

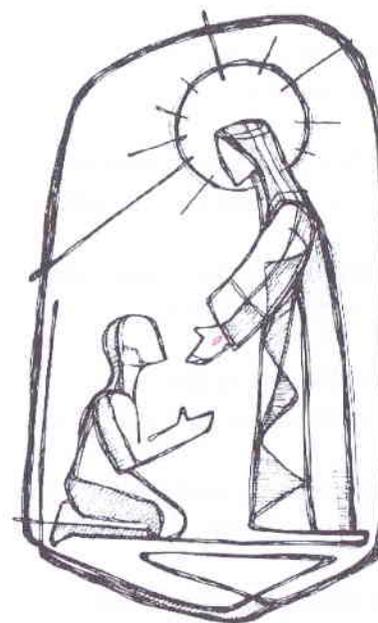
We are not people of fear:  
we are people of courage.  
We are not people who protect our own safety:  
we are people who protect our neighbours' safety.  
We are not people of greed:  
we are people of generosity.  
We are your people God,  
giving and loving,  
wherever we are,  
whatever it costs  
For as long as it takes  
wherever you call us. Amen

Spirit, you pray within me when I am unable.  
When all seems empty, fill me.  
When all seem broken, hold me.  
When all seems far away, be near me.  
When I know you are not there, do not forget me.  
When I do not care if you are, forgive me.  
For I have nothing to offer except the ebb and flow of intention,  
nothing left over after this waiting and enduring.  
Take my face in your hands,  
worn and weary from life's path  
and stroke your blessing into my features,  
for you will never turn away a broken spirit. Amen



Deanery of Abbeydore  
United in Christ  
Across South West Herefordshire

## Prayers for this Time of Illness and Worry



*This leaflet has been produced for anyone who might find it useful in helping them to pray*

*Do please take this away with you.*

*If you know of anyone who would appreciate a copy, do please take one with you.*

*If copies are running out, it would be a kindness if you could let your Vicar or Rector know*

- 1 I lift up my eyes to the hills;  
from where is my help to come?
- 2 My help comes from the Lord,  
the maker of heaven and earth.
- 3 He will not suffer your foot to stumble;  
he who watches over you will not sleep.
- 4 Behold, he who keeps watch over Israel  
shall neither slumber nor sleep.
- 5 The Lord himself watches over you;  
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day,  
neither the moon by night.
- 7 The Lord shall keep you from all evil;  
it is he who shall keep your soul.
- 8 The Lord shall keep watch over your going out and your  
coming in,  
from this time forth for evermore.

*Psalm 121*

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord. Amen.

Lord Jesus Christ,  
you taught us to love our neighbour,  
and to care for those in need  
as if we were caring for you.  
In this time of anxiety, give us strength  
to comfort the fearful, to tend the sick,  
and to assure the isolated  
of our love, and your love,  
for your name's sake. Amen.

God of compassion,  
be close to those who are ill, afraid or in isolation.  
In their loneliness, be their consolation;  
in their anxiety, be their hope;  
in their darkness, be their light;  
through him who suffered alone on the cross,  
but reigns with you in glory,  
Jesus Christ our Lord. Amen.

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,  
and the power, and the glory,  
for ever and ever. Amen.