



Winslow Benefice

St Laurence, St James' & St Mary's

Daily Prayer in Lent 2020 during the Coronavirus Epidemic

Opening prayer

The Lord is good, a strong refuge when trouble comes.

God is close to those who trust in him.

Nahum 1.7

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

Morning prayer

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.

Evening prayer

Our help is in the name of the Lord who made heaven and earth.

Pause for reflection as you offer the day to God.

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

Reading

The Bible reading set for the day will be read.

Morning Prayer

The Benedictus

Blessed be the Lord, the God of Israel,
who has come to his people and set them free.

He has raised up for us a mighty Saviour,
born of the house of his servant David.

Through his holy prophets God promised of old
to save us from our enemies,
from the hands of all that hate us,

To show mercy to our ancestors,
and to remember his holy covenant.

This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,

Free to worship him without fear,
holy and righteous in his sight all the days of our life.

And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,

To give his people knowledge of salvation
by the forgiveness of all their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,

To shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Evening Prayer

The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour;
he has looked with favour on his lowly servant.

From this day all generations will call me blessed;
the Almighty has done great things for me
and holy is his name.

He has mercy on those who fear him,
from generation to generation.

He has shown strength with his arm
and has scattered the proud in their conceit,

Casting down the mighty from their thrones
and lifting up the lowly.

He has filled the hungry with good things
and sent the rich away empty.

He has come to the aid of his servant Israel,
to remember his promise of mercy,

The promise made to our ancestors,
to Abraham and his children for ever.

Luke 1.46-55

The Benedictus or the Magnificat is ended with the following:

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.

Intercessions

These will be followed by a few moments of silence.

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.

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.

The Grace

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and evermore. Amen.

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