

## Pray for those in need – in body, mind or spirit.

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love,  
Where there is injury, pardon,  
Where there is doubt, faith,  
Where there is despair, hope,  
Where there is darkness, light,  
Where there is sadness, joy.

*St Francis of Assisi*

## Pray for those who have departed this life

Remember O Lord your servants who have gone  
before us and now rest in the sleep of peace.  
According to your promises grant to them and to all  
who rest in Christ refreshment, light and peace:  
Through the same Christ our Lord.

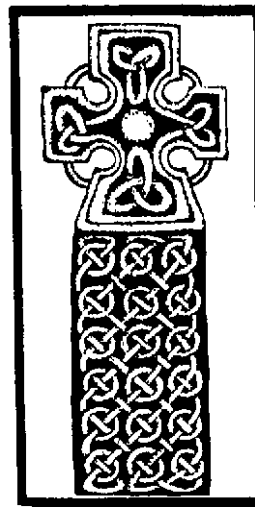
*Alternative Service book (adapted)*

## Pray for Yourself

Heavenly Father, be with us this and every day  
As we travel on the way.  
Grant us such a vision of your love that  
No task may seem too demanding  
No path too difficult for us to tread  
No journey too long  
And bring us home at last to your eternal  
Kingdom Through Jesus Christ our Lord  
J.S.

## Give thanks for all God's mercy and loving kindness to us.

Praise the Lord O my soul:  
And all that is within me praise his holy name.  
Praise the Lord O my soul:  
And forget not all his benefits,  
Who forgives all your sins:  
And heals all your infirmities,  
Who redeems your life from the pit:  
And crowns you with mercy and compassion;  
Who satisfies your being with good things:  
So that your youth is renewed like an eagle's  
*Psalms 103 vv 1-5*



## PAUSE FOR PRAYER

Find a place to sit, be quiet and relax. Use as many of these prayers as you like. Prayer is not just words: it is the offering of the heart and mind and soul to God.

You are welcome to keep this leaflet and use it at home.

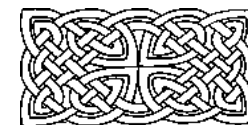
This church is a place where God has been worshipped for countless years; many have come in times of joy and of sorrow. Feel the presence of God here.

## “Be still and know that I am God”

*(Psalms 46 v 10)*

O Gracious and Holy Father,  
Give us wisdom to perceive you,  
Diligence to seek you,  
Patience to wait for you,  
Eyes to behold you,  
A heart to meditate upon you,  
And a life to proclaim you;  
Through the power of the Holy Spirit  
Of Jesus Christ our Lord.

St Benedict



## Commendation

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 my end,  
And at my departing.

*Sarum Primer*

## Some passages for reflection

### *Think on these things*

Whatsoever things are true,  
Whatsoever things are honest,  
Whatsoever things are just,  
Whatsoever things are pure,  
Whatsoever things are lovely,  
Whatsoever things are of good report,  
If there be any virtue,  
And if there be any praise,  
Think on these things.

*St Paul's epistle to the Philippians 4 v. 8*

## All shall be well...

We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.  
Through the unknown, remembered gate  
When the last of earth left to discover  
Is that which was the beginning:  
At the source of the longest river  
The voice of the hidden waterfall  
And the children in the apple-tree  
Not known, because not looked for  
But heard, half hearted, in the stillness  
Between two waves of the sea.  
Quick now, here, now, always –  
A condition of complete simplicity  
(Costing not less than everything)  
and all shall be well and  
all manner of thing shall be well  
when the tongues of flame are in-folded  
into the crowned knot of fire  
and the fire and the rose are one.  
*T.S. Elliot*

### **Deep peace of the running wave to you,**

Deep peace of the flowing air to you  
Deep peace of the quiet earth to you  
Deep peace of the shining stars to you  
Deep peace of the Son of Peace to you.

## Pray for forgiveness

*We all have our shortcomings, our failings, failures and sins. These can be obstacles preventing us from being at peace with ourselves, with one another and with God.*

### **Father forgive me.**

Thanks be to Thee, O Lord Jesus Christ,  
for all the benefits which thou hast won  
for me, For all the pains and insults  
which thou hast borne for me. O most  
merciful Redeemer, Friend and Brother,  
May I know thee more clearly, Love thee  
more dearly, And follow thee more  
nearly, Day by day.

St Richard of Chichester

## Pray for others

“More things are wrought by prayer than  
ever man dreamed of.”

*Pray for those we love, those who love us and  
those we find it hard to love.*

Teach us, good Lord, to serve thee as  
thou deservest;

To give and not to count the cost;

To fight and not to heed the wounds;

To toil and not to seek for rest;

To labour and not to ask for any reward,

Save that of knowing that we do thy will.

*St Ignatius*