

Home Prayers

March 20, 2020 • Fourth Sunday in Lent

(adapted from the *Book of Alternative Services*, pages 685-679)

If you are praying with one or more others, the service can be divided between the plain and bold text. If you are praying by yourself, you can say all of the prayers aloud or silently. During Lent, it is fitting that a cross be placed near where you will be praying.

The Preparation

Jesus said, “And if I am lifted up, I will draw the whole world to myself.”

We will take up our cross and follow him.

We adore you, O Christ, and we bless you,
because by your holy cross you have redeemed the world.

**Almighty God, by the suffering of your Son you have brought hope to the whole world.
Help us in our trials and be the strength of our human weakness, through Jesus Christ our Lord. Amen.**

A hymn may be sung. This one can go to the tune Kingsfold.

1. I feel the winds of God today;
today my sail I lift,
though heavy oft with drenching spray
and torn with many a rift;
if hope but light the water's crest,
and Christ my bark will use,
I'll seek the seas at his behest,
and brave another cruise.
2. It is the wind of God that dries
my vain regretful tears,
until with braver thoughts shall rise
the purer, brighter years;
if cast on shores of selfish ease
or pleasure I should be,
O let me feel your freshening breeze,
and I'll put back to sea.
3. If ever I forget your love
and how that love was shown,
lift high the blood-red flag above;
it bears your name alone.
Great pilot of my onward way,
you wilt not let me drift;
I feel the winds of God today;
today my sail I lift.

The collect of the day may be said. This is the collect for the Fourth Sunday of Lent:

Almighty God,
through the waters of baptism
your Son has made us children of light.
May we ever walk in his light
and show forth your glory in the world;
through Jesus Christ our Lord,
who is alive and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.

Reading

The Gospel of the day may be read. This is the psalm appointed for the Fourth Sunday in Lent:

Psalm 23 (*Book of Alternative Services*)

The Lord is my shepherd;
I shall not be in want.

He makes me lie down in green pastures
and leads me beside still waters.

He revives my soul
and guides me along right pathways
for his name's sake.

Though I walk through the valley
of the shadow of death, I shall fear no evil;
for you are with me;
your rod and your staff, they comfort me.

You spread a table before me
in the presence of those who trouble me;
you have anointed my head with oil,
and my cup is running over.

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

Psalm 23 (King James Version)

The Lord is my shepherd;
I shall not want.

He maketh me β pastures:
he leadeth me beside the still waters.

He restoreth my soul:
he leadeth me in the paths of righteousness for
his name's sake.

Yea, though I walk through the valley
of the shadow of death, I will fear no evil:
for thou art with me;
thy rod and thy staff they comfort me.

Thou preparest a table before me
in the presence of mine enemies:
thou anointest my head with oil;
my cup runneth over.

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

Following the reading you may contemplate in silence, or discuss the scripture passage with others, or read a related work of literature.

Intercessions

Prayers may be offered for the church, those in authority, the world, those in need, and the departed. You may use the following litany alone or with others:

Let us pray to God,
who alone makes us dwell in safety:

For the church throughout the world,
especially where this pandemic prevents us from gathering in person for worship.

In the Diocese of Quebec we pray for the Border Parish: All Saints, Hereford (Diocese of Quebec); St. Stephen, Colebrook (Diocese of New Hampshire); and St. Paul, Canaan (Diocese of Vermont); in the Ecclesiastical Province of Canada we pray for Bishop John Organ and the clergy and people of the Diocese of Western Newfoundland; in the national Anglican-Lutheran prayer cycle we remember Bishop Mary Irwin-Gibson and the clergy and people of the Anglican Diocese of Montreal, and the assistant to the bishop and staff of the Manitoba-Northwestern Ontario Synod of the Evangelical Lutheran Church in Canada; and in the worldwide Anglican Communion we pray for the Hong Kong *Sheng Kung Hui* and for the primate, Archbishop Paul Kwong.

Lord, hear us,
Lord, graciously hear us.

For all who are affected by the coronavirus,
through illness, isolation, anxiety, or financial hardship:
that they may find relief and recovery:

Lord, hear us,
Lord, graciously hear us.

For those who are guiding our province and country at this time,
and shaping national policies,
that they may make wise decisions for the common good:

Lord, hear us,
Lord, graciously hear us.

For doctors, nurses, medical researchers,
and all on the front lines of our health care system,
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.

This prayer can also be said:

Let us remember before God our selfish ways, the things we have done wrong, the sorrows we have caused, and the love we have not shown.

A moment of silence for reflection is kept.

**Most merciful Father,
forgive us our sins against you and against each other.
Strengthen us to overcome our weaknesses,
that we may live in love
as you would have us live,
for the sake of Jesus Christ our Saviour. Amen.**

This prayer can then be said:

Fill our hearts, O God, with your Holy Spirit that we may go forth this day in peace and joy, serving you eagerly in all we do, for Jesus' sake. 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.

Conclusion

The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with us all evermore. Amen.