your adversary the devil is prowling
round like a roaring lion, seeking for someone to devour.
Resist him, strong in the faith. *1 Peter 5.8, 9*

The servants of the Lamb shall see the face of God,
whose name will be on their foreheads.
There will be no more night:
they will not need the light of a lamp or the light of the sun,
for God will be their light, and they will reign for ever and ever.
Revelation 22.4, 5

Responsory

The Nunc dimittis

Save us, O Lord, while waking, into your hands,
and guard us while sleeping,
that awake we may watch with Christ and asleep may rest in peace.

Lord, now lettest thou thy servant depart in peace:
according to thy word. For mine eyes have seen thy salvation;

Which thou hast prepared before the face of all people;

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

Save us, O Lord, while waking, into your hands,
and guard us while sleeping,
that awake we may watch with Christ and asleep may rest in peace.

Luke 2.29-32

Prayers

Visit this place, O Lord, we pray
and drive from it the snares of the enemy.
May your holy Angels dwell with us and guard us in peace
and may your blessings be always upon us,
through Jesus Christ our Lord
Amen.

Prayers are offered which may conclude with:

In peace we will lie down and sleep
for you alone, Lord, make us dwell in safety.
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.
Amen.

All Common Worship material is © The Archbishops' Council

The Patrick Compline (Celtic tradition)

In the name of the King of life:
In the name of the Christ of love;
In the name of the Holy Spirit:
the Triune of my strength.

I Love you , O Lord my strength the Lord is my rock,
my fortress and my deliverer.
My God is my rock in whom I take refuge.

I will praise the Lord who counsels me.
even at night my heart instructs me.

I have set the Lord always before me.
Because He is at my right hand,
I shall not be shaken.

I am placing my soul and my body
under thy guarding this night, O Christ.
May Thy cross this night be shielding me.

Into your hands I commit my spirit;
redeem me, O Lord, the God of truth.

The God of life with guarding hold you;
the Loving Christ with guarding fold,
the Holy Spirit, guarding, mould you;
each night of life to aid, enfold you;
each day and night of life uphold you.

May God shield me;
may God fill me;
may God keep me;
may God bring me this night;
to the nearness of His love.

The peace of the Father of joy,
the peace of the Christ of hope,
the peace of the Spirit of grace.
The peace of all peace be mine this night
In the name of the Father and of the Son
and of the Holy Spirit.
Amen.

Copyright ©2000,2005,2015The Northumbria Community Trust