

# **SPIRITUAL RESOURCES**

## for Lent at Home



St James & St Peters Yeovil

From Ash Wednesday, 17<sup>th</sup> February 2021

## Message from the R&D (Ruth & David) Department

Here we are again! In Lent the church goes into a form of hibernation: fasting, no flowers in church, and prayers emphasising confession and penitence. Then Easter bursts through, the glorious rising of Jesus and his triumph over death, sin, fear and fallen creation.

That 'hibernation' feels all the more intense during lockdown, as we keep our buildings closed for worship and prayer to keep everyone safe. We hope that by Easter, we may be in a new season. Those who've been vaccinated may feel more able to see others. So, as and when we do restart, if you'd like to attend either church in person, please let Maureen Harris (476379) or Caroline Turner (474038) know, we would love to see you.

Meanwhile regular online worship continues at 10.30am every Sunday <https://tinyurl.com/StJPY2020>. If you don't have access to Youtube, we hope you are able to find something on TV or radio you can join in with. We will also have a Lent Course on Weds evenings from 24<sup>th</sup> Feb over 'Zoom' – please contact David or Ruth if you'd like to join this, or you want some help working out getting set up on Zoom.

Please let us know if there is anything we can be praying for, or if you have any practical needs the church can help with. We can't meet all together on Sunday but we are still one body, joined in Christ, and no lockdown or social distancing can change that.

May God walk with you this Lent, and may you find in Jesus peace, hope, love and joy. We hope we can see you face to face very soon!

David & Ruth.

If you require pastoral or practical support, have special requests for prayer, or would simply like a conversation, please call Rev David Keen 422286, [revdmkeen@btinternet.com](mailto:revdmkeen@btinternet.com)  
Rev Ruth Chapman 579602 [revruth@mail.com](mailto:revruth@mail.com)

## Lent Prayer Guide

This booklet offers prayer resources for use during Lent for those unable to attend church for a time. Use whichever speak to you most clearly. These resources are offered to help us to rely upon and draw close to the presence of Christ at all times. Please know that the church is praying always and by using these resources you join the wider community of prayer.

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### Keeping Lent

**Lent** is the season of 40 days from Ash Wednesday (17th February this year) to Palm Sunday. It recalls the 40 days of fasting and prayer which Jesus spent in the wilderness before his ministry began.

The day before Lent is traditionally a Carnival day ('carnival' literally means 'farewell to meat'). Lent itself is a season of penitence, restraint, and reflection, and a preparation for the joyful celebration of Easter. It is a breathing out, in order to breathe in again, emptying out in order to be filled.

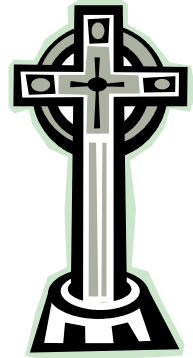
Traditionally, Lent is the time for looking more deeply at our own lives, in order that we become more like Jesus. It is a time for changing our ways to become more like Christ. The focus of all this is Good Friday and the Cross, to which Lent is the route.

Lent practices fall into 3 groups:

**Detachment & Simplicity:** giving up things which have a hold on us, and embracing a simpler lifestyle.

**Repentance:** examining ourselves, facing up to our sin and turning away from it. Jesus first words after returning from the wilderness are “Repent, and believe the good news!”

**Spiritual practice:** taking up things which will deepen our spiritual roots.



Below are some suggested ways in which you might keep Lent. **Pick one or two, don't try to do all of them!**

### **Detachment & Simplicity**

- † Fast on Fridays (if it's medically ok for you to do so), or if fasting is not advisable, abstain from meat on that day.
- † Identify one thing that has a hold over you (e.g. surfing the Internet, Facebook, watching TV, gossip, compulsive shopping, chocolate, alcohol, using a credit card) and abstain from it.
- † Work out what you have saved through the lockdown restrictions (e.g. on meals out) and give the money away.
- † Go through your clothes and give away anything you've not worn in the last 12 months.
- † Do a 'creation tithe' – cut down by 10% the burden you put on the earth in using fuel, creating pollution, consuming goods.
- † Get a Lent box from church and put in 1 coin a day.
- † Abstain from caffeine or alcohol.

## Repentance

- † Spend time each day in confession your sins (you could use the Lord's Prayer, and pause when you get to 'forgive us our sins', or the Jesus Prayer ' Lord Jesus Christ, Son of God, have mercy on me a sinner'), ask the Holy Spirit to help you make real change.
- † Wear something black or purple each day (the colours of mourning) as a sign of repentance.
- † Think about anyone whom you have wronged, and find a way to apologise and make amends.

## Spiritual Practice

- † Make the sign of the cross over your forehead, eyes, mouth, heart and hands each morning, placing Christ over what you think, see, say, feel and do.
- † Put a cross in a prominent position in your house.
- † Give thanks for every meal
- † Spend 5m in silence each day – a good way to do this is to simply listen to your own breathing. Then let each breath become a breathing out of sin and disobedience, and a breathing in of forgiveness, grace, and the Holy Spirit.
- † Identify something ordinary you do each day (e.g. boiling the kettle, walking the dog), and think about God as you do it.
- † Do kind things for people, for no reason whatsoever.
- † Read a book that will deepen your faith.
- † Identify 3 people to pray for every day during Lent, that God would deepen His work in their lives

***Remember: only pick one or two things. This is not a set of laws, it is about opening ourselves to the grace of God.***

## **SIMPLE FORMS OF PRAYER**

- \* Lighting a candle before you pray can help you focus and listen.
- \* Praying at the times when you know the church is gathering may help you to feel connected to your church community.
- \* Jesus taught us the Lord's Prayer so that we would always have words to say. Do use it!
- \* The "Examen", despite its name, is a very simple way to prayerfully review your day with God in five steps
  1. Become aware of God's presence, or ask God to help you remember that he's there with you
  2. Review the day with gratitude (as best you can!)
  3. Pay attention how you are feeling about it.
  4. Choose one feature of the day and pray about it.
  5. Look toward tomorrow. What do you expect the day to hold? Ask God to help you remember that he's with you

## **CREATIVE WAYS TO PRAY**

- † You might find it helpful to listen to favourite hymns or worship songs, or other pieces of music that have a special meaning for you.
- † Pictures can help prompt our prayers - for instance photos of loved ones, maps or pictures of our community or the wider world
- † If the news is getting you down, try praying for the people and situations that are mentioned.
- † Why not try doodling, painting, or drawing as you pray?

## Morning Prayer for Lent

### Preparation

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

Hear our voice, O Lord, according to your faithful love,  
**according to your judgement give us life.**

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.**

### *A Song of Penitence (Psalm 51:1-5, 12-15)*

1. Have mercy on me, O God, in your great goodness;  
according to the abundance of your compassion  
blot out my offences.
2. Wash me thoroughly from my wickedness  
and cleanse me from my sin.
3. For I acknowledge my faults  
and my sin is ever before me.
4. Against you only have I sinned  
and done what is evil in your sight,

5. So that you are justified in your sentence  
and righteous in your judgement.
6. Cast me not away from your presence  
and take not your holy spirit from me.
7. Give me again the joy of your salvation  
and sustain me with your gracious spirit;
8. Then shall I teach your ways to the wicked  
and sinners shall return to you.
9. Deliver me from my guilt, O God,  
the God of my salvation,  
and my tongue shall sing of your righteousness.

**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.**

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

*Silence is kept.*

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

The Word of God

Psalm & Scripture Readings (see back page)



*Pause to reflect on the scriptures to think about those things that vie for your attention and distract you from a whole-hearted commitment to Christ.*

**Things that clutter and consume,  
We lay them down.  
Attitudes that separate and divide,  
We lay them down.  
Thoughts that confuse and disrupt,  
We lay them down.  
Into the cycle of living and dying and rising again,  
We lay them down.**

O Lord our God  
grant us grace to desire you with our whole heart;  
that so desiring, we may seek and find you;  
and so finding, may love you;  
and so loving, may hate those sins  
from which you have delivered us;  
through Jesus Christ our Lord

Prayers are offered

- ❖ for life-changing encounters with God
- ❖ for growth in discipleship
- ❖ for our daily frontlines
- ❖ for our church, our community, and the communities of the world

Almighty and everlasting God,  
you hate nothing that you have made  
and forgive the sins of all those who are penitent:  
create and make in us new and contrite hearts  
that we, worthily lamenting our sins

and acknowledging our wretchedness, may receive from you,  
the God of all mercy,  
perfect remission and forgiveness;  
through Jesus Christ our Lord.

**Amen.**

Trusting in the compassion of God,  
let us pray with confidence as our Saviour has taught us

**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

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

Let us bless the Lord.  
**Thanks be to God.**

## **EVENING PRAYER during Lent**

*(you may find it helpful to light a candle, or place a cross as a focus for your time of prayer)*

○ 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 130** Returning to God

1. Out of the depths have I called to you, O Lord:  
Lord, hear my voice.
2. O let your ears consider well:  
the voice of my supplication.
3. If you, Lord, should note what we do wrong:  
who then, O Lord, could stand?
4. But there is forgiveness with you:  
so that you shall be feared.
5. I wait for the Lord, my soul waits for him:  
and in his word is my hope.
6. My soul looks for the Lord:  
more than watchmen for the morning, more, I say, than  
watchmen for the morning.
7. O Israel, trust in the Lord, for with the Lord there is  
mercy: and with him is ample redemption.
8. He will redeem Israel:  
from the multitude of his sins.

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.**

## **Bible Reading** *(one of these or see back page for others)*

Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. *(1 Corinthians 9.24–25)*

Jesus said, 'There will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.' *(Luke 15.7)*

## **Magnificat**

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

## **Prayers**

*We keep silence or pray in our own words for the church, the world, those we care for, and those in need.*

## Kyrie

Lord have mercy upon us.  
Christ have mercy upon us.  
Lord have mercy upon us.

## 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.  
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.

## Collect

Lord, God almighty, come and dispel the darkness from our hearts,  
that in the radiance of your brightness we may know you, the only  
unfading light, glorious in all eternity. **Amen.**

*With grateful thanks to the Scottish Episcopal Church (Anglican) for this  
shortened liturgy for Evening Prayer.*

## NIGHT PRAYER

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.  
You may want to use a journal, or to record things you are thankful for,  
things which have been significant, times when you have been most aware of  
God's presence, or absence.*

*The following or other suitable words of penitence may be used*

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.**

O God, make speed to save us.  
**O 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.**

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.

O Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.

### **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 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.

Glory to the Father and to the Son and to the Holy Spirit;  
as it was in the beginning is now and shall be forever. **Amen.**

**Bible Reading** *one of the following is suggested*

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*

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*

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*

*Silence is kept*

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

For you have redeemed me, Lord God of truth.  
**I commend my spirit.**

Glory to the Father and to the Son and to the Holy Spirit.  
**Into your hands, O Lord, I commend my spirit.**

**Nunc Dimittis**

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.



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.**

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

*We keep silence or pray in our own words*

### **The Collect**

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.**

**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.**

## **Holy Communion During Lent**

*If you are following the service on Youtube, there may be some seasonal variations, but all the words will be shown on the screen. If you are joining in a streamed service from home, feel free to bring your own bread and wine and receive it at the same time as those in church.*

### **The Greeting**

The Lord be with you  
**and also with you.**

**Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord.  
Amen.**

### **The Confession**

The sacrifice of God is a broken spirit;  
a broken and contrite heart God will not despise.  
Let us come to the Lord, who is full of compassion,  
and acknowledge our transgressions in penitence and faith.

**Father eternal, giver of light and grace,  
we have sinned against you and against our neighbour,  
in what we have thought,  
in what we have said and done,  
through ignorance, through weakness,  
through our own deliberate fault.**

**We have wounded your love,  
and marred your image in us.  
We are sorry and ashamed,  
and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past;  
and lead us out from darkness  
to walk as children of light.  
Amen.**

*An absolution will be said.*

*The Collect will be said*

## **The Liturgy of the Word**

*One or more readings will be said  
At the end of each the reader may say*

This is the word of the Lord

**Thanks be to God**

Praise to you, O Christ, King of eternal glory.

The Lord is a great God, O that today you would listen to his voice.

Harden not your hearts.

**Praise to you, O Christ, King of eternal glory.**

*At the end*

This is the gospel of the Lord

**Praise to you, O Christ**

*A Sermon will be preached*

## The Creed

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

## Prayers of Intercession

*A form of intercession may be said and this response may be used*

Lord in your mercy  
**hear our prayer.**

*At the end*

Merciful Father,  
**accept these prayers  
for the sake of your Son,  
our Saviour Jesus Christ. Amen**

## The Liturgy of the Sacrament

Since we are justified by faith,  
we have peace with God through our Lord Jesus Christ,  
who has given us access to his grace.

The peace of the Lord be always with you  
**and also with you.**

*This prayer at the preparation of the table or an alternative is said.*

Your, Lord, is the greatness, the power,  
the glory, the splendour, and the majesty;  
for everything in heaven and on earth is yours.  
**All things come from you,  
and of your own do we give you.**

The Lord be with you.  
**and also with you.**

Lift up your hearts,  
**We lift them up to the Lord.**

Let us give thanks to the Lord our God  
**It is right to give thanks and praise.**

It is indeed right and good  
to give you thanks and praise,  
almighty God and everlasting Father,  
through Jesus Christ your Son.  
For in these forty days  
you lead us into the desert of repentance  
that through a pilgrimage of prayer and discipline  
we may grow in grace  
and learn to be your people once again.

Through fasting, prayer and acts of service  
you bring us back to your generous heart.  
Through study of your holy word  
you open our eyes to your presence in the world  
and free our hands to welcome others  
into the radiant splendour of your love.

As we prepare to celebrate the Easter feast  
with joyful hearts and minds  
we bless you for your mercy  
and join with saints and angels  
for ever praising you and *saying*:

**Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

We praise and bless you, loving Father,  
through Jesus Christ, our Lord;  
and as we obey his command,  
send your Holy Spirit,  
that broken bread and wine outpoured  
may be for us the body and blood of your dear Son.

On the night before he died he had supper with his friends  
and, taking bread, he praised you.  
He broke the bread, gave it to them and said:  
Take, eat; this is my body which is given for you;  
do this in remembrance of me.

When supper was ended he took the cup of wine.  
Again he praised you, gave it to them and said:  
Drink this, all of you;  
this is my blood of the new covenant,  
which is shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.

So, Father, we remember all that Jesus did,  
in him we plead with confidence his sacrifice  
made once for all upon the cross.  
Bringing before you the bread of life and cup of salvation,  
we proclaim his death and resurrection  
until he comes in glory.

Praise to you, Lord Jesus  
**Dying you destroyed our death,  
rising you restored our life:  
Lord Jesus, come in glory.**

Lord of all life,  
help us to work together for that day  
when your kingdom comes  
and justice and mercy will be seen in all the earth.  
Look with favour on your people,  
gather us in your loving arms  
and bring us with [*N and*] all the saints  
to feast at your table in heaven.  
Through Christ, and with Christ, and in Christ,  
in the unity of the Holy Spirit,  
all honour and glory are yours, O loving Father,  
for ever and ever.  
*All* **Amen.**

*There may be a brief time of silence*

As our Saviour taught us, so we pray  
**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.**

**Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.**

### **The Breaking of the Bread**

We break this bread  
to share in the body of Christ.  
**Though we are many, we are one body,  
because we all share in one bread.**

### **The Giving of Communion**

Jesus is the Lamb of God  
who takes away the sin of the world.  
Blessed are those who are called to his supper.  
**Lord, I am not worthy to receive you,  
but only say the word and I shall be healed.**

*This prayer may be said before distribution*

**Most merciful Lord,  
your love compels us to come in.  
Our hands were unclean,  
our hearts were unprepared;  
we were not fit  
even to eat the crumbs from under your table.  
But you, Lord, are the God of our salvation,  
and share your bread with sinners.  
So cleanse and feed us  
with the precious body and blood of your Son,  
that he may live in us and we in him;  
and that we, with the whole company of Christ,  
may sit and eat in your kingdom.  
Amen.**



*Communion is shared*

*The Post Communion Prayer is said*

**Almighty God,  
we thank you for feeding us  
with the body and blood of your dear Son Jesus Christ.  
Through him we offer you our souls and bodies  
to be a living sacrifice.  
Send us out  
in the power of your Spirit  
to live and work  
to your praise and glory.  
Amen**

**The Dismissal**

*A blessing is said*

Go in peace to love and serve the Lord.  
**In the name of Christ. Amen**

## COLLECTS AND OTHER PRAYERS TO SAY

Sovereign God,  
the defence of those who trust in you  
and the strength of those who suffer:  
look with mercy on our affliction  
and deliver us through our mighty Saviour Jesus Christ.  
Amen.

O God, our sovereign and our shepherd,  
who brought again your Son Jesus Christ  
from the valley of death,  
comfort us with your protecting presence  
and your angels of goodness and love,  
that we also may come home  
and dwell with him in your house for ever. Amen.

Lord God, whose Son, Jesus Christ,  
understood people's fear and pain  
before they spoke of them,  
we pray for those in hospital or sick at home;  
surround the frightened with your tenderness;  
give strength to those in pain;  
hold the weak in your arms of love,  
and give hope and patience  
to those who are recovering;  
we ask this through the same Jesus Christ, our Lord.  
Amen.

Almighty God,  
you see that we have no power of ourselves to help ourselves:  
keep us both outwardly in our bodies,  
and inwardly in our souls;  
that we may be defended from all adversities  
which may happen to the body,  
and from all evil thoughts which may assault and hurt the soul;  
through Jesus Christ our Lord. Amen

God be in my head, and in my understanding;  
God be in my eyes, and in my looking;  
God be in my mouth, and in my speaking;  
God be in my heart, and in my thinking;  
God be at mine end, and at my departing. Amen

## ONLINE RESOURCES

*If you have access to the internet you can access a wealth of spiritual resources including prayer, daily readings, and other inspirational tools.*

### Websites

Check <http://www.stjamesyeovil.org.uk/> for parish info

[www.churchofengland.org](http://www.churchofengland.org)

search 'Daily Prayer' for full Church of England Offices

Ruth's Podcast:

a simple daily prayer and reflection <https://anchor.fm/pjs>

Search 'St James and St Peters Yeovil' on Youtube for our services, sermons and video resources.

### Apps

Lectio 365 is highly recommended,  
Church of England Daily Prayer

*...cont from back page*

Date	OT	Epistle	Gospel
Mon Mar 22	Jere 24:1-10	Rom 9:19-33	John 9:1-17
Tues Mar 23	Jere 25:8-17	Rom 10:1-13	John 9:18-41
Wed Mar 24	Jere 25:30-38	Rom 10:14-21	John 10:1-18
Thur Mar 25	Jere 26:1-16	Rom 11:1-12	John 10:19-42
Fri Mar 26	Jere 29:1, 4-13	Rom 11:13-24	John 11:1-27 or 12:1-10
Sat Mar 27	Jere 31:27-34	Rom 11:25-36	John 11:28-44 or 12:37-50

## Lent Bible Readings

*(Though this is a full set of readings, decide for yourself what you can manage each day. If in doubt, do the Gospel reading. For a daily Psalm, start with Psalm 1 on Ash Wednesday. Continues page 27.)*

Date	OT	Epistle	Gospel
Wed Feb 17	Jonah 3:1-4,11	Hebrews 12:1-14	Luke 18:9-14
Thur Feb 18	Deuteron. 7:6-11	Titus 1:1-16	John 1:29-34
Fri Feb 19	Deut 7:12-16	Titus 2:1-15	John 1:35-42
Sat Feb 20	Deut 7:17-26	Titus 3:1-15	John 1:43-51
Sun Feb 21	Deut 8:1-10	1 Cor 1:17-31	Mark 2:18-22
Mon Feb 22	Deut 8:11-18	Hebrews 2:11-18	John 2:1-12
Tues Feb 23	Deut 9:4-12	Heb 3:1-11	John 2:13-22
Wed Feb 24	Deut 9:13-21	Heb 3:12-19	John 2:23-3:15
Thur Feb 25	Deut 9:23-10:5	Heb 4:1-10	John 3:16-21
Fri Feb 26	Deut 10:12-22	Heb 4:11-16	John 3:22-36
Sat Feb 27	Deut 11:18-28	Heb 5:1-10	John 4:1-26
Sun Feb 28	Jeremiah 1:1-10	1 Cor 3:11-23	Mark 3:31-4:9
Mon Mar 1	Jere 1:11-19	Romans 1:1-15	John 4:27-42
Tues Mar 2	Jere 2:1-13	Rom 1:16-25	John 4:43-54
Wed Mar 3	Jere 3:6-18	Rom 1:28-2:11	John 5:1-18
Thur Mar 4	Jere 4:9-10, 19-28	Rom 2:12-24	John 5:19-29
Fri Mar 5	Jere 5:1-9	Rom 2:25-3:18	John 5:30-47
Sat Mar 6	Jere 5:20-31	Rom 3:19-31	John 7:1-13
Sun Mar 7	Jere 6:9-15	1 Cor 6:12-20	Mark 5:1-20
Mon Mar 8	Jere 7:1-15	Rom 4:1-12	John 7:14-36
Tue Mar 9	Jere 7:21-34	Rom 4:13-25	John 7:37-52
Wed Mar 10	Jere 8:18-9:6	Rom 5:1-11	John 8:12-20
Thur Mar 11	Jere 10:11-24	Rom 5:12-21	John 8:21-32
Fri Mar 12	Jere 11:1-8, 14-20	Rom 6:1-11	John 8:33-47
Sat Mar 13	Jere 13:1-11	Rom 6:12-23	John 8:47-59
Sun Mar 14	Jere 14:1-9, 17-22	Gal 4:21-5:1	Mark 8:11-21
Mon Mar 15	Jere 16:10-21	Rom 7:1-12	John 6:1-15
Tue Mar 16	Jere 17:19-27	Rom 7:13-25	John 6:16-27
Wed Mar 17	Jere 18:1-11	Rom 8:1-11	John 6:27-40
Thur Mar 18	Jere 22:13-23	Rom 8:12-27	John 6:41-51
Fri Mar 19	Jere 23:1-8	Rom 8:28-39	John 6:52-59
Sat Mar 20	Jere 23:9-15	Rom 9:1-18	John 6:60-71
Sun Mar 21	Jere 23:16-32	1 Cor 9:19-27	Mark 8:31-9:1