

# The **Methodist** Church

## **Bolton Circuit**

**Worship and prayer resources to use  
during the Covid-19 pandemic.**

### **Phone contacts:**

Rev'd Hilary Howarth 01204 291698 / 07933 724411  
Rev'd Carolyn Lawrance 01204 227377 / 07790 072912  
Rev'd Ian Smart 01204 315304 / 07875 569225  
Pastor Sue Snowden 01204 534036  
Pastor Chris Holmes 01204 460514

**[www.boltonmethodist.com](http://www.boltonmethodist.com)**

# Worship at home

The Methodist Church has taken the step of suspending public worship until further notice owing to the Coronavirus pandemic.

We want to ensure that prayer and worship continues, even though churches have had to suspend their services and activities.

Many of us already pray and study our Bibles at home, but it is hard to keep doing this without meeting with other Christians – especially without Sunday worship.

There are many ways in which we can continue to share in worship together, even if we are not in the same room.

This booklet contains a range of resources to help you pray and worship at home:

*Places to find worship and prayer while at home*

*Prayers written especially for this outbreak*

*Prayers for children*

*Helpful Bible passages*

You might find it helpful to set aside specific times of the day and week to pray and worship. Find a quiet place in your home and enable other members of your household to join you. You might want to light a candle to create a prayerful atmosphere and to use as a focus for your prayers.

You could also try praying with others while still physically distant – for example, over the phone, text messaging, WhatsApp or using video calls.

## Places to find prayer and worship while at home

**Bolton FM** has an act of worship each Sunday morning at 11am led by Rev. Ian Smart and Pastor Sue Snowden. Tune into 95.6FM or access it through your Smartspeaker or digitally through TuneIn: [www.tunein.com](http://www.tunein.com)

There is a daily service on **Radio 4 LW** every morning at 9.45am. <https://www.bbc.co.uk/programmes/b006wzfs>;

**Radio 4** has Sunday worship each week at 8.10am. <https://www.bbc.co.uk/programmes/b006qnds>;

**Radio 3** has Choral Evensong every Sunday at 3pm or you can access their archives on the website. <https://www.bbc.co.uk/programmes/b006tp7r>;

**Premier Christian Radio** broadcasts Bible studies at intervals throughout the day. At noon and at 2.30pm they have “worship hours” which include worship songs, prayer and Bible readings. [www.premierchristianradio.com/About/How-to-listen](http://www.premierchristianradio.com/About/How-to-listen);

**UCB** broadcast worship, Bible readings & reflections throughout the day. [www.ucb.co.uk/listen](http://www.ucb.co.uk/listen);

**BBC One** broadcasts Songs of Praise every Sunday at 1.15pm. <https://www.bbc.co.uk/programmes/b006ttc5>;

### **Rick Warren**

Pastor Rick sends out a daily email: “Daily Hope”, which includes a link to his talks on the same theme. <https://pastorrick.com>;

**Jeff Lucas** podcasts are available at [www.cwr.org.uk/podcast](http://www.cwr.org.uk/podcast);

### **Keswick Ministries**

Sermons and worship from Keswick Ministries (Keswick Convention). <https://www.clayton.tv>;

**Some of the churches in our Circuit have made their services available online in different ways such as:**

**St. Andrew's** – their service can be downloaded from their website  
<https://www.standrewsmethodist.com/>

**St. John's** – an audio recording of services is available to listen to via their website  
<https://stjohns.horwichmethodist.org.uk/>

**The Triangle** – services are available to watch via their website and on Facebook too  
<https://www.thetrianglechurch.org/>  
<https://www.facebook.com/trianglechurchbolton>

**Westhoughton** – an audio recording of their service is available to listen to on their website  
<https://westhoughtonmethodist.co.uk/index.html>

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**Wesley's Chapel London will live-stream from the chapel (the Minister lives on the premises) on Sundays at 11am**  
[www.youtube.com/channel/UCUAUqhmhevz5sqhh72LIMxA](http://www.youtube.com/channel/UCUAUqhmhevz5sqhh72LIMxA)

**Swan Bank Methodist Church in Burslem - worship is studio based with strict distancing rules being followed – Sundays at 10.30am**  
[www.youtube.com/user/SwanBank](http://www.youtube.com/user/SwanBank) and [www.facebook.com/swanbank/](http://www.facebook.com/swanbank/)

**Methodist Central Hall Westminster on Sundays at 11am**  
[www.youtube.com/mchwevents](http://www.youtube.com/mchwevents)

### **Sthie ('At home')**

To join in a very different worship experience, try Sthie ('At home') from the Isle of Man. Join in live on Sundays by joining a Facebook group. For details see [www.andyfishburne.com/2020/03/15/sthie-at-home-online-worship/](http://www.andyfishburne.com/2020/03/15/sthie-at-home-online-worship/) You can watch previous live-streamed videos at [www.youtube.com/andyfishburne](http://www.youtube.com/andyfishburne)



### **Morning Prayers**

09:00 Monday-Friday - from Wesley House Cambridge:  
[www.facebook.com/wesleycambridge](http://www.facebook.com/wesleycambridge).

Resources for following the prayers and readings are available at:  
[www.wesley.cam.ac.uk/prayer-space/](http://www.wesley.cam.ac.uk/prayer-space/)

10:00 Monday-Friday - from Wesley's Chapel London:  
[www.youtube.com/channel/UCUAUqhmhevz5sqhh72LIMxA](http://www.youtube.com/channel/UCUAUqhmhevz5sqhh72LIMxA)

### **Online resources for daily prayer & Bible readings**

#### **Bolton Circuit 'Thought for the Day'**

Each day a new reflection is shared on a bible passage. These reflections are written by our local preachers, Supernumerary ministers and others.

<https://www.boltonmethodist.com/thought-for-the-day>

#### **Methodist Church**

#### **Daily prayers from the Methodist Prayer Handbook**

<https://www.methodist.org.uk/our-faith/prayer/prayer-of-the-day/>

## **Methodist Church - Service sheets for use at home**

<https://www.methodist.org.uk/our-faith/worship/singing-the-faith-plus/seasons-and-themes/worship-during-the-coronavirus-pandemic/>

**Take Time** produced by Reigate Methodist Church has many themed meditations on topics such as anxiety [www.taketime.org.uk](http://www.taketime.org.uk)

### **Other Resources**

**Pray As You Go** are producing a daily retreat for people socially isolating:

[www.pray-as-you-go.org/retreat/pray-as-you-stay](http://www.pray-as-you-go.org/retreat/pray-as-you-stay)

### **24-7 Prayer**

<https://www.24-7prayer.com>;

### **Lectio 365**

<https://www.24-7prayer.com/dailydevotional>;



# Children's Resources

## Methodist Church

Resources, activities and strategies to help engage with children and young people at this time

<https://www.methodist.org.uk/about-us/coronavirus/talking-to-young-people/>

## Rhema Theatre

Since 2001, Rhema Theatre Company have been performing in primary schools throughout the UK. They've are offering their new Easter production free with videos and activities.

<https://talesfromthemiraclebook.co.uk;>

## Diddy Disciples

Find resources via Facebook for younger children

[https://www.facebook.com/pg/diddydisciples/about/?ref=page internal;](https://www.facebook.com/pg/diddydisciples/about/?ref=page_internal;)

## Candle Walk

Church Publishing have made their beautiful book Candle Walk available free on issuu. It's a gentle way to end the day with small children

<https://issuu.com/churchpublishing/docs/candlewalk5/18?fbclid=IwAR1dSBBITORpOzL0xMMPiOtePaMMvFBGtrzDvHvg4dnwjH0eQzTI2dGOFE0;>

## Together at Home

Another Facebook ideas in sharing Christian activities at home with children.

[https://www.facebook.com/groups/613930636117980/?ref=group browse](https://www.facebook.com/groups/613930636117980/?ref=group_browse)

There are also lots of YouTube animated Bible stories for children; Saddleback Kids; Bible Stories for Kids; Friends and Heroes. Or you could try <https://guardiansofancora.com>; for lots of interactive fun!

## 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.**

### **For those who are ill**

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.**

### **For hospital staff and medical researchers**

Gracious God, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord. **Amen.**

### **From one who is ill or isolated**

O God, help me to trust you, help me to know that you are with me, help me to believe that nothing can separate me from your love revealed in Jesus Christ our Lord. **Amen.**

### **For the Christian community**

We are not people of fear: we are people of courage.

We are not people who protect our own safety:

we are people who protect our neighbours' safety.

We are not people of greed: we are people of generosity.

We are your people God, giving and loving, wherever we are, whatever it costs

For as long as it takes wherever you call us.

*Barbara Glasson, President of the Methodist Conference*



# Prayers of Intercession

Let us pray to God, who alone makes us dwell in safety:  
For all who are affected by coronavirus, through illness or isolation or anxiety,  
that they may find relief and recovery:  
Lord, hear us, **Lord, graciously hear us.**

For those who are guiding our nation at this time, and shaping national policies,  
that they may make wise decisions:  
Lord, hear us, **Lord, graciously hear us.**

For doctors, nurses and medical researchers, that through their skill and insights  
many will be restored to health:  
Lord, hear us, **Lord, graciously hear us.**

For the vulnerable and the fearful, for the gravely ill and the dying,  
that they may know your comfort and peace:  
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...

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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.

# Prayers with Children

## A prayer for when a friend is ill

Dear God, *(name of friend)* is ill.

They are not allowed to go to school or come over to play.

I'm sad because I miss them.

They must be feeling miserable and lonely as well. Please be close to them.

Please be with the people who are looking after them.

Please help them to get better and to know that you love them.

**Amen.**

## A prayer for the world

God of love and hope, you made the world and care for all creation,  
but the world feels strange right now.

The news is full of stories about Coronavirus.

Some people are worried that they might get ill.

Others are anxious for their family and friends.

Be with them and help them to find peace.

We pray for the doctors and nurses and scientists, and all who are working to  
discover the right medicines to help those who are ill.

Thank you that even in these anxious times, you are with us.

Help us to put our trust in you and keep us safe.

**Amen.**

## A prayer at bedtime

Before the ending of the day, Creator of the world, we pray

That you, with steadfast love, would keep Your watch around us while we sleep.

Tonight we pray especially for *(names family or friends who are affected by Coronavirus)* and the people of *(country or place which is affected by Coronavirus)*.

Please give skill and wisdom to all who are caring for them.

**Amen.**

## A prayer remembering God is with us

Lord God, you are always with me. You are with me in the day and in the night.

You are with me when I'm happy and when I'm sad.

You are with me when I'm healthy and when I am ill.

You are with me when I am peaceful and when I am worried.

Today I am feeling *(name how you are feeling)*

because *(reasons you are feeling this way)*.

Help me to remember that you love me and are with me in everything today.

**Amen.**

# **Bible Passages**

(Extracts are given where readings are longer.)

## **Psalm 23**

*“Even though I walk through the darkest valley,  
I will fear no evil, for you are with me; your rod and your staff, they comfort me.”*  
(Verse 4)

## **Psalm 91**

*“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, ‘He is my refuge and my fortress, my God, in whom I trust.’”*  
(Verses 1-2)

## **Psalm 139**

*“Search me, God, and know my heart; test me and know my anxious thoughts.”*  
(Verse 23)

## **Isaiah 41:10**

*“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”*

## **John 14**

*“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”*  
(Verse 27)

## **Luke 12:22-34**

*“Who of you by worrying can add a single hour to your life?  
Since you cannot do this very little thing, why do you worry about the rest?”*  
(Verses 25-26)

## **Philippians 4:4-9**

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*  
(Verses 6-7)

May the peace of God give you renewed hope and wisdom,  
May you find the strength you already carry within you to be enough,  
May the grace of God be sufficient,  
May you find a deep breath when the air around you is thin,  
May you grow in compassion in these days,  
May you love well, not in spite of these anxious times,  
But because of them.

- Sarah Bessey

