

Be true

Jesus promised that in him is fullness of life (John 10:10). He invites us to open our hearts and to follow him on a journey into love and truth. He also promised the Holy Spirit to guide us (John 16:13).

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

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

Therefore keep the commandments of
the Lord your God, by walking in his
ways and by fearing him. For the Lord
your God is bringing you into a good
land, a land flowing with streams ...
where you will lack nothing.

Deuteronomy 8:6,7,9.

Fæder ure þu
þe eart on heoronum
ri þin nama gehalgod
to becume þin rice
geuwe ðin willa
on eorðan rúa rúa
on heoronum
urne gedæghwamlican
hlaþ ryle ur to dæg
and forgyf ur ure gyltas
rúa rúa we forgyfað
urum gyltendum
and ne selæd þu ur on
corznunge
ac alif ur of yfele soþlice

Father our thou that art in heaven
be thy name hallowed
to become thy kingdom
bedone thy will
on earth as so in heaven
our each day bread give us today
and forgive us our sins
as so we forgiveth those who have sinned
against us
and not lead thou us into temptation
but deliver us of evil - truly.

*The Lord's Prayer in Old English
calligraphy by Brian Kelly*

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A Pause for Prayer

We hope this leaflet will help you
as you pray whether here, at your home,
or somewhere else you find you can be
quiet and still.

Prayer is any way in which we reach out to
communicate with God. He is closer to us
than we realise.

This church is a place where God has
been worshipped for over one thousand
years; many have come in times of joy and
sorrow, in need and plenty.

Wherever you are now, as you pray, let
yourself feel the presence of God.



*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.
Amen.*



Be humble

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. Repentance means choosing to turn away from them, and asking God for help.

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

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



Be encouraged

The words 'Do not be afraid', or 'fear not', occur in the Bible over one hundred times. The Psalms in particular give us great assurance that in the midst of our humanity, God sees and hears us. We pray to Emmanuel, 'God with us'.

Do not be afraid,
for I have redeemed you.
I have called you by your name;
you are mine.
When you walk through the waters,
I'll be with you;
You will never sink beneath the waves.
When the fire is burning all around you
You will never be consumed by the flames.
When the fear of loneliness is looming,
Then remember I am at your side.
When you dwell in the exile of the stranger,
Remember you are precious in my eyes.
You are mine, O my child,
I am your Father
And I love you with a perfect love.

Based on Isaiah 43:1-5

The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:5-7



Be thankful

Whatever our situation, we can be thankful for the good things around us, and for the gift of life itself. Our world, though often hurting, is full of beauty. Expressing gratitude to God is part of worship.

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.

Psalm 103:1-5

Your Spirit, Lord, is around me
in the air I breathe;
your glory touches me
in the light that I see
and the fruitfulness of the earth
and the joy of its creatures.
You have written for me your revelation,
as you have granted me my daily bread;
teach me how to receive it with thanks.

based on the words of John Ruskin