



## PRAYER FOR THE NATION

The Society, which is supported by Forward in Faith, and The Church Union join with the leaders of the Church of England and the Roman Catholic Church in England and Wales in urging you to observe a month of Prayer for the Nation during this second national lockdown. As many of us as possible should unite at 6pm each day to say the Angelus and offer intercessions for the vulnerable and those charged with their care

6pm is one of the three times a day that the Angelus is traditionally prayed (9am, 12noon & 6pm). It is a form of prayer that helps us to pause, and to ponder the incarnation, that in Jesus Christ God became man and so that we human beings can be reunited with God. This prayer is especially poignant as we begin to think about Advent and Christmas.

We encourage you to pause and pray at 6pm each evening, and in particular to pray the Angelus, which you will find in this booklet. Remember what God has done for us in the incarnation, and how he is calling us to share His work in the world. The 'Hail Mary' forms a key part of the Angelus prayer, we are reminded in this that our prayers are joined with those of Mary and the whole company of heaven; and in these times of isolation, it is a comfort to know that when we pray we never pray alone, but our prayers are joined with those of all the saints, on whose constant intercession we rely for help. Also, our prayers are joined with those from the Shrine of Our Lady of Walsingham, who pray the Rosary at 6pm each evening along with intercessions from around the world. Shrine Prayers are broadcast each day on the Shrine's Facebook page and website.

The Church of England has provided a theme for each day of the week as a focus of our prayers, and these themes and prayers associated with these themes can be found in this resource along with some other prayers that you may find helpful at this time.

## The Angelus

The Angel of the Lord brought tidings to Mary,  
And she conceived by the Holy Spirit.

Hail, Mary, full of grace; the Lord is with thee:  
blessèd art thou amongst women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.

Behold the handmaid of the Lord.  
Be it done unto me according to Your Word.  
Hail Mary, etc...

And the Word was made flesh,  
And dwelt among us.  
Hail Mary, etc...

Pray for us, O holy Mother of God.  
That we may be made worthy of the promises of Christ.

Pour forth, we beseech You, O Lord,  
Your Grace into our hearts;  
that as we have known the incarnation of Christ,  
your Son by the message of an angel,  
so by His passion and cross  
we may be brought to the glory of His Resurrection.  
Through the same Christ, our Lord. Amen.

## Daily themes for prayer

### **Sunday: *Family, friends and loved ones***

We lift to 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 God's help in our communicating, our connecting and our caring.

### **Monday: *Schools and colleges, children and young people***

We pray for all those involved in the shaping of young lives.

We give God thanks for the sacrifice and commitment of teachers and all those involved in serving children and young people in education.

We pray that all might be nurtured and cared for and that every needful resource would be made available – that all lives can flourish even in these difficult times and that no-one would be overlooked.

**Tuesday: *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.

**Wednesday: *Businesses, the workplace and economic wellbeing***

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.

**Thursday: *The NHS and other key workers***

Our God is 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 God would prosper the work of their hands – that they would all be encouraged in their continued work of sacrifice and care amongst us.

**Friday: *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 God would give great wisdom, deep commitment to all and right judgment.

**Saturday: *All who are grieving, and all suffering with physical and mental ill-health***

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.

## Other prayers for use at this time

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.

Loving Father God  
Be with us in our distress: with our  
families, friends and neighbours,  
our country and our world. Give health to  
the sick,  
hope to the fearful,  
and comfort to the mourners. Give  
wisdom to our frontline and key workers,  
insight to our government  
and patience to us all; Overcome disease  
with the power of your new life, through  
your Son, Jesus Christ our Lord. Amen.

## Prayers for the 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.

Loving God,  
your Son Jesus Christ came that we might  
have life and have it abundantly;  
pour out your blessing upon our nation;  
where there is illness,  
bring your healing touch; where there is  
fear, strengthen us with the knowledge of  
your presence; where there is uncertainty,  
build us up in faith;  
where there is dishonesty, lead us into  
truth;  
where there is discord,  
may we know the harmony of your love;  
this we ask in Jesus' name. Amen.

## Prayer to Our Lady of Walsingham

O Mary, recall the solemn moment when Jesus, your divine son, dying on the cross, confided us to your maternal care. You are our mother, we desire ever to remain your devout children. Let us therefore feel the effects of your powerful intercession with Jesus Christ. Make your name again glorious in the shrine once renowned throughout England by your visits, favours, and many miracles. Pray, O holy mother of God, for the conversion of England, restoration of the sick, consolation for the afflicted, repentance of sinners, peace to the departed. O blessed Mary, Mother of God, Our Lady of Walsingham, intercede for us. Amen.