



A Psalm for people like us at a time like this....

Psalm 23 has been a source of strength for thousands of years. Across the Oxford Diocese people are using it as a way to pray during the current situation. Take the time to pause and say it, maybe everyday or once a week, or just when you get a moment.

When we are isolated and alone, we remember God is with us; we place our hands in his hands...

> *The Lord is my shepherd, I shall not want.*

When we are tired and confused...

> *He makes me lie down in green pastures; he leads me beside still waters;*

When we are worn out with worry...

> *He restores my soul. He leads me in right paths for his name's sake.*

When we are sick and afraid and if we lose those we love...

> *Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff - they comfort me.*

When we face difficulties today and we hope for a better tomorrow...

> *You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.*

In the face of trouble & difficulty of all kinds, we remember Jesus' promise of life beyond death...

> *Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long.*

St. Mary's Risborough Prayer Bulletin May 2020

Week commencing 4 May

The Lord's Prayer is a prayer simple enough to be used by children but profound enough to support a lifetime of prayer. This Easter we're invited to join with Christians across the country pausing at 11am everyday to say the Lord's Prayer

Lord of heaven and earth, as Jesus taught his disciples to be persistent in prayer, give us patience and courage never to lose hope, but always to bring our prayers before you; through Jesus Christ our Lord. Amen.

Week commencing 11 May

As the effects of the coronavirus pandemic continue we pray for those who are affected, and give thanks for all who support and care for those in need.

Keep us, good Lord, under the shadow of your mercy. Sustain and support the anxious, be with those who care for the sick, and lift up all who are brought low; that we may find comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

Week commencing 18 May

The Ascension reminds us that Jesus' absence is a vital link in God's foolhardy plan to show his love to the world. We are left to finish what Jesus started. Use this week to pray about where God may be encouraging you to join in Jesus' work of sharing God's love.

Risen Christ, you have raised our human nature to the throne of heaven: help us to seek and serve you, that we may join you at the Father's side, where you reign with the Spirit in glory, now and always. Amen.

Week commencing 25 May

As we prepare for Pentecost why not start each day by asking for God's spirit to fill your life

Loving God, may your Spirit come to me, fill me with peace and love, and guide me in all that I do today. Amen.

A prayer at the start of the day

We begin this day with God.
We begin this day with trust.
We begin this day with hope;
Knowing that the day can hold
love, kindness, forgiveness and justice.

As the day unfolds,
may we learn;
may we love;
may we live; and
may we find wisdom and life in the unexpected.

Help us to embrace what's possible, respond graciously to disappointment, and hold tenderly all who we encounter.

A short time of silence



We pray for all whose day will be difficult.
May we support, may we listen, may we change.

We resolve to live life in its fulness. May we:
welcome the people who will be part of our day
greet God in the ordinary and hidden moments of the day.

In all that the day brings:
may we find the wisdom we need.
may we hear the needs of those we meet.
may we love the life that we are given.
God be with us.

Adapted from 'Daily Prayer -with the Corrymeela Community' by Padraig O Tuama, Canterbury Press, 2017

A prayer at the end of the day

A period of silence to reflect on the day



We are grateful:
for the love shared today.
for God's provision and nurture.
for kindness given.

We pray for forgiveness:
for the sorrow caused.
for injustices ignored.

We welcome the dark of the night and bring to it our fears and joy.

We remember that you, Jesus of Nazareth,
lived through nights of consolation and desolation.
You walked into the nights of those people you met,
Inviting them to justice and truth, love and life.

We welcome the night, and we welcome you into all our nights.

We pray for those whose nights are desolate, that they may have the consolation of prayer, peaceful solitude and community.

We pray:
for a peaceful night
for a hopeful day
for a deeper generosity
God be with us.

Adapted from 'Daily Prayer -with the Corrymeela Community' by Padraig O Tuama, Canterbury Press, 2017