

I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

**The Lord's Prayer** *Let us pray together as Jesus has taught us*  
**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.**

### **We ask God's grace for the week ahead**

Heavenly Father, sustain us in our joys and in our anxieties. Enfold us in your peace in our waking and in our sleeping, and may we know your presence with us now and always: in the name of your Son, our Saviour Jesus Christ. **Amen.**

*We say (or sing!) a final hymn:*

1. Guide me, O thou great Redeemer,  
Pilgrim through this barren land;  
I am weak, but thou art mighty,  
Hold me with thy powerful hand;  
Bread of heaven, bread of heaven  
Feed me till I want no more;  
Feed me till I want no more.

2. Open now the crystal fountain  
Whence the healing stream doth flow;  
Let the fire and cloudy pillar  
Lead me all my journey through:  
Strong deliverer, strong deliverer;  
Be thou still my strength and shield;  
Be thou still my strength and shield.

3. When I tread the verge of Jordan,  
Bid my anxious fears subside;  
Death of death, and hell's destruction  
Land me safe on Canaan's side:  
Songs of praises, songs of praises,  
I will ever give to thee;  
I will ever give to thee.

May the blessing of God Almighty, the Father, the Son, and Holy Spirit, be with us all now and evermore: and may we go in peace to love and serve the Lord.  
**In the name of Christ. Amen.**

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## **SAFFRON WALDEN AND VILLAGES TEAM MINISTRY PRAYERS FOR SUNDAY 2 AUGUST 2020 (TRINITY 8)**

*Today in our readings and prayers we remember the account of Jesus feeding 5000 people with five loaves and two fish: taking the little the disciples had, and transforming it into generous abundance for that large crowd. May we trust him to feed us and support us, even when we may feel we are in places of emptiness. You might like to light a candle at home while you use this leaflet, symbolising Jesus as the Light of the World: and to say the prayers and readings out loud.*

### **Introduction**

We gather together, united in purpose though separate in place, in the name of God, our Creator, Redeemer and Sustainer.

*We say together (or why not **sing!**) an opening hymn*

1. I, the Lord of sea and sky,  
I have heard my people cry.  
All who dwell in dark and sin  
My hand will save.  
I who made the stars of night,  
I will make their darkness bright.  
Who will bear my light to them?  
Whom shall I send?

*Here I am, Lord.*

*Is it I, Lord?*

*I have heard you calling in the night.*

*I will go, Lord,*

*If you lead me.*

*I will hold your people in my heart.*

2. I, the Lord of snow and rain,  
I have borne my people's pain.  
I have wept for love of them.  
They turn away.  
I will break their hearts of stone,  
give them hearts for love alone.  
I will speak my word to them,  
Whom shall I send?

*Here I am, Lord....*

3. I, the Lord of wind and flame,  
I will tend the poor and lame.  
I will set a feast for them.  
My hand will save.  
Finest bread I will provide  
till their hearts be satisfied.  
I will give my life to them  
Whom shall I send?

*Here I am, Lord....*

The Lord is here.

**His Spirit is with us.**

We have come together as the family of God in this community. And especially today we thank you, Father, for feeding us in body, mind and spirit. Help us to pray to you in faith, to sing your praise with gratitude, and to listen to your word with eagerness; through Jesus Christ our Lord. **Amen.**

## Prayers of Penitence

We confess our sins, and the sins of our society, in the misuse of God's creation. God our Father, we are sorry for the times when we have used your gifts carelessly, and acted ungratefully.

Hear our prayer, and in your mercy ***Forgive us and help us.***

We belong to a people who are full and satisfied, but ignore the cry of the hungry Father, in your mercy ***Forgive us and help us.***

We store up goods for ourselves alone, as if there were no God and no heaven. Father, forgive us. ***Forgive us and help us.***

## Hearing God's forgiveness

May the God of love and power forgive us and free us from our sins, heal and strengthen us by his Spirit, and raise us to new life in Christ our Lord. **Amen.**

*As God's forgiven people, we say the great hymn of praise*

**Glory to God in the highest, and peace to his people on earth.**

**Readings** *We now follow the readings on the Grapevine:*

**Collect (the special prayer for today)**

**First Reading: St Paul's Letter to the Romans, Chapter 9, verses 1-5**

**Gospel: St Matthew's Gospel, Chapter 14, verses 13-21**

**Reflection** *If you are using this prayer sheet privately, you may wish to read the Reflection on the Grapevine. In a moment of quiet, think what message this may have for you, and ask God to help you live it out in your life this week.*

## We declare our faith together

We believe and trust in God the Father,  
from whom every family in heaven and on earth is named.  
We believe in God the Son,  
who lives in our hearts through faith, and fills us with his love.  
We believe in God the Holy Spirit,  
who strengthens us with power from on high.  
This is our faith. We believe and trust in one God;  
Father, Son and Holy Spirit. Amen.

## Prayers of Intercession

Father of all, give us trust that you will feed us: give us courage to use what you have given us to help others: and give us grace to feed the hungry in your name.

*Lord, in your mercy* ***Hear our prayer***

We pray for your Church throughout the world, and in this Team Ministry of Saffron Walden and Villages. Especially we pray for all our congregations as we adjust to worshipping in our buildings again. Make us a beacon of your love.

*Lord, in your mercy*

***Hear our prayer***

We pray for all who have suffered or watched loved ones suffer from coronavirus; for the anxious; for all hospital staff and carers, all seeking vaccines and cures, and all key workers and volunteers. We pray that all may act responsibly as lockdown eases. We pray for those who have been shielding. and for all who are going on holidays.

*Lord, in your mercy*

***Hear our prayer***

We pray for your troubled world, remembering nations where the virus is still rife, and ask for your wisdom for all world leaders and all making decisions which affect our lives. Bring peace where there is conflict and division.

*Lord, in your mercy*

***Hear our prayer***

We pray for our communities in town and villages. Keep us mindful of each other and help us to live out your love. Bless our families, friends and neighbours, both near and far, especially those in need of any kind whom we name before you in the silence of our hearts ..... Hold them in your loving arms, and be with them always.

*Lord, in your mercy*

***Hear our prayer***

*In a moment of silence, offer to God any other needs on your heart.*

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

## Sharing God's Peace

May the God of peace make you perfect and holy, that you may kept safe and blameless in spirit, soul and body, for the coming of our Lord Jesus Christ.

The peace of the Lord be always with you. **And also with you.**

*As you say this, hold in your mind all who are joining in these prayers today.*

*If you are joining the Eucharist celebrated live via Zoom, do follow the priest saying the Eucharistic prayer, with the standard responses. While only the priest can physically receive the consecrated bread and wine, all will be invited to say this prayer of Spiritual Communion, inviting Jesus to enter your deepest being.*

**My Jesus, I believe that you are present in the Most Holy Sacrament.**