

# WORSHIP AT HOME

Continuing to pray together during the COVID-19 pandemic

During the present restrictions placed upon people during this current crisis we invite you to continue to pray with us each day – alongside us - but in your own home.

The clergy will continue to say Morning and Evening prayer every day at the customary time of 0800 and 1730 and we hope that you might use the simple forms of those services which you will find below. If you have Facebook you will be able view one of the clergy saying the service live on our Facebook page.

Further prayer resources are to be found on our Cathedral Website, including the lists of readings and psalms for each day:  
[www.lichfield-cathedral.org](http://www.lichfield-cathedral.org)

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**LICHFIELD**  
CATHEDRAL

# MORNING PRAYER

*You may wish to light a candle and have some reflective music playing in the background.*

○ Lord, open our lips  
**and our mouth shall proclaim your praise.**

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

*Pause for reflection as you offer the day to God.*

As we rejoice in the gift of this new day,  
so may the light of your presence, ○ God,  
set our hearts on fire with love for you;  
now and for ever. **Amen.**

## **Bible Reading**

*You may wish to say Psalm 23 or or Psalm 139. Or the set psalm for the day*

## **Psalm 23**

- 1 The Lord is my shepherd;  
therefore can I lack nothing.
- 2 He makes me lie down in green pastures  
and leads me beside still waters.
- 3 He shall refresh my soul  
and guide me in the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow of death,  
I will fear no evil;

for you are with me;  
your rod and your staff, they comfort me.

5 You spread a table before me  
in the presence of those who trouble me;  
you have anointed my head with oil  
and my cup shall be full.

6 Surely goodness and loving mercy shall follow me  
all the days of my life,  
and I will dwell in the house of the Lord for ever.

**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 139**

1 O Lord, you have searched me out and known me;  
you know my sitting down and my rising up;  
you discern my thoughts from afar.

2 You mark out my journeys and my resting place  
and are acquainted with all my ways.

3 For there is not a word on my tongue,  
but you, O Lord, know it altogether.

4 You encompass me behind and before  
and lay your hand upon me.

5 Such knowledge is too wonderful for me,  
so high that I cannot attain it.

6 Where can I go then from your spirit?  
Or where can I flee from your presence?

7 If I climb up to heaven, you are there;  
if I make the grave my bed, you are there also

- 8 If I take the wings of the morning  
and dwell in the uttermost parts of the sea,
- 9 Even there your hand shall lead me,  
your right hand hold me fast.
- 10 If I say, 'Surely the darkness will cover me  
and the light around me turn to night,'
- 11 Even darkness is no darkness with you;  
the night is as clear as the day;  
darkness and light to you are both alike.
- 12 For you yourself created my inmost parts;  
you knit me together in my mother's womb.
- 13 I thank you, for I am fearfully and wonderfully made;  
marvellous are your works, my soul knows well.
- 14 My frame was not hidden from you,  
when I was made in secret  
and woven in the depths of the earth.
- 15 Your eyes beheld my form, as yet unfinished;  
already in your book were all my members written,
- 16 As day by day they were fashioned  
when as yet there was none of them.
- 17 How deep are your counsels to me, O God!  
How great is the sum of them!
- 18 If I count them, they are more in number than the sand,  
and at the end, I am still in your presence.
- 19 O that you would slay the wicked, O God,  
that the bloodthirsty might depart from me!

- 20 They speak against you with wicked intent;  
your enemies take up your name for evil.
- 21 Do I not oppose those, O Lord, who oppose you?  
Do I not abhor those who rise up against you?
- 22 I hate them with a perfect hatred;  
they have become my own enemies also.
- 23 Search me out, O God, and know my heart;  
try me and examine my thoughts.
- 24 See if there is any way of wickedness in me  
and lead me in the way everlasting.

**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.**

*You may wish to use the weekly pattern of short readings given below, or  
choose a passage of your own.*

### **Sunday Morning**

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 43.1-3a

### **Monday Morning**

'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place

for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.’ Thomas said to him, ‘Lord, we do not know where you are going. How can we know the way?’ Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me.

John 14.1-6

### **Tuesday Morning**

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 Morning**

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3.16,17

### **Thursday Morning**

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

Ephesians 2.19-22

### **Friday Morning**

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

Romans 19.9-12

## Saturday Morning

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

Almighty and everlasting God,  
we thank you that you have brought us safely  
to the beginning of this day.  
Keep us from falling into sin or running into danger;  
order us in all our doings and guide us to do always  
what is righteous in your sight;  
through Jesus Christ our Lord. **Amen.**

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.**

## 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.

## The Conclusion

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**



# EVENING PRAYER

*You may wish to light a candle and have some reflective music playing in the background.*

Full of compassion and mercy and love is God,  
the Most High, the Almighty.

○ Lord, open our lips  
**and our mouth shall proclaim your praise.**

That this evening may be holy, good and peaceful,  
let us pray with one heart and mind.

*Silence is kept to reflect upon the day that has passed.*

As our evening prayer rises before you, ○ God,  
so may your mercy come down upon us  
to cleanse our hearts  
and set us free to sing your praise  
now and for ever.

**Amen.**

*You may wish to say Psalm 42 or Psalm 8.*

## **Psalm 42**

- 1 As the deer longs for the water brooks,  
so longs my soul for you, ○ God.
- 2 My soul is athirst for God, even for the living God;  
when shall I come before the presence of God?
- 3 My tears have been my bread day and night,  
while all day long they say to me, 'Where is now your God?'

- 4 Now when I think on these things, I pour out my soul:  
how I went with the multitude  
and led the procession to the house of God,
- 5 With the voice of praise and thanksgiving,  
among those who kept holy day.
- 6 Why are you so full of heaviness, O my soul,  
and why are you so disquieted within me?
- 7 O put your trust in God;  
for I will yet give him thanks,  
who is the help of my countenance, and my God.
- 8 My soul is heavy within me;  
therefore I will remember you from the land of Jordan,  
and from Hermon and the hill of Mizar.
- 9 Deep calls to deep in the thunder of your waterfalls;  
all your breakers and waves have gone over me.
- 10 The Lord will grant his loving-kindness in the daytime;  
through the night his song will be with me,  
a prayer to the God of my life.
- 11 I say to God my rock,  
'Why have you forgotten me,  
and why go I so heavily, while the enemy oppresses me?'
- 12 As they crush my bones, my enemies mock me;  
while all day long they say to me, 'Where is now your God?'
- 13 Why are you so full of heaviness, O my soul,  
and why are you so disquieted within me?
- 14 O put your trust in God;  
for I will yet give him thanks,  
who is the help of my countenance, and my God.

**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 8**

- 1       ○ Lord our governor,  
          how glorious is your name in all the world!
- 2       Your majesty above the heavens is praised  
          out of the mouths of babes at the breast.
- 3       You have founded a stronghold against your foes,  
          that you might still the enemy and the avenger.
- 4       When I consider your heavens, the work of your fingers,  
          the moon and the stars that you have ordained,
- 5       What is man, that you should be mindful of him;  
          the son of man, that you should seek him out?
- 6       You have made him little lower than the angels  
          and crown him with glory and honour.
- 7       You have given him dominion over the works of your hands  
          and put all things under his feet,
- 8       All sheep and oxen,  
          even the wild beasts of the field,
- 9       The birds of the air, the fish of the sea  
          and whatsoever moves in the paths of the sea.
- 10      ○ Lord our governor,  
          how glorious is your name in all the world!  
          We bless you, master of the heavens,  
          for the wonderful order which enfolds this world;  
          grant that your whole creation  
          may find fulfilment in the Son of Man,  
          Jesus Christ our Saviour.

**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 or more readings appointed for the day are read or take the opportunity to read a section of some of the Gospels each day.*

*The reading(s) may be followed by a time of silence.*

### **Gospel Canticle**

The Magnificat (The Song of Mary) is normally said,

- 1 My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour;  
he has looked with favour on his lowly servant.
- 2 From this day all generations will call me blessed;  
the Almighty has done great things for me  
and holy is his name.
- 3 He has mercy on those who fear him,  
from generation to generation.
- 4 He has shown strength with his arm  
and has scattered the proud in their conceit,
- 5 Casting down the mighty from their thrones  
and lifting up the lowly.
- 6 He has filled the hungry with good things  
and sent the rich away empty.
- 7 He has come to the aid of his servant Israel,  
to remember his promise of mercy,
- 8 The promise made to our ancestors,  
to Abraham and his children for ever.

**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**

*Take the opportunity to give thanks to God for the day that has passed and to offer prayers for the world, our countries and its communities. Pray too for your own needs and those of your family and friends.*

*The Collect of the day or the following is said*

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

**Amen.**

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.**

## **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.**

## The Conclusion

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life. **Amen.**

Let us bless the Lord.

**Thanks be to God.**

# EVENING PRAYER

## Supporting your Prayer

For those who have access to the internet the services of the church of England are available on the Church of England Website:

<https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/daily-prayer>

To use these resources you will need to have access to a Bible and a Lectionary (this gives you the psalms and readings by date)

However, and much easier, is the website:

<http://www.oremus.org/cofe.html> that gives the equivalent of the Daily Prayer app and does not require any downloading. You will find there all the readings, psalms and propers for each day.

There is, for those who have a smartphone or a tablet an app to download called 'Daily Prayer'. It is free and gives you all that is needed to say Morning and Evening prayer and is up to date for each day, including all the psalms and readings.

## The Cathedral Website: [www.lichfield-cathedral.org](http://www.lichfield-cathedral.org)

We will keep our website up to date with our latest resources which we are hoping will include links to video and audio files as well as other resources to support your prayer.

## Pastoral Support

Should you need help in anyway, or you are concerned about someone else at this time please to telephone us (01543 306100) and we will offer pastoral advice and support.

Please be assured of our best wishes and our prayers for you and your family during this time of international crisis. Please pray for us too.

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