

## Prayer resources for people at home

The Church building may be closed and we may be confined to our homes, but there have never been more ways to pray! Please find below some different options of how you can pray during the week, and most importantly – keep it up!

**Resources sent on email by James** – *all these can be printed at home, or you can request a set is posted through your letter box. Email James and he would be delighted to do so as his one exercise for the day!*

**Morning Prayer Worship at Home** – a small simple booklet you can use each morning containing Bible readings and prayers

**Evening Prayer Worship at Home** - a small simple booklet you can use each evening containing Bible readings and prayers

**Daily prayers in 10 and 30 minutes** – a leaflet you can use if you want to pray for 10 minutes, or for 30 minutes (this uses the Lord's prayer as a structure)

**Praying for our world at this time of crisis** – a list of intercessory prayers

**Prayers for the coronavirus** – the booklet used last week as we prayed as a church for the coronavirus.

### Resources you will find on the internet

**Daily prayer (Church of England)** – this is traditional prayer at its best and follows the lectionary readings. Depending on when you want to pray, you can choose from Morning Prayer, Prayer during the day, Evening prayer and Night prayer. All these services include prayers and Bible readings. Just click this link or put the link into google:

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

**Celtic Daily Prayer (Northumbria Community)** – this is traditional prayer Celtic style and has a reflective feel to it. Here again you can choose Morning, Midday or Evening Prayer. All these services include prayers and Bible readings. Just click this link or put the link into google: <https://www.northumbriacommunity.org/offices/how-to-use-daily-office/>

Look in the right hand box to find the daily prayer options.

**Today I choose (Charlotte Gambill – Life Church, Bradford)** – this is a 10 minute daily video reflection from Charlotte Gambill (the material our Outrageous Women group follows). These have been created specifically for responding to the coronavirus and are positive messages about what our faith can look like today – simple, inspiring and faith building. Go to You Tube and put [today I choose charlotte gambill](#) into the search bar.

**The Bridgetown Daily (Bridgetown Church, Portland)** – a daily 10 minute meditation on scripture, a quote, or the life of a saint to ground you in God and his peace. Perfect for anyone who is looking for depth and quality within contemporary Biblical reflections. <https://bridgetown.church/series/bridgetown-daily/>, or accessible through your podcast provider – search Bridgetown daily.

**St. Thomas', Haymarket, Newcastle (The Diocesan Resource Church)** – this is a 5 minute daily video reflection based on the lectionary readings, followed by some prayers in response. Just click this link or put the link into google: <https://stthomas.church/churchunleashed>

**#engageathome** – a resource for families to use together - simple prayers or worship activities which families can engage with together, using movement, interaction, craft, play and more. Just click this link or put the link into google: <https://engageworship.org/engage-at-home-daily-family-prayer-and-worship-activities>

**Diocese of Newcastle weekly family worship** on You Tube – each week there is a 15 minute video for families to watch and take part in to help families worship at home. Go to You Tube and put [Diocese of Newcastle weekly family worship](#) into the search bar.

## **Free resources you can access through your phone via Apps**

**Daily prayer App (Church of England)** – this is traditional prayer at its best and follows the lectionary readings. Includes prayers and Bible readings.

**Reflections for Daily Prayer App** – this supplements the Daily prayer App, by offering reflections on the lectionary readings for today.

**Lectio 365 App** – (from 24-7 prayer movement) – a short and systematic way to pray using prayers and scripture intertwined. This comes with an audio option as well as reading on the screen.