



RIPON
CATHEDRAL

Prayers and Bible Readings



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Welcome to Ripon Cathedral. We are pleased that you have chosen to come in and, if you've come for a time of reflection and prayer, we hope you will find peace and a closeness to God.

In the Bible in psalm 46 God says 'Be still and know that I am God'. So, sitting in God's presence in the quiet in this ancient building where past generations have offered their prayers is an excellent way to pray. However, sometimes we need words to help us to articulate what we feel. So we have put together this little booklet of prayers and bible texts in the hope that it may offer some starting points for reflection and prayer in the cathedral.

If you pick up this book – even if you don't use it – **please do, for safety's sake, take it away with you** in order to avoid any chance of spreading infection.

We aim to have a chaplain available as much as possible in this period so if you would like to talk to someone please ask a welcome or vergier and they will find a chaplain for you.

You may like to pray the cathedral prayer:

Creator God,
You reveal your love for us in Jesus
and sustain us by your Holy Spirit;
by your grace, open our eyes to your presence
and our ears to your call,
that united with our patrons St Peter and St Wilfrid
and in the whole company of Ripon Cathedral
we may serve your will and see your kingdom grow
in this city and diocese;
Through Jesus Christ our Lord. Amen

PRAYERS FOR STARTING A PERIOD OF PRAYER

Almighty God, to whom all hearts are open,
all desires known and from whom no secrets are hid
Cleanse the thoughts of my heart by the inspiration of thy Holy Spirit
that I may perfectly love thee
and worthily magnify thy holy name,
through Jesus Christ our Lord. Amen

from the Book of Common Prayer

Eternal Light, shine in my heart;
Eternal Goodness, deliver me from evil;
Eternal Power, be my support;
Eternal Wisdom, scatter the darkness of my ignorance;
Eternal Pity, have mercy upon me:
that with all my heart and mind and soul and strength
I may seek your face
and be brought by your infinite mercy to your holy presence:
through Jesus Christ our Lord. Amen

PRAYERS FOR GUIDANCE AND STRENGTH

Lord, I am hesitant and uncertain
but will you, O God,
watch over each step of mine and guide me?

St Augustine of Hippo

Day by day, dear Lord, three things I pray.
To see you more clearly,
love you more dearly
and follow you more nearly,
day by day. Amen

from the prayer of St Richard of Chichester

To come into God's presence must suffice,
To him who holds the pearl beyond all price,
To turn to him whose touch can heal and bless
Must be sufficient for my helplessness.
He knows my need, my trouble he can see.
Come, Lord, to lay thy healing hand on me.

I bind unto myself today
The power of God to hold and lead
His eye to watch, his might to stay
His ear to harken to my need.
The wisdom of my God to teach,
His hand to guide, his shield to ward.
The word of God to give me speech,
His heavenly host to be my guard.

Christ be with me, Christ be in 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 the hearts of all who love me,
Christ in mouth of friend and stranger.

From St Patrick's Breastplate

PRAYERS FOR THOSE WHO SUFFER

God of compassion be close to those who are ill, in isolation or afraid.
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

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

PRAYER FOR MEDICAL 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

PRAYER OF ENTRUSTING

I hand over to your care, Lord
My soul and body,
My mind and thoughts
My prayers and my hopes
My health and my work,
My life and my death,
My parents and my family
My friends and my neighbours
My country and all people,
Today and always, Amen

Lancelot Andrewes

A PRAYER ON LIGHTING A CANDLE

Lord, this candle I have lit
may it be a light from you to lighten my way
through difficulties and decisions.
May it be a fire from you to burn up my selfishness,
my pride and all that's impure in me.
May it be a flame to warm my heart and teach me to love.
Lord, I cannot say long in your house.
This candle is a little bit of myself that I offer to you.
Help me to continue my prayer in all that I do this day. Amen

PRAYERS FOR OURSELVES

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth and in my speaking;
God be in my heart and in my thinking;
God be at my end and at my departing.

A 15th century prayer

Lord, make me an instrument of your peace.
Where there is hatred, let me show love
Where there is injury, pardon;
Where there is discord, unity;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, joy.

O Lord, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love.

For it is in giving we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life. Amen

Prayer attributed to St Francis of Assisi

PRAYERS AS WE LEAVE

Loving God,
thank you for this house of prayer
where we praise and thank you
for all you have given us.
Help us to go out into the world,
refreshed by your Spirit,
to do what you have called us to do
in Jesus Christ our Lord. All Amen.

My dearest Lord,
be a bright flame before me,
a guiding star above me,
be a smooth path beneath me,
be a kindly shepherd behind me
today and for ever more. Amen

A prayer of St Columba

Bless to me, O God, the earth beneath my feet.
Bless to me, O God, the path whereon I go.
Bless to me, O God, as I journey on.

SOME BIBLE TEXTS

Matthew 6: 7-14 *Jesus teaches us to pray*

7 Jesus said: 'When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. ⁸Do not be like them, for your Father knows what you need before you ask him.

9 'Pray then in this way:

Our Father in heaven,
hallowed be your name.

¹⁰ Your kingdom come.

Your will be done,
on earth as it is in heaven.

¹¹ Give us this day our daily bread.

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And do not bring us to the time of trial,
but rescue us from the evil one.

¹⁴For if you forgive others their trespasses, your heavenly Father will also forgive you; ¹⁵but if you do not forgive others, neither will your Father forgive your trespasses.

Matthew 6: 25-33 *Jesus teaches us not to worry*

25 Jesus said: 'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And can any of you by worrying add a single hour to your span of life? ²⁸And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰But if God so clothes the grass of the

field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? ³¹Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” ³²For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. ³³But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

34 ‘So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.’

Matthew 11:28-30 *Jesus offers to take on our burdens*

28 ‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.’

Luke 8: 22-25 *Jesus calms a storm*

2 One day Jesus got into a boat with his disciples, and he said to them, ‘Let us go across to the other side of the lake.’ So they put out, ²³and while they were sailing he fell asleep. A gale swept down on the lake, and the boat was filling with water, and they were in danger. ²⁴They went to him and woke him up, shouting, ‘Master, Master, we are perishing!’ And he woke up and rebuked the wind and the raging waves; they ceased, and there was a calm. ²⁵He said to them, ‘Where is your faith?’ They were afraid and amazed, and said to one another, ‘Who then is this, that he commands even the winds and the water, and they obey him?’

Luke 10:38-42 *the importance of listening to Jesus*

Jesus entered a certain village, where a woman named Martha welcomed him into her home. ³⁹She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. ⁴⁰But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' ⁴¹But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; ⁴²there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

John 10:11- 15 *Jesus the Good Shepherd*

11 Jesus said: 'I am the good shepherd. The good shepherd lays down his life for the sheep. ¹²The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away—and the wolf snatches them and scatters them. ¹³The hired hand runs away because a hired hand does not care for the sheep. ¹⁴I am the good shepherd. I know my own and my own know me, ¹⁵just as the Father knows me and I know the Father. And I lay down my life for the sheep.

John 13: 34-35 *We are given a new commandment*

³⁴Jesus said: 'I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. ³⁵By this everyone will know that you are my disciples, if you have love for one another.'

John 14:15-17; 25-27 *Jesus gives us his peace*

Jesus said to the disciples: 'If you love me, you will keep my commandments. ¹⁶And I will ask the Father, and he will give you

another Advocate, to be with you for ever. ¹⁷This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.

25 'I have said these things to you while I am still with you. ²⁶But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. ²⁷Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

From I Corinthians 13 *St Paul's Hymn to Love*

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Love never ends. But as for prophecies, they will come to an end; as for tongues, they will cease; as for knowledge, it will come to an end. For we know only in part, and we prophesy only in part; but when the complete comes, the partial will come to an end. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

If you would like to learn more of what Jesus said and did, we have free copies of St Luke's Gospel called *Life*. Ask a Chaplain or Verger for a copy.



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Start ▶

God, Jesus and
the journey of
life in 6 sessions



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