

The Benefice of All Saints, Highbrook & St Margaret of Antioch, West Hoathly

Worship for those who need to stay at home



This booklet offers a simple act of worship for the Sundays when you can't get to church, and is offered to help us rely upon and draw close to the presence of Christ.

The words can be said out loud or in the silence of your heart.

Sunday Morning Prayer	Page 2
Simple Night Prayer	Page 5
Other ways to Worship (TV and Radio)	Page 11
Devotional Poems	Page 12
Sunday Readings and Collect Prayers	Page 14

Sunday Morning Prayer

Preparation

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

Blessed are you,
God of compassion and mercy,
to you be praise and glory for ever.
In the darkness of our sin,
your light breaks forth like the dawn
and your healing springs up for deliverance.
As we rejoice in the gift of your saving help,
sustain us with your bountiful Spirit
and open our lips to sing your praise.
Blessed be God, Father, Son and Holy Spirit.
Blessed be God for ever.

Psalm

The appointed Psalm for the day is said. The readings for each Sunday can be found at the back of the booklet.

Each Psalm may end 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.

First Reading

The Old or New Testament Reading is read here.

Hymn

Sing, listen or read a hymn

Gospel Reading

The Gospel Reading is read here.

Gospel Canticle

Blessed be the Lord the God of Israel,
who has come to his people and set them free.
He has raised up for us a mighty Saviour,
born of the house of his servant David.
Through his holy prophets God promised of old
to save us from our enemies,
from the hands of all that hate us,
To show mercy to our ancestors,
and to remember his holy covenant.
This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,
Free to worship him without fear,
holy and righteous in his sight all the days of our life.
And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
To give his people knowledge of salvation
by the forgiveness of all their sins.
In the tender compassion of our God
the dawn from on high shall break upon us,
To shine on those who dwell in darkness
and the shadow of death,
and to guide our feet into the way of peace.
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.

Prayers of Intercession

*Silence for prayer is kept:
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 Collect

The Collect of the Day is prayed here. This can be found at the back of the booklet.

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

May God our Redeemer
show us compassion and love.
Amen.

Let us bless the Lord.
Thanks be to God.

Simple Night Prayer

Compline or Night Prayer is a service of quietness and reflection before rest at the end of the day. It can be particularly helpful when feeling worried or distressed in providing a period of calm, and space to give the worries and stresses of the day to God.

Preparation

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

Our help is in the name of the Lord
who made heaven and earth.

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.

○ God, make speed to save us.

○ 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.

Psalm

One or more of the following psalms may be used.

Psalm 4

- 1 Answer me when I call, O God of my righteousness;
you set me at liberty when I was in trouble;
have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory;
how long will you love vain things and seek after falsehood?
- 3 But know that the Lord has shown me
his marvellous kindness;
when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not;
commune with your own heart upon your bed, and be still.
- 5 Offer the sacrifices of righteousness
and put your trust in the Lord.
- 6 There are many that say, 'Who will show us any good?'
Lord, lift up the light of your countenance upon us.
- 7 You have put gladness in my heart,
more than when their corn and wine and oil increase.
- 8 In peace I will lie down and sleep,
for it is you Lord, only, who make me dwell in safety.

Psalm 91

- 1 Whoever dwells in the shelter of the Most High
and abides under the shadow of the Almighty,
- 2 Shall say to the Lord, 'My refuge and my stronghold,
my God, in whom I put my trust.'
- 3 For he shall deliver you from the snare of the fowler
and from the deadly pestilence.
- 4 He shall cover you with his wings
and you shall be safe under his feathers;
his faithfulness shall be your shield and buckler.
- 5 You shall not be afraid of any terror by night,

- nor of the arrow that flies by day;
6 Of the pestilence that stalks in darkness,
nor of the sickness that destroys at noonday.
7 Though a thousand fall at your side
and ten thousand at your right hand,
yet it shall not come near you.
8 Your eyes have only to behold
to see the reward of the wicked.
9 Because you have made the Lord your refuge
and the Most High your stronghold,
10 There shall no evil happen to you,
neither shall any plague come near your tent.
11 For he shall give his angels charge over you,
to keep you in all your ways.
12 They shall bear you in their hands,
lest you dash your foot against a stone.
13 You shall tread upon the lion and adder;
the young lion and the serpent you shall trample underfoot.
14 Because they have set their love upon me,
therefore will I deliver them;
I will lift them up, because they know my name.
15 They will call upon me and I will answer them;
I am with them in trouble,
I will deliver them and bring them to honour.
16 With long life will I satisfy them
and show them my salvation.

Psalm 134

- 1 Come, bless the Lord, all you servants of the Lord,
you that by night stand in the house of the Lord.
2 Lift up your hands towards the sanctuary
and bless the Lord.
3 The Lord who made heaven and earth
give you blessing out of Zion.

At the end of the psalmody, the following is said or sung

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.

Scripture 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)*

(or)

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)*

(or)

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)

*The following **responsory** may be said*

Into your hands, O Lord, I commend my spirit.

All Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.

All I commend my spirit.

Glory to the Father and to the Son
and to the Holy Spirit.

All Into your hands, O Lord, I commend my spirit.

Keep me as the apple of your eye.

All Hide me under the shadow of your wings.

Gospel Canticle

The Nunc dimittis (The Song of Simeon) is said or sung

- All Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.
- 1 Now, Lord, you let your servant go in peace:
your word has been fulfilled.
- 2 My own eyes have seen the salvation
which you have prepared in the sight of every people;
- 3 A light to reveal you to the nations
and the glory of your people Israel.

(Luke 2.29-32)

All 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.

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

Prayers

Intercessions and thanksgivings may be offered here.

The Collect

Silence may be kept.

One or more of the following are said:

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

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 in your eternal changelessness. Amen.

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

Keep watch, dear Lord, with those who wake, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary, sustain the dying, calm the suffering, and pity the distressed; all for your love's sake, O Christ our Redeemer. Amen.

The Lord's Prayer *may be said.*

The Conclusion

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

Abide with us, Lord Jesus,
for the night is at hand and the day is now past.

As the night watch looks for the morning,
so do we look for you, O Christ.

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

Amen.

Other ways you can join in with worship:

Television programmes

'Songs of Praise' - Sundays at 1.15pm on BBC 1

Radio programmes (and through the BBC website)

'Prayer for the Day' - daily at 5.43am on Radio 4

'Sunday Worship' - Sundays at 8.10am on Radio 4

'Daily Service' - Monday to Friday at 9.45am on Radio 4
Longwave and DAB

'Lent Talks' - Wednesdays at 8.45pm on Radio 4

'Celebration' (Act of worship) - Sundays at 7.30pm on BBC Radio
Wales

'Choral Evensong' - Wednesdays at 3.30pm and the same service
is repeated Sundays at 3pm on Radio 3

Devotional Poems

Let Your God Love You by Edwina Gateley

Be silent.
Be still.
Alone.
Empty
Before your God.
Say nothing.
Ask nothing.
Be silent.
Be still.
Let your God look upon you.
That is all.
God knows.
God understands.
God loves you
With an enormous love,
And only wants
To look upon you
With that love.
Quiet.
Still.
Be.
Let your God—
Love you.

Footprints in the Sand by Anon

One night I dreamed a dream. As I was walking along the beach with my Lord. Across the dark sky flashed scenes from my life. For each scene, I noticed two sets of footprints in the sand, One belonging to me and one to my Lord. After the last scene of my life flashed before me, I looked back at the footprints in the sand. I noticed that at many times along the path of my life, especially at the very lowest and saddest times, there was only one set of footprints.

This really troubled me, so I asked the Lord about it. "Lord, you said once I decided to follow you, You'd walk with me all the way. But I noticed that during the saddest and most troublesome times of my life, there was only one set of footprints. I don't understand why, when I needed You the most, You would leave me."

He whispered, "My precious child, I love you and will never leave you Never, ever, during your trials and testings. When you saw only one set of footprints, It was then that I carried you."

Lead Us Not Into Temptation, But Deliver Us From Evil by Malcolm Guite

Oh do not bring us to the time of trial,
Deliver us, deliver us from evil.
How is it that your own petitions fail
As evil slams its hammer to the anvil?
For you were brought to trial and not delivered
You let the prince of darkness do his worst
The sun shrank from that sight, the whole world shivered,
The fount of blessing let himself be cursed.
How is it? Is it that your dereliction
Makes possible the answer to my prayer?
Am I delivered by your bitter passion,
As you face every evil for me there?
Unanswered answerer, forsaken friend,
Bring me to my beginning through your end.

Readings and Prayers for the Coming Sundays

Don't worry if you don't find exactly the right passage- St Paul assure us that "All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness" so whatever you read will help you to grow closer to God.

Date	Readings	Collect Prayer
Sun 22 Mar 2020 The Fourth Sunday of Lent	1 Samuel 16.1-13 Ephesians 5.8-14 Psalm 23 John 9.1-41	Merciful Lord, you know our struggle to serve you: when sin spoils our lives and overshadows our hearts, come to our aid and turn us back to you again; through Jesus Christ our Lord. Amen
Sun 29 Mar 2020 The Fifth Sunday of Lent	Ezekiel 37.1-14 Romans 8.6-11 Psalm 130 John 11.1-45	Gracious Father, you gave up your Son out of love for the world: lead us to ponder the mysteries of his passion, that we may know eternal peace through the shedding of our Saviour's blood, Jesus Christ our Lord. Amen
Sun 5 Apr 2020 Palm Sunday	Isaiah 50.4-9a Philippians 2.5-11 Psalm 31.9-16 Matthew 26.14 – 27.66	True and humble king, hailed by the crowd as Messiah: grant us the faith to know you and love you, that we may be found beside you on the way of the cross, which is the path of glory. Amen
Sun 12 Apr 2020 Easter Day Principal Feast	Acts 10.34-43 Colossians 3.1-4 Psalm 118.1-2,14-24 Matthew 28.1-10	God of glory, by the raising of your Son you have broken the chains of death and hell: fill your Church with faith and hope; for a new day has dawned and the way to life stands open in our Saviour Jesus Christ. Amen

Date	Readings	Collect Prayer
Sun 19 Apr 2020 The Second Sunday of Easter	Acts 2.14a,22-32 1 Peter 1.3-9 Psalm 16 John 20.19-31	Risen Christ, for whom no door is locked, no entrance barred: open the doors of our hearts, that we may seek the good of others and walk the joyful road of sacrifice and peace, to the praise of God the Father.Amen
Sun 26 Apr 2020 The Third Sunday of Easter	Acts 2.14a, 36-41 1 Peter 1.17-23 Psalm 116.1-3, 10-17 Luke 24.13-35	Risen Christ, you filled your disciples with boldness and fresh hope: strengthen us to proclaim your risen life and fill us with your peace, to the glory of God the Father.Amen
Sun 3 May 2020 The Fourth Sunday of Easter	Acts 2.42-47 1 Peter 2.19-25 Psalm 23 John 10.1-10	Risen Christ, faithful shepherd of your Father's sheep: teach us to hear your voice and to follow your command, that all your people may be gathered into one flock, to the glory of God the Father.Amen
Sun 10 May 2020 The Fifth Sunday of Easter	Acts 7.55-60 1 Peter 2.2-10 Psalm 31.1-5,15-16 John 14.1-14	Risen Christ, your wounds declare your love for the world and the wonder of your risen life: give us compassion and courage to risk ourselves for those we serve, to the glory of God the Father.Amen
Sun 17 May 2020 The Sixth Sunday of Easter	Acts 17.22-31 Psalm 66.7-18 1 Peter 3.13-22 John 14.15-21	Risen Christ, by the lakeside you renewed your call to your disciples: help your Church to obey your command and draw the nations to the fire of your love, to the glory of God the Father.Amen

Date	Readings	Collect Prayer
Sun 24 May 2020 Sunday after Ascension Day	Acts 1.6-14 I Peter 4.12-14; 5.6-11 Psalm 68.1-10,32-35 John 17.1-11	Risen, ascended Lord, as we rejoice at your triumph, fill your Church on earth with power and compassion, that all who are estranged by sin may find forgiveness and know your peace, to the glory of God the Father. Amen
Sun 31 May 2020 Day of Pentecost	Acts 2.1-21 I Corinthians 12.3b-13 Psalm 104.26-36,37b John 20.19-23	Holy Spirit, sent by the Father, ignite in us your holy fire; strengthen your children with the gift of faith, revive your Church with the breath of love, and renew the face of the earth, through Jesus Christ our Lord. Amen