



## Morning Prayer during Lockdown in the Downs Benefice

*Please respect social distancing measures whilst you are in church. A 2-metre gap should be observed between individual household 'bubbles' at all times.*

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen

### **Opening sentences**

One thing I have asked of the Lord,  
this is what I seek:  
that I may dwell in the house of the Lord  
all the days of my life;  
to behold the beauty of the Lord  
and to seek Him in His temple.

*Call:* Who is it that you seek?

***Response:* We seek the Lord our God.**

*Call:* Do you seek Him with all your heart?

***Response:* Amen. Lord, have mercy.**

*Call:* Do you seek Him with all your soul?

***Response:* Amen. Lord, have mercy.**

*Call:* Do you seek Him with all your mind?

***Response:* Amen. Lord, have mercy.**

*Call:* Do you seek Him with all your strength?

***Response:* Amen. Christ, have mercy.**

## **Declaration of faith**

*Said by all*

**To whom shall we go?**

**You have the words of eternal life,  
and we have believed and have come to know  
that You are the Holy One of God.  
Praise to You, Lord Jesus Christ,  
King of endless glory.**

## **Today's Scripture Readings**

*Please remain seated*

**Psalm** To be read by a member of the congregation

**Gospel Reading** To be read by a member of the congregation

## **Today's Meditation**

If you must be heard, let it be like the babbling brook,  
laughing over the rocks.

If you must be seen, let it be like sunlight  
giving warmth and comfort to all.

If you must be acknowledged, let it be as the eyes  
behold the skies in all their glory.

If you must lead, let it be like the wind and all its unshackled direction.

If you must learn, let it be like breathing,  
the natural flow of in and out,  
and done without thinking.

If you must teach, let it be like the water,  
deep and flowing,

for your words are like pebbles in a pond,  
the ripples they cause spread out in all directions,  
and what you give out eventually returns.

If you must know, let it be flowing and growing.

And above all, if you must:

shine!

## **Prayers for others**

*Said by all*

**Christ, as a light  
illumine and guide me.**

**Christ, as a shield  
overshadow me.**

**Christ under me;**

**Christ over me;**

**Christ beside me**

**on my left and my right.**

**This day be within and without me,  
lowly and meek, yet all-powerful.**

**Be in the heart of each to whom I speak;  
in the mouth of each who speaks unto me.**

**This day be within and without me,  
lowly and meek, yet all-powerful.**

**Christ as a light;**

**Christ as a shield;**

**Christ beside me**

**on my left and my right.**

## **Blessing**

May the peace of the Lord Christ go with you,  
wherever He may send you.

May He guide you through the wilderness,  
protect you through the storm.

May He bring you home rejoicing  
at the wonders He has shown you.

May He bring you home rejoicing  
once again into our doors.

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen

***Sadly, we are not able to gather for refreshments after the service.***

***Please respect social distancing measures as you leave church.***