

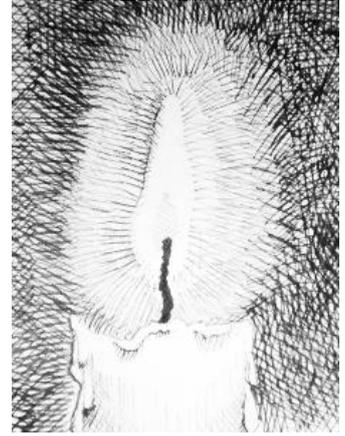
# Prayer Resources



**for use at home**  
**Holy Week & Easter 2021**

This booklet includes a variety of resources from different Christian traditions, including some items specific to Holy Week and Easter, such as the examination of conscience and an acclamation of the resurrection.

# Simple Forms of Prayer



## Light a candle

- Lighting a candle before you pray can help you to focus and find stillness (never leave a lit candle unattended).

## The “Examen”

Don’t let the name put you off! This is a very simple way to prayerfully review your day with God in five steps:

1. Become aware of God’s presence, or ask God to help you remember that God is there with you.
2. Review the day with gratitude (as best you can!)
3. Pay attention to how you’re feeling about it.
4. Choose one feature of the day and pray about it.
5. Look toward tomorrow. What do you expect the day to hold? Ask God to help you remember that God is with you.

## Lectio Divina

Again, if this is new to you, don’t let the name put you off. Lectio helps you to read the Bible in a prayerful way.

- Pick a short passage of Scripture (it can be anything you like, but if you’re stuck, parables of Jesus or the shorter Psalms are a good choice).
- Read it through, slowly, two or three times. Notice what jumps out at you, and ask yourself, what is God saying to me here? Reflect on this for a few minutes.
- Then, read the passage again. Now ask yourself, what do I want to say to God? - then say it. Lastly, sit quietly and know that God is with you.

## Some Collects and other prayers to say during Lent

*The Collect for Ash Wednesday, used every day during Lent in the Book of Common Prayer*

ALMIGHTY and everlasting God,  
who hatest nothing that thou hast made,  
and dost forgive the sins of all them that are penitent:

Create and make in us new and contrite hearts,  
that we worthily lamenting our sins,  
and acknowledging our wretchedness,  
may obtain of thee, the God of all mercy,  
perfect remission and forgiveness;  
through Jesus Christ our Lord. Amen.



*A Prayer to say when in need of God's help*

Almighty God,  
you see that we have no power of ourselves to help ourselves:  
keep us both outwardly in our bodies, and inwardly in our souls;  
that we may be defended from all adversities  
    which may happen to the body,  
and from all evil thoughts which may assault and hurt the soul;  
through Jesus Christ our Lord. Amen.

*An Eastern Orthodox prayer before the cross*

We venerate the wood of thy Cross, O thou who lovest mankind, for upon it thou, the life of all, wast nailed. O Saviour, though has opened paradise who turned to thee in faith, and those hast counted him worthy of blessedness when he conessed to thee crying, 'O Lord remember me.' Accept us like him, as we cry: We all have sinned, in thy merciful kindness despise us not.

*A prayer of confession*

Almighty and most merciful Father,  
we have wandered and strayed from your ways like lost sheep.  
We have followed too much the devices and desires of our own hearts.  
We have offended against your holy laws.  
We have left undone those things that we ought to have done;  
and we have done those things that we ought not to have done;  
and there is no health in us.  
But you, O Lord, have mercy upon us sinners.  
Spare those who confess their faults.  
Restore those who are penitent,  
according to your promises declared to humankind  
in Christ Jesus our Lord.  
And grant, O most merciful Father, for his sake,  
that we may live a disciplined, righteous and godly life,  
to the glory of your holy name. Amen.

*A prayer from Good Friday for the whole church*

O God of unchangeable power and eternal light,  
look favourably on your whole Church,  
that wonderful and sacred mystery,  
and by the tranquil operation of your perpetual providence  
carry out the work of our salvation:  
and let the whole world feel and see  
that things which were cast down are being raised up  
and things which had grown old are being made new  
and that all things are returning to perfection  
through him from whom they took their origin,  
even Jesus Christ our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen.

*Prayers before sleeping*

Be present, O merciful God,  
and protect us through the silent hours  
of this night,  
so that we who are wearied  
by the changes and chances  
of this fleeting world,  
may rest upon your eternal changelessness;  
through Jesus Christ our Lord. Amen.

Lord Jesus Christ, Son of the living God,  
who at this evening hour lay in the tomb  
and so hallowed the grave  
to be a bed of hope for all who put their trust in you:  
give us such sorrow for our sins,  
which were the cause of your passion,  
that when our bodies lie in the dust,  
our souls may live with you forever. Amen.



## **A Cycle of Prayers from Jesus' Passion**

*These are Jesus' own prayers, taken from his words during the Last Supper, his Passion, his Crucifixion and his Resurrection.*

*In the Upper Room - Jesus prays for his disciples, and for us*

"I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me. The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me."

(John 17.20-23)

*In the Garden of Gethsemane*

*Jesus prays for himself and for all who face great trials* (Mark 14.36)

'Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want.'

*At the Nailing - Jesus prays for his persecutors* (Luke 23.34)

'Father, forgive them; for they do not know what they are doing.'

*At the Darkness - Jesus prays to the Father* (Mark 15.34; Luke 23.46)

'Eloi, Eloi, lema sabachthani?' which means,  
'My God, my God, why have you forsaken me?'  
'Father, into your hands I commend my spirit'

*At Emmaus - Jesus blesses and breaks bread* (Luke 24.28-30)

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them.

## A Form of Prayer During the Day

*This is a form of prayer, sometimes called an 'office'.*

*When saying this office alone, say both the parts in plain and in bold.*

O God, make speed to save us.

**O Lord, make haste to help us.**

Hear my prayer, O Lord, and give ear to my cry;

**hold not your peace at my tears.**

*Praise - you could sing a hymn, listen to music, or say*

Jesus, like a mother you gather your people to you;  
you are gentle with us as a mother with her children.

Despair turns to hope through your sweet goodness;  
through your gentleness we find comfort in fear.

Your warmth gives life to the dead,  
your touch makes sinners righteous.

Lord Jesus, in your mercy heal us;  
in your love and tenderness remake us.

In your compassion bring grace and forgiveness,  
for the beauty of heaven may your love prepare us.

*Anselm (1109)*

*Read a Psalm (see table)*

*End the Psalm with:*

**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.**

Suggested psalms:

Monday – 43

Tuesday – 142

Wednesday – 143

Thursday – 23

Friday – 69.1-13

Saturday – 130

Sunday 22.1-11

*Bible Reading, eg*

*Sunday: Romans 6.3-5, Monday: Joel 2.12-14, Tuesday: I Corinthians 9.24-end, Wednesday: Romans 7.21-25a, Thursday: Isaiah 58.6-9a, Friday: Matthew 6.1-4, Saturday: Luke 10.38-end.*

*Intercessions: pray for the Church, the world, and for individuals.*

*This, or another collect is said:*

Teach us, good 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 seek for any reward,  
save that of knowing that we do your will. Amen.

*The Lord's Prayer is said.*

**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.**

May God bless us and show us compassion and mercy. **Amen.**

### **Some More Well-Known Bible Passages To Read**

Psalm 23	Jeremiah 29.11-13
Psalm 27	Psalm 139
Isaiah 43.1-21	Habbakuk 3.17-19
Matthew 6.25-34	Matthew 11.25-29
John 14.1-7	John 17:1-26
Romans 8.18-38	Colossians 3.12-17
Philippians 4.1-13	1 Corinthians 13

## **An Examination of Conscience (using the ten commandments)**

**I am the Lord your God: you shall not have strange Gods before me.**  
Have I treated people, events, or things as more important than God?

**You shall not take the name of the Lord your God in vain.**  
Have my words, actively or passively, put down God, Church, or people?

**Remember to keep holy the Lord's Day.**  
Do I go to Mass every Sunday and on Holy Days of Obligation (when safe to do so)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

**Honour your father and your mother.**  
Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

**You shall not kill.**  
Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

**You shall not commit adultery.**  
Have I respected the physical and sexual dignity of others and of myself?

**You shall not steal.**  
Have I taken or wasted time or resources that belonged to another?

**You shall not bear false witness against your neighbour.**  
Have I gossiped, told lies, or embellished stories at the expense of another?

**You shall not covet your neighbour's goods.**  
Am I content with my own means and needs, or do I compare myself to others unnecessarily?

## **A Prayer for Assurance of Christ's Presence ("An Act of Spiritual Communion").**

*Begin with the Collect for Ash Wednesday (p 3), and then read the Gospel for Sunday, or another appropriate passage of Scripture (e.g. Luke 22.14-30).*

*Examine your heart and confess your sins to God, using your own words or the prayer of confession on p 4, and then say*

The Almighty and merciful Lord,  
grant me pardon and absolution of all my sins. Amen.

*Then say*

In union, O Lord with the faithful at every altar of your Church, where the Holy Eucharist is celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united to you. And since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I unite myself to you, and embrace you with all the affections of my soul. Let nothing ever separate you from me. May I live and die in your love. Amen.

("The Armed Forces Prayerbook" (The Episcopal Church USA), 1951, adapted).

*You might like to sit in silence for a while. Finish your time of prayer by saying the Lord's Prayer.*

## **An Acclamation of the Resurrection (for use on Easter Day)**

Alleluia. Christ is risen.

**He is risen indeed. Alleluia.**

Praise the God and Father of our Lord Jesus Christ.

**He has given us new life and hope.**

He has raised Jesus from the dead.

**God has claimed us as his own.**

He has brought us out of darkness.

**He has made us light to the world.**

Alleluia. Christ is risen.

**He is risen indeed. Alleluia.**

## **The Easter Anthems**

Christ our passover has been sacrificed for us:

so let us celebrate the feast,

not with the old leaven of corruption and wickedness:

but with the unleavened bread of sincerity and truth.

*1 Corinthians 5.7b, 8*

Christ once raised from the dead dies no more:

death has no more dominion over him.

In dying he died to sin once for all:

in living he lives to God.

See yourselves therefore as dead to sin:

and alive to God in Jesus Christ our Lord.

*Romans 6.9–11*

Christ has been raised from the dead:

the first fruits of those who sleep.

For as by man came death:

by man has come also the resurrection of the dead;

for as in Adam all die: even so in Christ shall all be made alive.

*1 Corinthians 15.20–22*

***Use this page for your own notes, questions, and reflections.***