

# **The Harbour Parishes**

## **Town Church and St. John's Church**



**Resources for worship at home**  
**Morning and Night Prayer**

# **Worship at Home**

It is sad that we are not able to meet to worship at the moment. Although we are broadcasting some of our services online, we appreciate that many do not have access to the internet or have the appropriate device to do so.

(If however you do have access to the internet and have not received details then please e mail or telephone Matthew, to be added to the list.)

We have put together the following simple booklet of Morning and Night Prayer so that, although, we are not together physically, we can be united with others in our prayer together and through our common faith in Jesus Christ, wherever we may be.

During these difficult times we do not want anybody to feel especially isolated and we wish to support you in whatever way we can.

Please do not hesitate to pick up the phone to either of us, if you are in need. Even if you would just like someone to talk to, we are happy to listen.

With our warmest regards and prayers

Matthew and Peter

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# Morning Prayer

*You may wish to light a candle and have some reflective music playing in the background.*

The Lord is good, a strong refuge when trouble comes.  
God is close to those who trust in him.

*Nahum 1.7*

## Opening Sentences

O Lord, open our lips  
and our mouth shall proclaim your praise.

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

*Pause for reflection as you offer the day to God.*

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and for ever. Amen.

## **Bible Readings**

You may wish to say here one of the psalms given below, or another chosen psalm.

### **Psalm 23**

1 The Lord is my shepherd;  
therefore can I lack nothing.

2 He makes me lie down in green pastures  
and leads me beside still waters.

3 He shall refresh my soul  
and guide me in the paths of righteousness for his name's sake.

4 Though I walk through the valley of the shadow of death,  
I will fear no evil;  
for you are with me;  
your rod and your staff, they comfort me.

5 You spread a table before me  
in the presence of those who trouble me;  
you have anointed my head with oil  
and my cup shall be full.

6 Surely goodness and loving mercy shall follow me  
all the days of my life,  
and I will dwell in the house of the Lord for ever.

Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.

## Psalm 16

- 1 Protect me, O God, for in you I take refuge.
- 2 I say to the Lord, 'You are my Lord;  
I have no good apart from you.'
- 3 As for the holy ones in the land, they are the noble,  
in whom is all my delight.
- 4 Those who choose another god multiply their sorrows;  
their drink-offerings of blood I will not pour out  
or take their names upon my lips.
- 5 The Lord is my chosen portion and my cup;  
you hold my lot.
- 6 The boundary lines have fallen for me in pleasant places;  
I have a goodly heritage.
- 7 I bless the Lord who gives me counsel;  
in the night also my heart instructs me.
- 8 I keep the Lord always before me;  
because he is at my right hand, I shall not be moved.
- 9 Therefore my heart is glad, and my soul rejoices;  
my body also rests secure.
- 10 For you do not give me up to Sheol,  
or let your faithful one see the Pit.
- 11 You show me the path of life.  
In your presence there is fullness of joy;  
in your right hand are pleasures for evermore.

Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.

## Psalm 139

- 1 O Lord, you have searched me and known me.
- 2 You know when I sit down and when I rise up;  
you discern my thoughts from far away.
- 3 You search out my path and my lying down,  
and are acquainted with all my ways.
- 4 Even before a word is on my tongue,  
O Lord, you know it completely.
- 5 You hem me in, behind and before,  
and lay your hand upon me.
- 6 Such knowledge is too wonderful for me;  
it is so high that I cannot attain it.
- 7 Where can I go from your spirit?  
Or where can I flee from your presence?
- 8 If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.
- 9 If I take the wings of the morning  
and settle at the farthest limits of the sea,  
10 even there your hand shall lead me,  
and your right hand shall hold me fast.
- 11 If I say, 'Surely the darkness shall cover me,  
and the light around me become night',  
12 even the darkness is not dark to you;  
the night is as bright as the day,  
for darkness is as light to you.
- 13 For it was you who formed my inward parts;  
you knit me together in my mother's womb.
- 14 I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works;  
that I know very well.
- 15 My frame was not hidden from you,  
when I was being made in secret,

intricately woven in the depths of the earth.  
16 Your eyes beheld my unformed substance.  
In your book were written  
all the days that were formed for me,  
when none of them as yet existed.  
17 How weighty to me are your thoughts, O God!  
How vast is the sum of them!  
18 I try to count them—they are more than the sand;  
I come to the end—I am still with you.  
19 O that you would kill the wicked, O God,  
and that the bloodthirsty would depart from me—  
20 those who speak of you maliciously,  
and lift themselves up against you for evil!  
21 Do I not hate those who hate you, O Lord?  
And do I not loathe those who rise up against you?  
22 I hate them with perfect hatred;  
I count them my enemies.  
23 Search me, O God, and know my heart;  
test me and know my thoughts.  
24 See if there is any wicked way in me,  
and lead me in the way everlasting.

Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.

## **Bible Reading**

You may wish to use the weekly pattern of short readings given below, or choose a passage of your own.

### **Sunday Morning**

But now thus says the Lord,  
he who created you, O Jacob,  
he who formed you, O Israel:  
Do not fear, for I have redeemed you;  
I have called you by name, you are mine.  
When you pass through the waters, I will be with you;  
and through the rivers, they shall not overwhelm you;  
when you walk through fire you shall not be burned,  
and the flame shall not consume you.  
For I am the Lord your God,  
the Holy One of Israel, your Saviour.

*Isaiah 43.1-3a*

### **Monday Morning**

‘Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.’ Thomas said to him,  
‘Lord, we do not know where you are going. How can we know the way?’ Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me.

*John 14.1-6*

## **Tuesday Morning**

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

*Philippians 4.8-9*

## **Wednesday Morning**

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

*Colossians 3.16,17*

## **Thursday Morning**

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

*Ephesians 2.19-22*

## **Friday Morning**

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

*Romans 19.9-12*

## **Saturday Morning**

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these.

But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

*Luke 12.22-31*

## Prayers

Almighty and everlasting God,  
we thank you that you have brought us safely  
to the beginning of this day.  
Keep us from falling into sin  
or running into danger;  
order us in all our doings  
and guide us to do always  
what is righteous in your sight;  
through Jesus Christ our Lord.  
Amen.

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord.  
Amen.

## **The Lord's Prayer**

Our Father,  
who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever. Amen.

## **The Conclusion**

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life.  
Amen.

Let us bless the Lord.  
Thanks be to God.

# Night Prayer

*You may wish to light a candle and have some reflective music playing in the background.*

The eternal God is your refuge,  
and underneath are the everlasting arms.

*Deuteronomy 33.27*

## Opening Sentences

The Lord almighty grant us a quiet night and a perfect end.  
Amen.

Our help is in the name of the Lord  
who made heaven and earth.

*Pause and reflect on the day that is past.*

Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.

## **Bible Readings**

You may wish to say here either or both psalms given below, or another chosen psalm.

### **Psalm 91**

1 Whoever dwells in the shelter of the Most High  
and abides under the shadow of the Almighty,  
2 Shall say to the Lord, 'My refuge and my stronghold,  
my God, in whom I put my trust.'  
3 For he shall deliver you from the snare of the fowler  
and from the deadly pestilence.  
4 He shall cover you with his wings  
and you shall be safe under his feathers;  
his faithfulness shall be your shield and buckler.  
5 You shall not be afraid of any terror by night,  
nor of the arrow that flies by day;  
6 Of the pestilence that stalks in darkness,  
nor of the sickness that destroys at noonday.  
7 Though a thousand fall at your side  
and ten thousand at your right hand,  
yet it shall not come near you.  
8 Your eyes have only to behold  
to see the reward of the wicked.  
9 Because you have made the Lord your refuge  
and the Most High your stronghold,  
10 There shall no evil happen to you,  
neither shall any plague come near your tent.  
11 For he shall give his angels charge over you,  
to keep you in all your ways.  
12 They shall bear you in their hands,  
lest you dash your foot against a stone.

13 You shall tread upon the lion and adder;  
the young lion and the serpent you shall trample underfoot.

14 Because they have set their love upon me,  
therefore will I deliver them;

I will lift them up, because they know my name.

15 They will call upon me and I will answer them;

I am with them in trouble,

I will deliver them and bring them to honour.

16 With long life will I satisfy them

and show them my salvation.

Glory to the Father and to the Son

and to the Holy Spirit;

as it was in the beginning is now

and shall be for ever. Amen.

## **Psalm 27**

1 The Lord is my light and my salvation; whom shall I fear?

The Lord is the stronghold of my life; of whom shall I be afraid?

2 When evildoers assail me to devour my flesh—

my adversaries and foes—they shall stumble and fall.

3 Though an army encamp against me, my heart shall not fear;

though war rise up against me, yet I will be confident.

4 One thing I asked of the Lord, that will I seek after:

to live in the house of the Lord all the days of my life,

to behold the beauty of the Lord, and to inquire in his temple.

5 For he will hide me in his shelter in the day of trouble;

he will conceal me under the cover of his tent;

he will set me high on a rock.

6 Now my head is lifted up above my enemies all around me,

and I will offer in his tent sacrifices with shouts of joy;

I will sing and make melody to the Lord.

7 Hear, O Lord, when I cry aloud, be gracious to me and answer me!

8 'Come,' my heart says, 'seek his face!'

Your face, Lord, do I seek.

9 Do not hide your face from me.

Do not turn your servant away in anger,  
you who have been my help.

Do not cast me off, do not forsake me, O God of my salvation!

10 If my father and mother forsake me, the Lord will take me up.

11 Teach me your way, O Lord, and lead me on a level path  
because of my enemies.

12 Do not give me up to the will of my adversaries,  
for false witnesses have risen against me,  
and they are breathing out violence.

13 I believe that I shall see the goodness of the Lord  
in the land of the living.

14 Wait for the Lord;  
be strong, and let your heart take courage;  
wait for the Lord!

Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.

## **Bible Reading**

You may wish to use one of the following short readings or choose a passage of your own.

### **Sunday Evening**

You, O Lord, are in the midst of us, and we are called by your name; leave us not, O Lord our God.

*Jeremiah 14.9*

### **Monday Evening**

Thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength.

*Isaiah 30.15*

### **Tuesday Evening**

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

*Matthew 11.28-end*

### **Wednesday Evening**

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.

*1 Peter 5.6,7*

### **Thursday Evening**

Jesus said, 'I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!'

*John 16.33*

## **Friday Evening**

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

*1 Thessalonians 5.9,10*

## **Saturday Evening**

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

*John 8.12*

## **Prayers**

Merciful God,  
we entrust to your unfailing and tender care this night  
those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to hold us safe.  
Comfort and heal them,  
and restore them to health and strength;  
through Jesus Christ our Lord. Amen.

Be present, O merciful God,  
and protect us through the silent hours of this night,  
so that we who are wearied  
by the changes and chances of this fleeting world,  
may rest upon your eternal changelessness;  
through Jesus Christ our Lord. Amen.

Visit this place, O Lord, we pray,  
and drive far from it the snares of the enemy;  
may your holy angels dwell with us in peace,  
and may your blessing be always upon us;  
through Jesus Christ our Lord. Amen.

## **The Lord's Prayer**

Our Father,  
who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever. Amen.

## **The Conclusion**

In peace we will lie down and sleep;  
for you alone, Lord, make us dwell in safety.

The Lord bless us and watch over us;  
The Lord make his face to shine upon us and be gracious to us;  
The Lord look kindly upon us and give us peace. Amen.

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