



## Prayers for Private Use

### Preparation

In the name of the Father and of the Son and of the Holy Spirit. Amen  
*[You could make the sign of the Cross over yourself as you say this opening statement]*

### Adoration

We praise you, O God, we acclaim you as the Lord.  
 All creation worships you, the Father everlasting.  
 To you all angels, all the powers of heaven,  
 The cherubim and seraphim, sing in endless praise:  
 Holy, holy, holy Lord, God of power and might,  
 heaven and earth are full of your glory.  
 from *Te Deum Laudamus* (c. 387AD)

### Confession

*Bring to mind the sins which lie heavy on your heart, and then say, either:*  
 Lord, for your tender mercies' sake, lay not our sins to our charge,  
 but forgive that which is past and give us grace to amend our sinful  
 lives; to decline from sin and incline to virtue, that we may walk with a  
 perfect heart before you, now and evermore. Amen. (Bishop Ridley's  
 Prayers 1558)

*Or*

Most merciful God, Father of our Lord Jesus Christ,  
 we confess that we have sinned in thought, word and deed.  
 We have not loved you with our whole heart.  
 We have not loved our neighbours as ourselves.  
 In your mercy forgive what we have been, help us to amend what we  
 are,  
 and direct what we shall be; that we may do justly, love mercy, and  
 walk humbly with you, our God.  
 Book of Common Worship 2005

### Thanksgiving

*Think of all the things for which you are thankful and name them  
 before God; then say:*

Thanks be to you, O Lord Jesus Christ  
 For all the benefits you have won for us,  
 for all the pains and insults you have borne for us.  
 O most merciful Redeemer, Friend and Brother,  
 May we know you more clearly, love you more dearly and follow you  
 more nearly day by day. Amen  
 St Richard of Chichester (1197-1253)

### Supplication

*Bring into God's presence all those people and situations for whom  
 you want to intercede, and when you have named them say, either:*  
 We bring before you, O lord,  
 The troubles and perils of peoples and nations,  
 the sighings of prisoners and captives,  
 the sorrows of the bereaved, the necessities of strangers,  
 the helplessness of the weak,  
 the despondency of the weary, the failing powers of the aged.  
 O Lord, draw near to each, for the sake of Jesus Christ our Lord.  
 St Anselm (1033-1109)

*Or*

O Blessed Jesu Christ, you promised that you would ease our  
 sorrows and lighten our burdens, refresh us with your presence.  
 Quiet our understandings and give ease to our hearts, by bringing us  
 close to things infinite and eternal. Open us to the mind of God, that  
 in his light we may see light. And crown your choice of us to be your  
 servants by making us springs of strength and joy to all whom we  
 serve. Amen.  
 Evelyn Underhill (1875-1941)

## Trusting

*Place yourself into God's hands for the rest of this day, knowing that his love and peace enfold you and say, either:*

I bind unto myself today  
The Power of God to hold and lead,  
His eye to watch, his might to stay  
His ear to hearken to my need;  
The wisdom of my God to teach,  
His hand to guide, his shield to ward,  
The word of God to give me speech,  
His heavenly host to be my guard.  
St Patrick (389-461)

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 (1538)

## Conclusion

*Conclude your prayers with the Lord's Prayer and the Grace:*  
Our Father...

*[You could make the sign of the Cross over yourself as you say this concluding prayer]*

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

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*If you are saying your prayers in the Lady Chapel near the Reserved Sacrament you could also use the prayer of St Alphonsus:*

My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things and I desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You were already there, I embrace You and unite myself wholly to You; do not allow me ever be separated from You, my Lord and my God. Amen

Adapted from St Alphonsus Liguori (1696-1787))

## Some brief Readings.

For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height nor depth nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. *Romans 8, 38-39.*

The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness. *Lamentations 3, 22-23.*

The Lord is my shepherd; therefore can I lack nothing. He makes me lie down in green pastures and leads me beside still waters. *Psalms 23, 1-2.*

Bless the Lord, O my soul, and all that is within me bless his holy name.

Bless the Lord O my soul and forget not all his benefits. *Psalms 103, 1-2.*

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.*

In him was life and the life was the light of all people. The light shines in darkness and the darkness did not overcome it. *John 1, 4-5.*

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. *Matthew 11, 28-30.*

**IF YOU HAVE USED THIS SHEET PLEASE TAKE IT AWAY WITH YOU AND DO NOT LEAVE IT IN CHURCH**

**If you would like to speak to a member of the clergy team please phone 07947 652309 or email [helpline@thebourne.org.uk](mailto:helpline@thebourne.org.uk)**