



# SOUTHWARK

◆ CATHEDRAL ◆

**Prayer resources to use at home**

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## Introduction

For many of us, I think the world seems very different to how it was a few weeks ago. Some of us might be feeling anxious or lonely at this time – many children and young people can't go to school, adults might not be able to go to work and none of us can go to church at the moment.

God is with us in all of this and, when we're feeling confused, or frustrated or even scared about all that's going on, we can pray. But sometimes, praying is hard!

We hope that the resources in this booklet will help you, whether you're on your own or with your family, to pray and to use the Bible in different ways – and we look forward to the time when we can all come back to church.

## Daily Prayer

Praying every day is a tradition in the Church of England. It's something that has been done for hundreds of years.

### Morning Prayer and Compline

Morning Prayer and Compline (sometimes called Night Prayer) help us to start and end each day with God.

Every morning at 9am, you can join in with Morning Prayer on the Cathedral's [Facebook page](#). You don't need to have a Facebook account to get the videos. At 8pm every day, Compline or Night Prayer can be found on the Facebook page too.

The words for Morning Prayer and Compline can be found on the [Church of England website](#), where you can also download the Daily Prayer app. The text for Morning Prayer can also be found here and the words for Compline can be found in our Daily Prayer booklet.

If you are saying Morning Prayer as a family, there is alternative text in our Daily Prayer booklet.

### Other Prayers

- Lighting a candle when you pray might help you to focus and listen.
- Jesus taught us the Lord's Prayer and said "Pray in this way" – so do use it, especially if you're finding it hard to pray.
- There are some simple prayers that are suitable for children here.
- If you are praying with children, ask them what prayers they use at school (if any) and say them together.
- On the [Cathedral website](#), there are other prayer resources.
- The [Diocesan website](#) has links to resources that are particularly suitable for use with children and young people.

### The Examen

This is a peaceful daily reflective prayer. It is best done at the end of the day. In it, you look back on the day that has passed and try to identify God's presence with you in it.

The Examen has five steps:

- 1 Take some time of quiet and ask God to make his presence with you known, or ask God to remind you that he *is* there with you.
- 2 Look back over the day with gratitude (as best you can!)
- 3 Pay attention to your emotions and how you're feeling about it. Let both the positive and negative emotions emerge.
- 4 Choose one feature from the day (positive or negative) and pray about it.
- 5 Look towards tomorrow. Ask God to give you strength in any challenges. How are you feeling about tomorrow? Allow your feelings to turn into prayer. Ask God to remind you that he's with you in the day ahead.

### *The Examen with Children*

The Examen with children takes a very similar form to the Examen for adults. It may be helpful to talk through each stage with children, leaving some time of quiet between each one. A version of this with pictures can be found [here](#).

- 1 Find a comfortable place and remind yourself that God is there with you.
- 2 Look back over your day. What did you do? Did you do school work? Did you speak to anyone?
- 3 What made you happy today? Did someone say or do something that made you feel good?
- 4 Did you say or do something that made you feel good, or that you're proud of?
- 5 Was there something you really enjoyed?
- 6 Thank God for the things that made you happy.
- 7 Did anything make you sad? Maybe something happened... Or someone said or did something?
- 8 Did you do something that made you unhappy? Maybe there's something that you want to say sorry to God for.
- 9 Whatever made you sad or unhappy today, remember that you are always precious to God. Nothing ever changes that. Spend a few moments of quiet with God and remind yourself that he loves you.
- 10 Now think about your day tomorrow. Is there anything that you'd like God to help you with, or anything you're worried about? Talk to God about it and ask God to be with you through your day.

## Reading the Bible

During Morning Prayer, Compline and, on Sundays, the Eucharist, we hear passages from the Bible but – especially during challenging circumstances like those we are facing at the moment – it can be helpful to read the Bible at other times too.

### Bible Reflections

Reflections on Bible passages are widely available. [Christian Aid](#), the [Methodist Church](#) and [the Bible Society](#) publish a Bible reading and reflection every day. There are also printed resources available such as [Reflections for Daily Prayer](#), which can also be downloaded as an [app](#) (sadly, it's not free!).

### Bible Podcasts for Families

The Blackburn Diocese have produced [podcasts](#) of Bible studies and discussion questions for all ages. Each is 15-20 minutes long and include word games, stories and questions for discussion. Really good to do together as a family.

You can listen online or subscribe to the podcast on Apple Podcasts, Google Podcasts, Spotify, Stitcher and TuneIn.

### Lectio Divina

This is a way of reading the Bible prayerfully.

#### *How do do it:*

- Choose a short passage of scripture. It can be anything you like; the parables of Jesus or a Psalm can be a good place to start.
- Ask God to speak to you through the passage you are about to read.
- Read through the passage slowly: is there a word or phrase that 'jumps out' at you? Sit with it for a while.
- When you are ready, read through the passage again. Ask yourself, 'What is God saying to me here?' What is it about the word or phrase that connects to your life? Reflect on it for two or three minutes.
- Then read the passage again. Ask yourself, 'What do I want to say to God?' and say it. Finally, spend some time sitting quietly, knowing that God is with you.

#### *With children:*

- Use an illustrated Bible. Choose a story.
- Ask God to speak to you through the story.
- Read the story slowly. Are there any words that seem to be very special or important? Talk about them.
- Look at the picture(s) together. Talk about what is happening in the story. What character would you like to be in the story? Imagine that you are the character – what might you see or hear or feel as you watched the events of the story unfold?
- What would you like to say to God after hearing the story? (You might like to read the story again.)
- Finish with a few moments of quiet.

## Other Resources

There are many different ways to pray. Some might involve movement or craft.

For adults:

- A series of [reflections](#) for Holy Week and Easter (written by Revd Catherine Williams).

For all ages:

- Learn the Lord's Prayer in British Sign Language [here](#).
- Listen to your favourite hymns or worship songs or other pieces of music that have special meaning for you (You may be able to find them on [YouTube](#)).
- Pictures can help prompt our prayers – e.g. photos of loved ones, maps or pictures of our communities or of the wider world.
- If the news is getting you down, try praying for the people or situations mentioned in it.
- Try doodling or drawing as you pray.
- Try making and using a [finger labyrinth](#).

For children and young people:

- The [Diocesan website](#) has lots of great links (the site is updated regularly so do check back from time to time) and [this blog](#) has hundreds of craft ideas.
- Each week, Bristol Diocese is producing a [Church@Home](#) resource based on one of the readings that you will hear if you watch the Cathedral's streamed service on a Sunday.
- The Diocese of York has produced a great resource for [exploring Holy Week](#).
- The Diddy Disciples materials are excellent. There are lots of audio files on [Soundcloud](#) and there are also some free Good Friday materials on the Diddy Disciples [website](#).
- A range of resources that can be used at home, including resource packs, prayers, educational (but fun!) games and video clips for children and young people.  
[For Primary age.](#)  
[For Secondary age.](#)