

# Welcome to

# A Space to Be



The Archbishops of Canterbury and York and the Bishop of London have asked called the church to pray for the Nation during this month of lockdown.

In this Space to Be we will use the themes and prayers that have been set out for us to use. You may prefer to use these notes over several days as part of your daily prayers or use them in church on a Thursday morning when St Mary's is open for private prayer

At St Mary's there are opportunities to pray with others on Zoom at various times on a Thursday. We welcome others to join us.

9.30 Holy Communion

10.30am - 12.30pm St Mary's is open for private prayer

11.45 - 12noon at the end of Elevenses Coffee Time (Please feel free to join at any time from 11.00am for a chat)

Evening Prayer at 5.00pm

Compline Night Prayer at 8.30pm

Please contact the church office for the zoom links  
[stmaryssawston@btinternet.com](mailto:stmaryssawston@btinternet.com)

Find a quiet place to sit. Maybe your favourite chair, or looking out on your garden. You may like to play a piece of quiet music to settle into prayer. Take a few deep breaths and put all the busyness of the day aside and focus on coming into God's presence. You might like to light a candle.

*Lord, you welcome me to sit awhile with you to read your word and to bring my prayers to you.*

Spend a moment rejoicing in his greatness and majesty:

<sup>1</sup> The Lord reigns, he is robed in majesty;  
the Lord is robed in majesty and armed with strength;  
indeed, the world is established, firm and secure.

<sup>2</sup> Your throne was established long ago;  
you are from all eternity.

Psalm 93:1-2

Our majestic God offers us safety and refuge.

<sup>3</sup> Surely he will save you  
from the fowler's snare  
and from the deadly pestilence.

<sup>4</sup> He will cover you with his feathers,  
and under his wings you will find refuge;  
his faithfulness will be your shield and rampart.  
Psalm 91:3-4



The psalmist says that God will cover you with his wings.  
Jesus says something similar many years later as He comes to Jerusalem  
just before His trial and crucifixion.

<sup>37</sup> “Jerusalem, Jerusalem, you who kill the prophets and stone those sent to  
you, how often I have longed to gather your children together, as a hen  
gathers her chicks under her wings, and you were not willing.  
Matthew 23:37

When faced with danger a mother bird will spread her wings over and around  
her chicks to protect them. She will cover them and will not hesitate to  
sacrifice herself to protect and save them. Beneath her wings her chicks  
know that there is refuge and safety.  
In the same way you are invited to hide beneath God's outstretched wings to  
find refuge and safety.

Imagine you are covered by enormous wings, surrounded, safe and  
protected.

*God, I ask you to cover me and keep me safe.*

Re read the verses of the psalm.

God will 'save you from the deadly pestilence' the psalmist writes. Other  
translations say 'deadly sickness' or 'deadly disease'.

The coronavirus pandemic has claimed 1.3 million lives worldwide.

Take a few moments to pray using the words from the Psalm;

*God, I ask you to save us from this deadly disease.*

David, the psalmist said

God will keep me safe in his dwelling, he will hide me.....

Psalm 27:5

*Father, thank you for saving me. Thank you for stretching out your wings to  
cover me. Shield me as I come to you.*



Now come to God to pray for our nation:

*Loving God,  
at this time of crisis  
when so many are suffering,  
we pray for our nation and our  
world.  
Give our leaders wisdom,  
our Health Service strength,  
our people hope.  
Lead us through these parched  
and difficult days  
to the fresh springs of joy and  
comfort that we find in Jesus  
Christ our Lord.  
Amen*

**For Your family, loved ones and friends.**

*We lift to You, O God those we hold in our hearts –  
praying for their health,  
their well-being and their sense of hope.  
We pray that even when loved ones  
cannot physically be together they would not feel apart.  
We ask for Your help in our communicating,  
Our connecting and our caring.  
Amen.*

*Name your family, loved ones and friends before God*

## **For children and young people, schools and colleges.**

*O God*

*It is so important for our children to socialise,  
to make friends and be friends;  
to play.*

*To be curious, to have their imagination teased; to learn;  
To be safe.*

*Yet from one day to the next  
we do not know how this will look;  
how it will work out; or  
what the long-term effects are going to be.*

*We are worried for our children.*

*Lord, you are the Good Father to us all.*

*Please hear our prayer*

*And let our cry come to you for our little ones.*

*Lord in your mercy, hear our prayer.*



**In our local community:**

*Pray for The Bellbird, Ickniel, and Babraham schools and for Sawston Village College. Pray for all the staff and pupils.*

## **For the elderly, isolated and vulnerable**

*We echo God's commitment to those most at risk of this virus  
by praying today for those who are particularly vulnerable and isolated:  
praying for their deliverance, protection and comfort.*

*We hold before God those who care for them – that they would be  
strengthened and encouraged in this work.*

*Amen.*

**In our local community:**

*Pray for the residents and staff in Orchard House and Bircham House.*

## **For businesses, the workplace and economic well-being**

*In this time of great challenge, we pray for the economic wellbeing of the country.*

*We remember before God those who face great uncertainty in their work.*

*We lift before God those who have lost their jobs and face an uncertain and difficult future.*

*We pray for a renewed commitment to our common life together.  
Amen.*



In our local community:

*Pray for our local shops and businesses. Name those you use and give thanks for their service to the community.*

## **Pray for NHS and other key workers**

*Our God, you are the great healer – and the agent used more than any other is the NHS.*

*Today we voice our gratitude for those who serve this country in the National Health Service and pray for that You would prosper the work of their hands – that they would all be encouraged in their continued work of sacrifice and care amongst us.*

*Amen*

*Lord,*

*We came out once and applauded our NHS, carers and key workers*

*We are so thankful for all who put themselves on the frontline for us;*

*We are so thankful for those who go unseen*

*yet our lives would be impoverished without them.*

*We painted rainbows as a sign of thanks and solidarity, without knowing*

*that the rainbow is a sign you have given us*

*of your presence, your promise and your love.*

*O God,*

*Be with us all.*

*Do not forget your promise.*

*Fill us with your love*

*And enable each of us to love abundantly*

*In Jesus' name.*

*Amen.*

In our local community:

*Pray for our medical centre and all its staff. For other local services, dentists and pharmacies, all care workers, bus drivers and others.*

## **Pray for National and local Government**

*We pray for those who are in positions of authority with responsibility for decision making at national and local level at this difficult time. We ask that You would give great wisdom, deep commitment to all and right judgment. Amen.*



### **For our Government**

*Lord*

*The leaders of our nation bear the hefty weight of office as they lead us through this pandemic.*

*So many voices speak to steer the course of travel*

*Yet there are many considerations.*

*Enable our Leaders to stay on the course you have set for them.*

*Be their wisdom and good counsel.*

*Help them to distil the voices.*

*Shine the light of your presence upon our Prime Minister, our Government and all who advise them.*

*Please take their yoke and shoulder the weight of responsibility.*

*Lead us safely through this pandemic.*

*In Jesus' name. Amen.*

**In our local community:**

*Pray for our Parish, District and County councillors and our MP. Name those you know.*

## **Pray for all who are grieving, and all suffering with physical and mental ill-health.**

*'Lord the one you love is ill....'*

*John 11 v 3*

*We bring to God all those who suffer in body, mind, spirit or with grief. We ask that in God's great loving kindness they might know God's sustaining presence amidst their pain.*

*We pray for those who are stretched beyond their own capacity to cope and remain hopeful – that in the roar of these waterfalls God would bring a sense of coherence, comfort and strength.*

*Amen*

*Name anyone you know.*

## A Prayer for those who have Lost Loved Ones

*Lord  
The Coronavirus came like a thief in the night,  
Unseen and silent,  
it steals the lives of so many.  
There are so many hurting people.  
You promise to comfort the broken hearted.  
Please comfort all whose hearts are broken.  
Lord in your mercy:  
Hear our prayer.*



## Give thanks for the scientists all over the world who are working so hard right now to find vaccines and medicines to treat coronavirus.

*Lord,  
We thank you for the intelligence, the enquiry and learning  
of our scientists,  
and all who are working around the clock  
for a cure and vaccine against Covid-19.  
Please strengthen the bonds of closer cooperation,  
and mutual learning;  
and lead them to the healing of the nations.  
For your name's sake, we pray,  
Even Jesus our Lord.  
Amen*

## A Prayer for our Nation

*Lord Jesus Christ,  
In these dark and difficult days we turn our hearts to you.  
In ages past you have delivered our nation from disaster.  
Do it again we pray.  
Give Wisdom beyond human wisdom to our leaders.  
Give strength beyond human strength to the NHS and all our frontline  
workers.  
Give comfort beyond human comfort to children and the elderly and all who  
grieve.  
Lord, Jesus Christ. In these dark and difficult days,  
Turn your face towards us, have  
mercy upon us, and heal our land we pray.  
Amen*

*Prayers are taken from the Church of England Prayer for the Nation resources and from  
Lectio 365.*