

Praying for Others

When we are isolated from others it can feel very lonely. And those we care about will be feeling lonely too. Don't forget to pray for them! You could:

- Use photographs of friends and family to help you focus when you pray
- **Find some pebbles from the garden. Wash and dry them, and write the names of people you want to pray for on them with a felt tip or a sharpie.**
- Make a prayer wall in your house where you can stick post-it notes with names or prayer requests. (Some more adventurous alternatives might be to make a prayer tree with a branch from the garden, or how about a 'prayer fridge' where you can stick the names on the front and pray for one or two each time you go to get anything out!
- **Finding a map of the world and praying for a different country each day.**

Prayer can be practical too...

Why not hold others in prayer by:

- Picking up the phone – particularly if you know that they are also self-isolating or may be worried or lonely
- **Writing a letter to someone you haven't seen for a long time**
- Sending a quick text of reassurance – let someone know you're praying for them

Praying with others:

It may not be possible to meet in person, but you can pray with others by using the same words at (roughly) the same time.

- Use the printed order of service and the reading list
- Download the 'Pray as you go' app (or the Cof E's 'Daily Prayer' app)
- Pray the Lord's Prayer.

Remember – you are never alone – at any time there are people across the world praying.

Get Creative!

We are made in the image of a creator God, so have a go at being prayerfully creative!

- Try some mindful colouring. Enclosed is a Psalm/Proverb card try focusing on the words or themes as you colour.
- **Bake some bread. As you eat it you could read the story of the feeding of the 5000 (John 6:1-14) and pray for those around the world who don't know where their next meal is coming from. (This would also be a good thing to do during Holy Week. Read Mark 14:12-26 for the account of the Last Supper)**
- Make Easter cards and send them to your neighbours. Pray for them as you do.
- **Sing your favourite hymns**
- Have a go at writing a new hymn! (Pick a well-known tune and write some new words)
- **Write a psalm or a poem**

If you have Facebook, we would love to see (or hear!) your creations! Please post us a picture or a recording! Or send them to

Revd. Cara Kear, curate at Holy Trinity who will post them for you.
(07555 131957)

And when you've run out of words... ..light a candle (or have a battery powered one) and know that God is with you, and that the Holy Spirit 'intercedes with sighs too deep for words'. (Romans 8:26)

Further Christian resources available:

- **#LiveLent: Care for God's Creation** - the Church of England's Lent campaign for 2020. With weekly themes shaped around the first Genesis account of creation, it explores the urgent need for humans to value and protect the abundance God has created. This daily audio content is available via the app and daily emails. Sign up for free.
- **The BBC's Daily Service and Sunday Worship** - radio programmes will be using some of the themes from #LiveLent as part of their broadcasts.
- **Prayer for the day** - each day the Church of England publishes audio and text of the Prayer for the Day.

(Finger) Walking a Labyrinth

Walking a labyrinth is an ancient meditation practice drawn from Celtic Christianity. Often Labyrinths were marked out with stones or cut into the hillside. Sometimes you find labyrinth patterns on the floors of cathedrals – the labyrinth at Chartres being the most famous.

If mobility is difficult or you cannot get outside though (If you are self-isolating, for example!) then you can ‘take your finger for a walk’ round a labyrinth instead – tracing the lines slowly and meditatively into the centre and out again.

A Labyrinth is different from a maze. There is only one path. You cannot get lost.

As you travel inwards, think about your life journey up until this point. Think of all the highs and lows. All the turning points. All the times when you have noticed God at work. Notice how the path turns back on itself and you pass close by to events in the past. How have things in your life been connected?

Offer all of these to God.

When you get to the centre, rest a while in God’s presence. Just be still and attentive.

When you are ready, slowly trace your finger back out of the labyrinth. Imagine you are walking outwards, back into the world, knowing God’s presence with you. Listen to what new things God may be calling you to now.

Lectio Divina (Sacred Reading)

Lectio Divina is an ancient method of meditating on Scripture. It was first introduced by St. Gregory of Nyssa (c 330- 395), and also encouraged by St. Benedict of Nursia (c 480-547), the founder of the Benedictine order. In Lectio Divina, the chosen passage is read prayerfully several times. This gives an opportunity to think deeply about it and respond thoughtfully. You may even find yourself imagining that you are part of the scene – it can give a new way of understanding familiar passages.

The 4 ‘R’s of Lectio Divina:

LECTIO (READ) Take your time to read the passage. Get a sense of what it is saying. Read the passage for a second time. Listen for any words or phrases that strike you, and listen with your heart.

MEDITATIO (REFLECT) Read the passage again, slowly. As you pause on the words or phrases that strike you, take time to consider what that word, phrase or passage means, particularly in your life.

ORATIO (RESPOND) Read the passage again, slowly. Consider now how God has spoken to you in this passage and respond back to him. If you are upset or angry, say so! It is OK to ask questions! You may want to consider how this passage is asking you to act differently.

CONTEMPLATIO (REMAIN) Now take some time simply to rest and remain in the presence of God. You may want to record some of your thoughts or prayers in a journal so you can come back to them later.

Some scripture passages to pray with:

Mt 9:9-13, Mt 11:25-30, Mk 4:35-41

Lk 8:4-8, Lk 15:1-7, Lk 18:35-43

Lk 23:39-43, Jn 15:1-11, Jn 21:15-17



A Coronavirus Prayer

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.