



HOLY TRINITY TWICKENHAM

Worship at Home

“Ways of praying at home
when we cannot meet at church”



Dear Friends,

As we are in an ever-changing time of uncertainty, the question that arises is **“What will church look like?”**

Well, this is an opportunity to re-imagine...

It is because of this that Holy Trinity has put this pack together for you so that as people of God we can still worship and be in the presence of God even in our home if not together.

The pack contains Morning and Evening worship along with some ideas and reflections you may like to consider doing. Also enclosed is a cross that you may wish to hold or wear while using this pack.

Please know that if our paths do not pass in the coming days that you are being held in prayer by the staff team at Holy Trinity and that you are not alone.

With our love and blessings

Revd. Tim & Natalie Garrett & Revd. Cara Kear



A message from The Bishop of Kensington Graham Tomlin

Reflecting on St Paul's trinity of Christian virtues: **Faith, Hope and Love,**

FAITH: We are in uncharted territory where there is no clear trajectory for spread of Coronavirus and no obvious cure as yet. Yet our Christian faith tells us that we can trust the God who holds our times in his hands. We do not believe that the world is governed by blind fate or random chance but Providence – the sure and trustworthy hand of the God of Jesus Christ working his purposes out through all the confusing and bewildering swings of history. Fear can be as infectious as the disease, so why don't we try to counter it with the even more infectious influence of faith? Faith, especially during this time of Lent, urges us to pray with greater urgency, as the church has always done in times like this in the past, for those at the frontline in the NHS, for the most vulnerable and for a turning of the tide of this virus.

HOPE: one thing that will not be cancelled is Easter Day. We may or may not be able to celebrate it together in person, but it will still happen. We have in our faith the greatest message of hope in the world, and this is the time to hold onto that hope and make it known where we can. When we reach the end of our own resources the risen Christ meets us there, and so to counter despair, try to find ways to practice hopeful action, looking forward to the day when this crisis will pass, and even more, when Resurrection comes. Light a candle in a window. Keep one burning in your home as a sign of hope

LOVE: perfect love casts out fear.

Morning Prayer

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

The LORD is good, a refuge in times of trouble. He cares for those who trust in him.

Nahum 1.7

Opening Sentences

O 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, O 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 another psalm here, such as Psalm 16 or Psalm 139.

Psalm 23

The Lord is my shepherd; ♦
therefore can I lack nothing.

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

He shall refresh my soul ♦
and guide me in the paths of righteousness for his name's
sake.

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.

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.

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.**

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

Sunday Morning

But now this is what the Lord says, he who created you, Jacob, he who formed you, Israel: "Do not fear, for I have redeemed you; I have summoned you by name, you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you; when you walk through the fire you will not be burned; the flames will not set you ablaze. 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. You believe in God, believe also in me. My Father's house has many rooms; if it were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me, that you also may be where I am. You know the way to the place where I am going." Thomas said to him, 'Lord, we don't know where you are going, so how can we know the way?' Jesus answered, '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, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if there is excellent or praiseworthy, think about such things. Whatever you have learned or received or heard from me, or seen in me, put it into practice. And the God of peace will be with you.

Philippians 4.8-9

Wednesday Morning

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all 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 foreigners and strangers, but fellow citizens with God's people and also members of the household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.

Ephesians 2.19-22

Friday Morning

Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer.

Romans 12.9-12

Saturday Morning

Jesus 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 clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life. Since you cannot do this very little thing, why do you worry about the rest?"

"Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! And do not set your heart on what you will eat or drink; do not worry about it. For the pagan world runs after all such things, and your Father knows that you need them. But seek 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 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.**

(or)

**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.**

Night Prayer

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

The eternal God is your refuge, and underneath are the everlasting arms.

Deuteronomy 33.27

Opening Sentences

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.

Pause and reflect on the day that is past.

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

Bible Reading

You may wish to say here the psalm given below, or Psalm 27, or another chosen psalm.

Psalm 91

Whoever dwells in the shelter of the Most High ♦
and abides under the shadow of the Almighty,

Shall say to the Lord, 'My refuge and my stronghold, ♦
my God, in whom I put my trust.'

For he shall deliver you from the snare of the fowler ♦
and from the deadly pestilence.

He shall cover you with his wings and you shall be safe under his feathers ♦

his faithfulness shall be your shield and buckler.

You shall not be afraid of any terror by night, ♦
nor of the arrow that flies by day;

Of the pestilence that stalks in darkness, ♦
nor of the sickness that destroys at noonday.

Though a thousand fall at your side and ten thousand
at your right hand, ♦
yet it shall not come near you.

Your eyes have only to behold ♦
to see the reward of the wicked

Because you have made the Lord your refuge ♦
and the Most High your stronghold,

There shall no evil happen to you, ♦
neither shall any plague come near your tent.

For he shall give his angels charge over you, ♦
to keep you in all your ways.

They shall bear you in their hands, ♦
lest dash your foot against a stone.

You shall tread upon the lion and adder; ♦
the young lion and the serpent you shall trample underfoot.

Because they have set their love upon me,
therefore will I deliver them ♦
I will lift them up, because they know my name.

They will call upon me and I will answer them; ♦
I am with them in trouble,
I will deliver them and bring them to honour.

With long life I will satisfy them ♦
and show them my salvation

**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 one of the following short readings or choose a
passage of your own.*

Sunday Evening

You, are among us, Lord and we bear
your name; do not forsake us!

Jeremiah 14.9

Monday Evening

This is what the Sovereign Lord, the Holy One of Israel, says:
In repentance and rest is your salvation, in quietness and trust is your
strength.

Isaiah 30.15

Tuesday Evening

Jesus said, 'Come to me, all you that are weary and burdened, and I
will give you rest. Take my yoke upon you and learn from me, for I am
gentle and humble in heart, and you will find rest for your souls. For my
yoke is easy, and my burden is light.

Matthew 11.28-end

Wednesday Evening

Humble yourselves therefore under the God's mighty hand, that he may lift you in due time. Cast all your anxiety on him, because he cares for you.

1 Peter 5.6,7

Thursday Evening

Jesus said, 'I have told you these things, so that in me you may have peace. In the world you will have trouble. But take heart! I have overcome the world.'

John 16.33

Friday Evening

For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ He died for us, so that whether we are awake or asleep we may live together with him.

1 Thessalonians 5.9,10

Saturday Evening

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

John 8.12

Prayers

Merciful God, we entrust to your unfailing and tender care this night those who are ill or in pain, knowing that whenever danger threatens your everlasting arms are there to hold us safe.

Comfort and heal them,
and restore them to health and strength,
through Jesus Christ our Lord.

Amen.

Be present, O merciful God,
and protect us through the silent hours of this night,
so that we who are wearied by the changes and chances of this
fleeting world,
may rest upon your eternal changelessness;
through Jesus Christ our Lord.

Amen.

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy;
may your holy angels dwell with us in peace,
and may your blessing be always upon us;
through Jesus Christ our Lord.

Amen.

The Lord's Prayer

**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.**

(or)

**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

In peace we will lie down and sleep;
for you alone, Lord, make us dwell in safety.

The Lord bless us and watch over us;
The Lord make his face to shine upon us
and be gracious to us;
The Lord look kindly upon us and give us peace.
Amen.

Materials in this booklet are drawn from *Common Worship: Services and Prayers for the Church of England*, *Common Worship: Pastoral Services*, and *Common Worship: Daily Prayer*, all of which are copyright © The Archbishops' Council of the Church of England.



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