



Southwell  
Minster

*The Cathedral and Parish Church  
of the Blessed Virgin Mary*

## Personal Prayers

*These prayers could be particularly helpful if you are self-isolating or at home alone.*

Lord Jesus Christ, you said to your disciples,  
'I am with you always'.  
Be with me today, as I offer myself to you.  
Hear my prayers for others and for myself,  
and keep me in your care.

Christ be with me, Christ within 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 hearts of all that love me,  
Christ in mouth of friend and stranger.

*from St Patrick's Breastplate*

I am giving you worship with all my life,  
I am giving you obedience with all my power,  
I am giving you praise with all my strength,  
I am giving you honour with all my speech.  
I am giving you love with all my heart,  
I am giving you affection with all my sense,  
I am giving you my being with all my mind,  
I am giving you my soul, O most high and holy God.  
Praise to the Father, Praise to the Son,  
Praise to the Spirit, The Three in One.

*adapted from Alexander Carmichael, Carmina Gadelica (1900)*

Lord Jesus Christ,  
Son of the living God,  
have mercy on me, a sinner.

*The Jesus Prayer*

O God, the protector of all who trust in you,  
without whom nothing is strong, nothing is holy:  
increase and multiply upon us your mercy;  
that with you as our ruler and guide,  
we may so pass through things temporal  
that we lose not our hold on things eternal;  
through Jesus Christ our Lord.

*Common Worship*

Be with us, Lord, in all our prayers,  
and direct our way toward the attainment of salvation,  
that among the changes and chances of this mortal life,  
we may always be defended by your gracious help,  
through Jesus Christ our Lord.

*Common Worship*

O gracious and holy Father,  
give us wisdom to perceive you, diligence to seek you,  
patience to wait for you, eyes to behold you,  
a heart to meditate upon you, and a life to proclaim you,  
through the power of the spirit  
of Jesus Christ our Lord.

*St Benedict*

## BEFORE GOING TO SLEEP

Visit this place, O Lord, we pray,  
and drive far from it the snares of the enemy;  
may your holy angels dwell with us and guard us in peace,  
and may your blessing be always upon us;  
through Jesus Christ our Lord.  
Amen.

*Common Worship: order for Night Prayer (Compline)*