

# Daily Prayers at Home



“For where two or three gather in my name, there am I with them.”

*Matthew 18:20*

A collection of prayers and blessings to use at home or  
if you are unable to attend Church.



REEPHAM & WENSUM VALLEY  
TEAM CHURCHES

In these uncertain times, when many of us are feeling anxious we would naturally turn to our faith for support and guidance. This booklet has been made for those of us who are unable to leave our homes, or who are choosing to self isolate, so that we can continue to be together in faith.

These prayers are a guide for a time when we may struggle to find the right words to say to God. Feel free to pick and choose the prayers that attract you. Feel free to add our own words; God is always listening.

### **When we cannot get to church**

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.

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*

I am giving you worship with all my life,  
I am giving you obedience with all my  
power,  
I am giving you praise with all my strength,  
I am giving you honour with all my speech.  
I am giving you love with all my heart,  
I am giving you affection with all my  
sense,  
I am giving you my being with all my mind,  
I am giving you my soul, O most high and  
holy God.  
Praise to the Father,  
Praise to the Son,  
Praise to the Spirit,  
The Three in One.

*adapted from Alexander Carmichael,  
Carmina Gadelica (1900)*

### **When we feel troubled**

O gracious and holy Father,  
give us wisdom to perceive you,  
diligence to seek you,  
patience to wait for you,  
eyes to behold you,  
a heart to meditate upon you,  
and a life to proclaim you,  
through the power of the spirit  
of Jesus Christ our Lord.

*St Benedict*

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.**

O God,  
help me to trust you,  
help me to know that you are with  
me,  
help me to believe that nothing can  
separate me from your love  
revealed in Jesus Christ our Lord.

**Amen.**

## Intercession

Let us pray to the Lord,  
who is our refuge and stronghold.

For the health and well-being of our nation,  
that all who are fearful and anxious  
may be at peace and free from worry:

Lord, hear us,

**Lord, graciously hear us.**

For doctors, nurses and medical researchers,  
that through their skill and insights  
many will be restored to health:

Lord, hear us,

**Lord, graciously hear us.**

For the vulnerable and the fearful,  
for the gravely ill and the dying,  
that they may know your comfort and peace:

Lord, hear us,

**Lord, graciously hear us.**

For the isolated and housebound,  
that we may be alert to their needs,  
and care for them in their vulnerability:

Lord, hear us,

**Lord, graciously hear us.**

For our homes and families,  
our schools and young people,  
and all in any kind of need or distress:

Lord, hear us,

**Lord, graciously hear us.**

For a blessing on our local community,  
that our neighbourhoods may be places of  
trust and friendship,

where all are known and cared for:

Lord, hear us,

**Lord, graciously hear us.**

We commend ourselves, and all for  
whom we pray,

to the mercy and protection of God.

Merciful Father,

**accept these prayers**

**for the sake of your Son,  
our Saviour Jesus Christ.**

**Amen.**

## **A Prayer for Children**

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 peace-  
ful and when I am worried.

Today I am feeling (*name how you  
are feeling*) because (*reasons you  
are feeling this way*).

Help me to remember that you  
love me and are with me in every-  
thing today.

**Amen.**

## **A Prayer Before Sleep**

God our Father, by whose mercy  
the world turns safely into  
darkness and returns again to  
light:

we place in your hands our  
unfinished tasks, our unsolved  
problems, and our unfulfilled  
hopes, knowing that only what you  
bless will prosper.

To your love and protection  
we commit each other and all  
those we love,  
knowing that you alone are our  
sure defender,  
through Jesus Christ our Lord.

*Church of South India*

## Blessing

May the peace of the Lord Christ go with you,  
wherever He may send 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



If you are feeling lonely or need help, we are only a phone call away.

A team from the Reepham and Wensum Valley Churches will be  
phoning those in isolation.

Please call 01603 879275 and leave a message if you would like a call  
or if you are able to help by calling those in need. Alternatively you  
can email [parishofficerwv@gmail.com](mailto:parishofficerwv@gmail.com)

Other services for those who would like someone to talk to are:

The Silver Line 0800 4 70 80 90

Friendship Centres Age UK 08000 556 112

Compassionate Friends 0345 123 2394 (10am-4pm & 7pm-10pm)

Friendship Line 02079 214 272 (11am-3pm, Mon-Fri)



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