

Love never fails

Even in the darkest moments, love gives hope. Love compels us to stand together in prayer with our neighbours near and far. As we pray in our homes around the nation and around the world – we are united as one family. Together we give thanks

For the health workers tending the seriously ill
for the scientists working on a vaccination
for all working to communicate reality
for the supermarket workers, hygiene and sanitation providers
for the good news stories of recoveries and effective planning
for the singing from balconies by locked-down communities
for the recognition that isolation doesn't need to mean loneliness
for the notes through letterboxes offering help and support
for the internet and telephones and technology that connects
for the awakened appreciation of what is truly important
Thanks be to God.

For those who are unwell and concerned for loved ones
for those who were already anxious
for the vulnerable and those at most risk to Covid-19
for those watching their entire income dry up
for those who have no choice but to go out to work
for those who are afraid to be at home
for those who are more lonely than they've ever been
for those who are bereaved and grieving.
God be their healer, comfort and protection,
be their strength, shield and provision
be their security, safety and close companion

Raise up your Church
to be your well-washed hands and faithful feet
to be present to the pain to respond with love in action
if even from a safe distance.
God, in your mercy, Hear our prayer. Amen



NEWBURN PARISH

St Michael's, Newburn with St Mary's, Throckley



We welcome you to this time of quiet prayer in St Michael's from 9.30am to 12 noon, you may wish to stay just a few minutes or a



while longer. Please follow the guidance of those who welcomed you and as you leave ensure the area where you have been seated is wiped clean to help us all to keep the church free from infection.

Please use these prayers as you like while you are here, and then take them away and use them in your prayer time at home

Breathing Prayers - *pick a few phrases repeat, and let the meaning of the prayer sink in.*

Breathe in: Come, Holy Spirit
Breathe out: Distractions

Breathe in: Joy
Breathe out: Worries

Breathe in: Self-control
Breathe out: Recklessness

Breathe in: Gentleness
Breathe out: Hardness

Breathe in: Peace
Breathe out: Stress

Breathe in: Faithfulness
Breathe out: Selfishness

Breathe in Love

Lord Jesus Christ, you said to your disciples, 'I am with you always'.
Be with me today, as I offer myself to you.
Hear my prayers for others and for myself,
and keep me in your care.

NOW FAITH IS CONFIDENCE
IN WHAT WE HOPE FOR
AND ASSURANCE ABOUT
WHAT WE DO NOT SEE.

HEBREWS 11:1

A prayer for the world

God of love and hope, you made the world and care for all creation, but the world feels strange right now.

The news is full of stories about Covid-19
Some people are worried that they might get ill.
Others are anxious for their family and friends.
Be with them and help them to find peace.

We pray for the doctors and nurses and scientists,
and all who are working to discover the right medicines
to help those who are ill.

Thank you that even in these anxious times, you are with us.
Help us to put our trust in you and keep us safe. Amen

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God of all hope we call on you today.

We pray for those who are living in fear:

Fear of illness, fear for loved ones, fear of other's reactions to them.

May your Spirit give us a sense of calmness and peace.

We pray for your church in this time of uncertainty.

For those people who are worried about attending worship.

For those needing to make decisions in order to care for others
For those who will feel more isolated by not being able to attend.

Grant us your wisdom.

Father, we remember that you have promised that
Nothing will separate us from your love – demonstrated to us
in Jesus Christ.

Help us turn our eyes, hearts and minds to you. Amen

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Four Psalms to Pray for God's Help

When you don't know what to pray, Scripture provides the words for you. You can use these prayers from Psalms to guide your request for help from God

H - "Hear me Lord and answer me for I am poor and needy."

[Psalm 86:1](#)

The first step is to let God know you need him and want His help.

E - "Establish my steps in your word." [Psalm 119:133](#)

Second, ask God for His direction and for strength to stand firm in His promises.

L - "Let your compassion quickly meet our needs because we are on the brink of despair." [Psalm 79:8](#)

We often need help because of our past choices and sin. Ask God to help you focus on his compassion and grace to lift you out of your despair and heart ache.

P - "Protect me God because I take refuge in You. I say to the Lord, You are my Lord, apart from You I have nothing good." [Psalm 16:1](#)

HELP

Whether it's spiritual protection or physical protection, we can come to God and ask Him to be our protector and provider. Seek refuge and lean on God, not your own strength or abilities.

God promises to be your refuge if you will let Him!

John 15:4-5 NIV

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

TELL ME, LORD

and keep on
telling me
that
without you
I can do
nothing -
absolutely
and
completely
nothing.

