

Welcome to

S t. J o h n ' s

Pevensey Road



Peace be with you.

This leaflet is for you to use during your time here today. Please take it home with you as you leave.

St John's has been a place of prayer for the people of this place for almost 160 years; it holds the hopes, fears, and memories of many generations within its walls.

Whoever you are and whatever you bring to God today you are welcome, and we pray that you will know God's love and peace here. We hope that this leaflet will help guide you as you pray.

Please do take your time. Perhaps take a candle from the table and light it from one already lit on one of the stands.

You are welcome to sit and pray in the holiness of this place; please keep appropriate distance from anyone else.

A Prayer Guide

Take a moment to be still and let your breathing slow, listen to the sounds around you and gradually allow them to become no more than background sounds.

Hold silence for a few moments and allow the words on this leaflet guide your prayers.

Drawing near to God

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.

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

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.

The 23rd Psalm 'The Lord Is My Shepherd'

The Lord is my shepherd; I shall not want.
He makes me lie down in green pastures.
He leads me beside still waters.
He restores my soul.
He leads me in paths of righteousness
for his name's sake.
Even 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.

You prepare a table before me
in the presence of my enemies;

you anoint my head with oil;
my cup overflows.
Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
forever.

Prayers for others

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

Jesus Light of the world, Shine wherever there is darkness today.
Where there is pain and sorrow,
May the brilliance of your love bring joy.
Where there is sickness and suffering,
May your healing touch bring sunshine after the storm.
Where there is greed and corruption,
May your radiance scatter the shadows.
Where there is hatred and bitterness,
May your brightness dispel the clouds.
Lord Jesus, Light of the world
Rise again upon us we pray
And illumine the darkness of this world,
Through your life giving grace. Amen
Shield us, Lord, from all evil,
and lift us from apathy and despair,
that even when we are terrified,
we may trust your power to save;
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.

Words of hope

Let nothing disturb you,
nothing frighten you;
all things are passing,
God never changes!
Patient endurance attains to all things;
who so ever God holds
in nothing is wanting;
God alone is enough

Seeking God's blessing

The arms of God be around my shoulders,
The touch of the Holy Spirit upon my head,
The sign of Christ's cross upon my forehead,
The sound of the Holy Spirit in my ears,
The fragrance of the Holy Spirit in my nostrils,
The vision of heaven's company in my eyes,
The conversation of heaven's company on my lips,
The work of God's church with my hands,
The service of God and my neighbour in my feet,
And a home for God in my heart,
And to God, Father, Son and Holy Spirit my entire being.
Amen.

Please take this leaflet home with you and may God bless you and those you love and pray for.

You are warmly welcome to join St John's for online worship on Sundays the details can be found on our website www.stjohnspevenseyroad.org.uk Or contact the Rector, Fr David 01424423367 for a listening ear.