



## NEW TO PRAYER?

### START HERE

We believe that God is a relational God who works in community with us in all things. We see this from creation right through the Bible stories and into our own times. We see this in Jesus who was there at the beginning of time and is still with God; we see this in the Holy Spirit who is available to us now to guide our ways.

Jesus said, 'Come to me' and he calls each of us into a journey of discovery to find the intimate relationship that God wants with each of us. We find this through Prayer, a conversation with God.

God is approachable and prayer is something anyone can do. You don't have to use complicated words or special language. God isn't swayed by long prayers or clever arguments. God knows you more intimately than you know yourself, after all he created you in your mother's womb (Psalm 139).

Be honest, tell him your thoughts worries and desires. Be thankful for all you have and say sorry for anything you regret.

The disciples of Jesus saw him praying and asked him to teach them to pray. He taught them what we now know as 'The Lord's Prayer'. It has everything we need and is a great place to start. The Lord's prayer found in the Gospels of Matthew (6:9-15) and Luke (11:2-4):

**Our Father in heaven,  
Hallowed be your name,  
Your kingdom come,  
Your will be done,  
On earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
But deliver us from evil.  
For the kingdom, the power, and the glory are yours  
Now and forever. Amen.**

Sometimes we can be the answer to our own prayers, this means that God may be asking you to do something. Prayer is about listening to God as well as about talking to God. It's a two-way conversation. So why not sit quietly for a while before you pray. Get comfortable, then ask God to help you as you pray. You can use the prayers overleaf or try the links below. But don't forget to leave space for God to speak to you. This may be just a sense of peace or special presence or he may direct your thoughts in some way. Don't expect instant results. God may be saying Yes, no, or wait. Come back to prayer often and you will begin to notice his presence.

The **Daily Prayers** page on our website **Emmanuel-church.info** might be helpful to you.

You can log on to the internet here on **Emmanuel\_wifi** password is **billericaycm12**

## Some Prayers To Help You

Lord Jesus Christ, you said to your disciples, 'I am with you always'. Be with me today, as I offer myself to you. Hear my prayers for others and for myself, and keep me in your care. **Amen**

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

*from St Patrick's Breastplate*

## Prayers About The Outbreak

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.**

Lord Jesus Christ, you taught us to love our neighbour, and to care for those in need as if we were caring for you. In this time of anxiety, give us strength to comfort the fearful, to tend the sick, and to assure the isolated of our love, and your love, for your name's sake. **Amen.**

God of compassion, be close to those who are ill, afraid or in isolation. In their loneliness, be their consolation; in their anxiety, be their hope; in their darkness, be their light; through him who suffered alone on the cross, but reigns with you in glory, Jesus Christ our Lord. **Amen.**

## Intercessions

*(A more formal set of prayers)*

Add your own thoughts or name those on your mind at each section: ...

Let us pray to the Lord, who is our refuge and stronghold.

For the health and well-being of our nation, that all who are fearful and anxious may be at peace and free from worry: ...

Lord, hear us:

**Lord, graciously hear us.**

For the isolated and housebound, that we may be alert to their needs, and care for them in their vulnerability: ...

Lord, hear us:

**Lord, graciously hear us.**

For our homes and families, our schools and young people, and all in any kind of need or distress: ...

Lord, hear us:

**Lord, graciously hear us.**

For a blessing on our local community, that our neighbourhoods may be places of trust and friendship, where all are known and cared for: ...

Lord, hear us:

**Lord, graciously hear us.**

We commend ourselves, and all for whom we pray, to the mercy and protection of God.

**Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen.**

**May the grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit, be with me, and those whom I love and pray for, this day and always. Amen.**

**Emmanuel Church, Laindon Road, Billericay, Essex. CM12 9LD**

**P** 01277 632120 **E** [emmanueloffice@billericaychurches.org](mailto:emmanueloffice@billericaychurches.org) **WA** EmmanuelCM12

**T** @EmmanuelCM12 **W** [emmanuel-church.info](http://emmanuel-church.info) **FB** [EmmanuelChurchBillericay](https://www.facebook.com/EmmanuelChurchBillericay)

*Part of The Billericay & Little Burstead Team Ministry*