

MORNING PRAYER FOR THOSE SOCIALLY DISTANCING OR IN ISOLATION

Opening Prayer

Creator God,
I hold before you the day that lies ahead:
The hours that stretch out before me
I hold before you my heart
Help me to find space for you and the things that uplift
I hold before you my mind
Help me to find both stimulation and rest when they are needed
I hold before you my body
Help me to stay healthy and find a balance of activity in the hours ahead
In the midst of it all, you Lord are present
Amen.

Stepping Into Silence

In the silence I wait on you Lord, knowing that you are near

silence is kept

In the silence I wait on you Lord, knowing that you care

silence is kept

In the silence I wait on you Lord, knowing that I can trust in you

silence is kept

Reading

scripture or poetry is read

Prayers for Others

Wonderful God,
I hold before you all those who I would have seen today

Neighbours
Colleagues
Friends

Make yourself known to them
Help me to serve them from a distance. Amen.

EVENING PRAYER FOR THOSE SOCIALLY DISTANCING OR IN ISOLATION

Opening Prayer

Creator God,
I hold before you the day now past:
The good parts, the boring parts and the times that hurt
I hold before you the thoughts that trouble me:
Thoughts of worry, loneliness and fear
I hold before you the lacks I have experienced:
Lack of companionship, lack of hope, lack of energy
I hold before you the pain I've suffered:
Physical pain, emotional pain, spiritual pain
In the midst of it all, you Lord are present
Amen

Stepping Into Silence

In the silence I wait on you Lord, knowing that you are near

silence is kept

In the silence I wait on you Lord, knowing that you care

silence is kept

In the silence I wait on you Lord, knowing that I can trust in you

silence is kept

Reading

scripture or poetry is read

Prayers for Others

Faithful God,
I pray for:

Those who I love but cannot see
The friends I need but cannot see
The family who need me but who cannot see me
The community I belong to who cannot see me
Those who I love but cannot hear
The friends I need but cannot hear
The family who need me but who cannot hear me

The community I belong to who cannot hear me
Those who I love but cannot hold
The friends I need but cannot hold
The family who need me but who cannot hold me
The community I belong to who cannot hold me

To be seen
To be heard
To be held

These are my lacks Lord
These are my gaps

These are my scarcities Lord
These are my absences.

Closing Prayer

Creator God,
I hold before you those who I cannot see
Those who I cannot hear
Those who I cannot hold
Draw near to them

See them
Hear them
Hold them

Let them know something of your presence Lord
And draw near to me

See me
Hear me
Hold me

Let me know something of your presence Lord
Amen.