



Friday Mid-day Prayer

In Christ

If you are doing this with a couple of people, responses in bold type. Psalms: take each line in turns - right R & left L

Hymn

The Lord is here: **His Spirit is with us**

Christ with me - Christ before me - Christ behind me

In Christ always

Christ in me - Christ above and below - Christ on my right and left

In Christ always

Christ in my rising and my sitting - Christ in all I meet this day

In Christ always

Psalm 23

Remember, I am with you always (Matt 28:20)

R The Lord is my shepherd; I have all that I need.

He lets me rest in green meadows;

he leads me beside still waters.

L He renews my strength.

He guides me along right paths, bringing honour to his name.

R Even when I walk through the darkest valley,

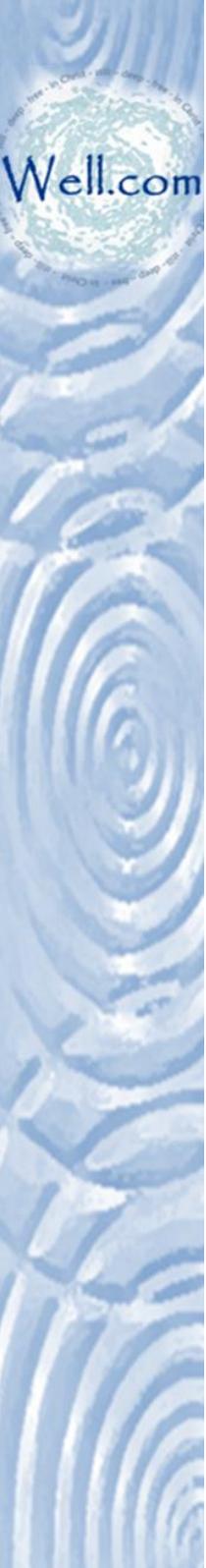
I will not be afraid, for you are close beside me.

Your rod and your staff protect and comfort me.

L You prepare a feast for me in the presence of my enemies.

You honour me by anointing my head with oil.

My cup overflows with blessings.



R Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever.

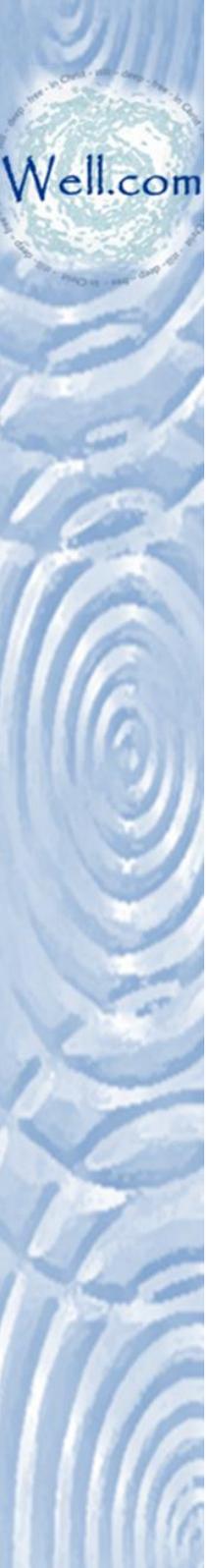
Remember, I am with you always

Scripture reading. *We're in "Ordinary Time" in the Church calendar, no high days or holidays...a chance to see God at work, Jesus with you in the very ordinary events of daily life. His presence with you making every moment, every breath with you. We continue to pray for each other, that we might know his presence with us.*

Matthew 23:8-12

The Passion Translation

⁸ "But you are to be different from that. You are not to be called 'master,'^[a] for you have only one Master, and you are all brothers and sisters. ⁹ And you are not to be addressed as 'father,'^[b] for you have one Father, who is in heaven. ¹⁰ Nor are you to be addressed as 'teacher,'^[c] for you have one Teacher, the Anointed One.^[d] ¹¹ The greatest among you will be the one who always serves others. ¹² Remember this: If you have a lofty opinion of yourself and seek to be honoured, you will be humbled. But if you have a modest opinion of yourself and choose to humble yourself, you will be honoured."



In Christ we pray

to remember that he is with us
in this crisis,
in our anxiety
in our distress

In Christ we pray

To accept our helplessness,
to feel his strength
to know his comfort

In Christ we pray

To be his care for others,
to show his love
to comfort those in need

In Christ we pray

To live each day
to the full
in his company
with faith and hope

In Christ we pray

For those who are suffering
from the virus and those
who will care for them in the weeks to come.

In Christ we pray

Our Father....

Let us live these uncertain times

In Christ

Trusting in his presence

Secure in his love

AMEN

May we rest

In the stillness of God

May we find acceptance

in the deep love of his Son

and in our coming and our going

may we experience

the freedom of the Spirit

day by day

calling us

to new life

together

in Christ

We live each day:

In the Name of the Father

and of the Son

and of the Holy Spirit Amen