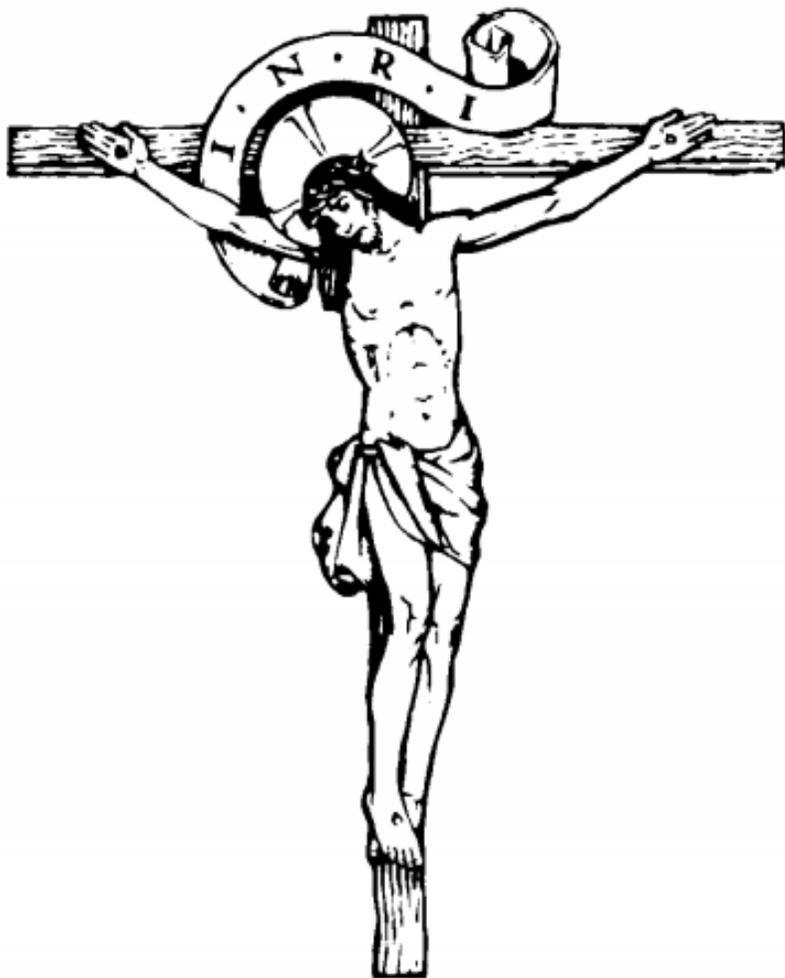


The Parish of St John the Baptist, Timberhill
with St Julian, Norwich



Praying at home
in the time of Coronavirus

A Prayer in Time of Trouble

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.

O Christ: hear us.

Holy Mary, Mother of God: pray for us.

St John the Baptist: pray for us.

St Julian: pray for us.

THE ANGELUS

said daily early in the morning, at 12 noon and at 6pm

The Angel of the Lord brought tidings to Mary:
and she conceived by the Holy Ghost.

Hail Mary, full of grace: the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Behold the handmaid of the Lord.
Be it unto me according to thy word.

Hail Mary...

And the Word was made flesh:
and dwelt among us.

Hail Mary...

Pray for us, O holy Mother of God:
that we may be made worthy of the promises of Christ.

Let us pray. We beseech thee, O Lord, pour thy grace into our hearts; that, as we have known the incarnation of thy Son Jesus Christ by the message of an Angel, so by his ✠ Cross and Passion we may be brought unto the glory of his resurrection; through the same Jesus Christ our Lord. Amen.



THE REGINA COELI

replaces the Angelus three times a day in Eastertide

Joy to thee, O Queen of heaven, alleluia!
He whom thou wast meet to bear, alleluia!
As he promised, hath aris'n: alleluia!
Pour for us to God thy prayer: alleluia!

Rejoice and be glad, O Virgin Mary, alleluia!
For the Lord is risen indeed, alleluia!

Let us pray. O God, who through the Resurrection of thy Son our Lord Jesus Christ hast vouchsafed joy to the whole world: grant, we beseech thee, that aided by the prayers of his Mother the Virgin Mary, we may attain the joys of everlasting life; through the same Christ our Lord. Amen.

BIBLE READINGS AND COLLECTS

for Mass on Sundays and feasts

Sunday 22 March • Fourth Sunday of Lent (Refreshment Sunday)

Theme: Our Shepherd-King in this Valley of Darkness

I Samuel 16.1, 6-7, 10-13 • Psalm 23 • Ephesians 5.8-14 • St John 9.1-41

O God, who through your Word reconcile the human race to yourself in a wonderful way: grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come; through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Wednesday 25 March • Feast of the Annunciation

Isaiah 7.10-14; 8.10 • Psalm 40 • Hebrews 10.4-10 • St Luke 1.26-38

O God, who willed that your Word should take on the reality of human flesh in the womb of the Virgin Mary: grant, we pray, that we, who confess our Redeemer to be God and man, may merit to become partakers even in his divine nature; who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Sunday 29 March • Fifth Sunday of Lent (Passiontide begins)

Theme: Christ breathes into us his living Spirit

Ezekiel 37.12-14 • Psalm 130 • Romans 8.8-11 • St John 11.1-45

By your help, we beseech you, Lord our God, may we walk eagerly in that same charity with which, out of love for the world, your Son handed himself over to death; through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.



Sunday 5 April • Palm Sunday (Holy Week begins)

Gospel of the Palms: St Matthew 21.1-11 • Isaiah 50.4-7 • Psalm 22 • Philippians 2.6-11 • *The Passion Gospel:* St Matthew 26.14-27.66

Almighty ever-living God, who as an example of humility for the human race to follow caused our Saviour to take flesh and submit to the Cross: graciously grant that we may heed his lesson of patient suffering and so merit a share in his Resurrection; who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Thursday 9 April • Maundy Thursday

Exodus 12.1-8, 11-14 • Psalm 116 • I Corinthians 11.23-26 • St John 13.1-15

O God, who have called us to participate in that most sacred Supper, in which your only-begotten Son, when about to hand himself over to death, entrusted to the Church a sacrifice new for all eternity, the banquet of his love: grant, we pray, that we may draw from so great a mystery the fullness of charity and of life; through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Friday 10 April • Good Friday

Isaiah 52.13-53.12 • Psalm 31 • Hebrews 4.14-16; 5.7-9 • St John 18.1-19.42

Remember your mercies, O Lord, and with your eternal protection sanctify your servants, for whom Christ your Son, by the shedding of his Blood, established the Paschal Mystery; who lives and reigns for ever and ever. Amen.

Saturday 11 April • Holy Saturday

Lamentations 3.1-9, 19-24 • Psalm 31 • I Peter 4.1-8 • St John 19.38-42

Grant, Lord, that we who are baptized into the death of your Son our Saviour Jesus Christ may continually put to death our evil desires and be buried with him, and that through the grave and gate of death we may pass to our joyful resurrection; through his merits, who died and was buried and rose again for us, your Son Jesus Christ our Lord. Amen.

Sunday 12 April • Easter Day

Alleluia!

Acts 10.34, 37-43 • Psalm 118
Colossians 3.1-4 • St John 20.1-18

O God, who on this day, through your only-begotten Son, have conquered death and unlocked for us the path to eternity: grant, we pray, that we who keep the solemnity of the Lord's Resurrection may, through the renewal brought by your Spirit, rise up in the light of life; through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.



Sunday 19 April • Octave Day of Easter

Theme: Our Easter Joy

Acts 2.42-47 • Psalm 118 • I Peter 1.3-9 • St John 20.19-31

God of everlasting mercy, who, in the very recurrence of the Paschal Feast kindle the faith of the people you have made your own: increase, we pray, the grace you have bestowed, that all may grasp and rightly understand in what font they have been washed, by whose Spirit they have been reborn, by whose Blood they have been redeemed; through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Sunday 26 April • Third Sunday of Easter

Theme: Christ With Us on the Way of Life

Acts 2.14, 22-33 • Psalm 16 • I Peter 1.17-21 • St Luke 24.13-35

May your people exult for ever, O God, in renewed youthfulness of spirit, so that, rejoicing now in the restored glory of our adoption, we may look forward in confident hope to the rejoicing of the day of resurrection; through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Sunday 3 May • Fourth Sunday of Easter (Good Shepherd Sunday)

Theme: The Shepherd and Guardian of Our Souls

Acts 2.14, 36-41 • Psalm 23 • I Peter 2.20-25 • St John 10.1-10

Almighty ever-living God, lead us to a share in the joys of heaven, so that the humble flock may reach where the brave Shepherd has gone before; who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Sunday 10 May • Fifth Sunday of Easter

Theme: Our Royal Priesthood

Acts 6.1-7 • Psalm 33 • I Peter 2.4-9 • St John 14.1-12

Almighty ever-living God, constantly accomplish the Paschal Mystery within us, that those you were pleased to make new in Holy Baptism may, under your protective care, bear much fruit and come to the joys of life eternal; through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Sunday 17 May • Sixth Sunday of Easter (Rogation Sunday)

Theme: The Spirit of Truth

Acts 8.5-8, 14-17 • Psalm 66 • I Peter 3.15-18 • St John 14.15-21

Grant, almighty God, that we may celebrate with heartfelt devotion these days of joy, which we keep in honour of the Risen Lord, and that what we relive in remembrance we may always hold to in what we do; through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Thursday 21 May • Ascension Day

Theme: Christ's Eternal Glory

Acts 1.1-11 • Psalm 47 • Ephesians 1.17-23 • St Matthew 28.16-20

Gladden us with holy joys, almighty God, and make us rejoice with devout thanksgiving, for the Ascension of Christ your Son is our exaltation, and, where the Head has gone before in glory, the Body is called to follow in hope; through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

SPIRITUAL COMMUNION

when unable to attend Mass

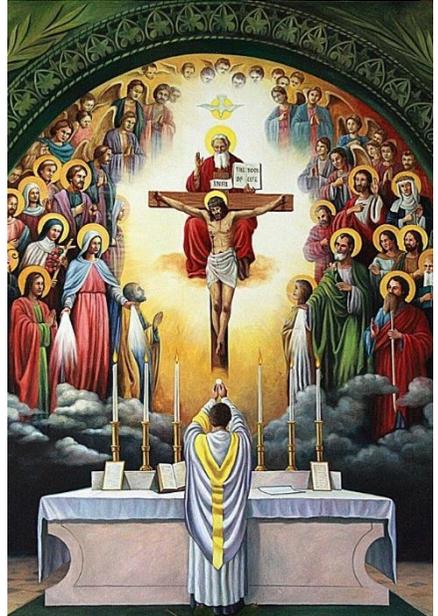
I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.

St John 15.5

Receiving Holy Communion is the fullest expression of our participation in the Eucharist, although the offering of Mass is efficacious in itself. In our current situation, Mass will continue to be celebrated daily in our parish, but privately. In such circumstances, the Church teaches that we may make a 'Spiritual Communion'.

This was defined by St Thomas Aquinas as 'an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received him.'

We can make a Spiritual Communion either at home, especially but not only at the hour when we know Mass is being said in the church (10am most days for the foreseeable future; 11am on Sundays), or if we come to a church where the Blessed Sacrament is reserved.



Here is a suggested form for Spiritual Communion.

✠ In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

The Lord's Prayer: Our Father, who art in heaven...

We recall the failures and sins of the past week, and offer them to Christ.

Act of Contrition: O God, I am very sorry that I have sinned against you, who are so good. Forgive me for Jesus's sake, and help me to sin no more.

Act of Reception: In union, dear Lord, with the faithful at every altar in your Church where your blessed Body and Blood are being offered to the Father, I desire to offer you praise and thanksgiving. I believe that you are truly present in the Blessed Sacrament. Since I cannot now receive you sacramentally, I pray that you will come spiritually into my heart. I unite myself to you now as I do when I actually receive you. Let me never be separated from you. Amen.

May the Body and Blood of our Lord Jesus Christ preserve my body and soul to everlasting life.

Act of Praise and Thanksgiving: Blessed, praised, and adored be Jesus Christ on his throne of glory in heaven, and in the most Holy Sacrament of the Altar. Amen.

Anima Christi:

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesu, hear me;
within thy wounds hide me;
suffer me not to be separated from thee;
from the malicious enemy defend me;
in the hour of my death call me
and bid me come to thee,
that with thy saints I may praise thee
for ever and ever. Amen.

Thanksgiving for Holy Communion

Thou gavest them Bread from heaven.
Containing in itself in sweetness.

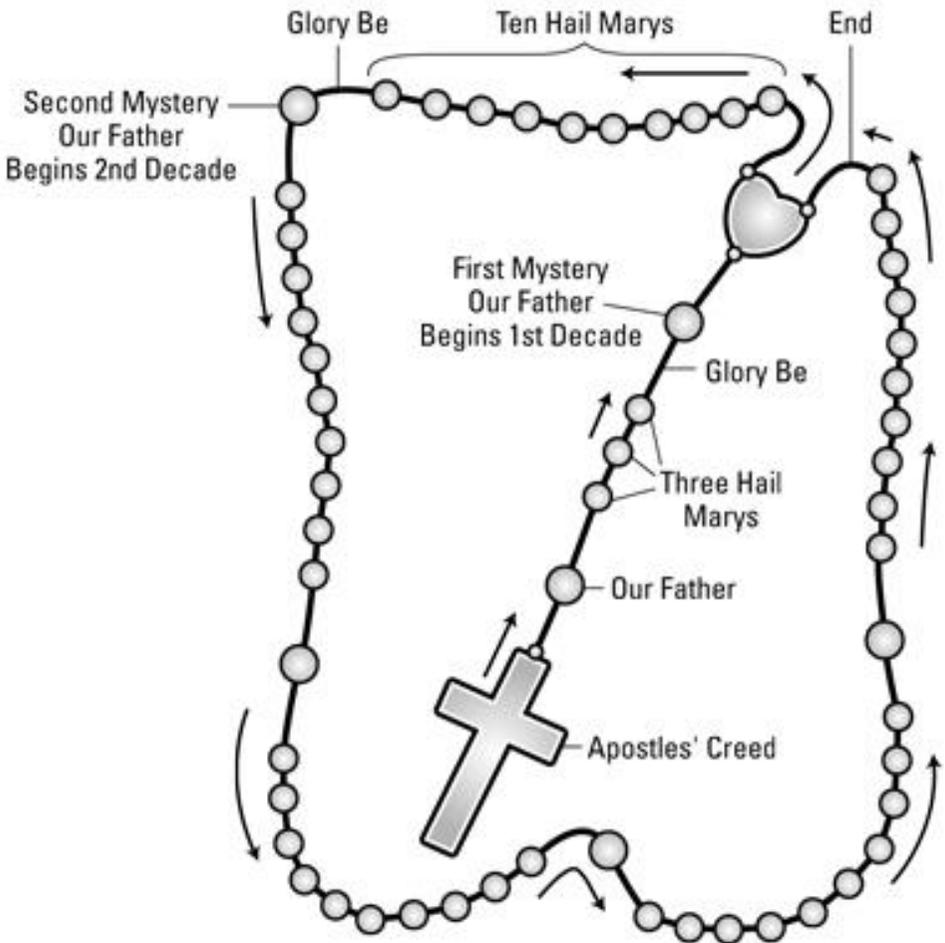
Let us pray. O God, who under a wonderful Sacrament hast left us a memorial of Thy Passion; grant us, we beseech thee, so to reverence the sacred mysteries of thy Body and Blood, that we may ever perceive within ourselves the fruit of thy Redemption: who livest and reignest for ever and ever. Amen.

THE ROSARY

The Rosary invites us to meditate on events in the life of Jesus and Mary, entering deeply into these mysteries while offering the Our Father, Hail Mary and Glory Be.

'If you meet a child in the remote countryside, or a peaceful old man or a simple old woman who tells you they love the Rosary without knowing why, rejoice and be glad, because the Holy Spirit prays in their hearts.'

Carlo Carretto



The Joyful Mysteries of the Rosary

on Mondays and Saturdays

- I. The Annunciation of the Lord to the Blessed Virgin Mary
- II. The Visitation of Mary to Elizabeth
- III. The Nativity of our Lord Jesus Christ
- IV. The Presentation of our Lord in the Temple
- V. The Finding of Jesus in the Temple

The Sorrowful Mysteries of the Rosary

on Tuesdays and Fridays

- I. The Agony of Jesus in the Garden
- II. The Scourging at the Pillar
- III. Jesus is crowned with thorns
- IV. Jesus carries the Cross
- V. The Crucifixion of our Lord

The Glorious Mysteries of the Rosary

on Wednesdays and Sundays

- I. The Resurrection of Jesus Christ from the dead
- II. The Ascension of the Lord
- III. The Descent of the Holy Spirit on the Day of Pentecost
- IV. The Assumption of Mary into heaven
- V. Mary is crowned as Queen of heaven and earth

The Luminous Mysteries of the Rosary

on Thursdays

- I. The Baptism of Jesus in the River Jordan
- II. The Wedding at Cana in Galilee
- III. The Proclamation of the Kingdom
- IV. The Transfiguration of Jesus
- V. The Institution of the Eucharist

VARIOUS PRAYERS

Prayers on rising

We give you hearty thanks, O Lord and Father, for the rest of the past night and for the gift of a new day, with its opportunities for pleasing you. Grant that we may so pass its hours in the perfect freedom of your service, that at eventide we may again give thanks to you; through Jesus Christ our Lord. Amen.

Eastern Orthodox prayer

O Lord Christ, help us to maintain ourselves in simplicity and in joy, the joy of the merciful, the joy of brotherly love. Grant that, renouncing henceforth all thought of looking back, and joyful with infinite gratitude, we may never fear to precede the dawn to praise and bless and sing to Christ our Lord.

cf Taizé

O God, forasmuch as without thee we are not able to please thee; mercifully grant, that thy Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord. Amen.

Book of Common Prayer

Prayers before bed

Visit this place, O Lord, we pray, and drive far from it all 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; though Jesus Christ our Lord. Amen.

Common Worship

Keep watch, dear Lord, with those who wake, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, give rest to the weary, sustain the dying, calm the suffering, and pity the distressed; all for your love's sake, O Christ our Redeemer.

after St Augustine of Hippo

Blessed are you, O Lord, the God of our fathers, creator of the changes of day and night, giving rest to the weary, renewing the strength of those who are spent, bestowing upon us occasions of song in the evening. As you have protected us in the day that is past, so be with us in the coming night; keep us from every sin, every evil, and every fear; for you are our light and salvation, and the strength of our life. To you be glory for endless ages. Amen.

Lancelot Andrewes

Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world, may repose upon thy eternal changelessness; through Jesus Christ our Lord.

1928 Prayer Book

Grace before a meal

Bless, O Lord, this food which we are to receive from your bounty, keep us mindful of the needs of others, and bring us to the table of the saints, for Christ's sake. Amen.

Prayers of penitence and contrition

Lord Jesus Christ, Son of God, have mercy on me, a sinner. *(Repeated often)*

The Jesus Prayer

My God, for love of you I desire to hate and forsake all sins by which I have ever displeased you; and I resolve by the help of your grace to commit them no more; and to avoid all opportunities of sin. Help me to do this, through Jesus Christ our Lord. Amen.

Common Worship

Grant we beseech thee, merciful Lord, to thy faithful people pardon and peace; that they may be cleansed from all their sins and serve thee with a quiet mind; through Jesus Christ our Lord. Amen.

Book of Common Prayer

Holy God, holy and mighty, holy and immortal: have mercy upon us.

The Trisagion

Prayers before worship

O Lord our God grant us grace to desire you with our whole heart: that desiring you, we may seek and find you; and finding you we may love you; and loving you we may hate those sins from which you have redeemed us; for the sake of Jesus Christ. Amen.

St Anselm

Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

Collect for Purity, Book of Common Prayer

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.

Common Worship

In time of anxiety

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

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. Amen.

after St Benedict

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. Amen.

Common Worship

For the Church

Almighty and everlasting God, who didst form thy Church to be of one heart and one soul in the power of the resurrection and the fellowship of the Holy Spirit: Renew her evermore in her first love; and grant to thy people such a measure of thy grace that their life may be hallowed, their way directed, and their work made fruitful to the good of thy Church and the glory of thy holy name; through the same Jesus Christ our Lord. Amen.

Community of the Resurrection, Mirfield

COMPLINE

A simple form of the Night Prayer of the Church, said at bedtime

✠ O God, come to our aid.

O Lord, make haste to help us.

Glory be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be, world without end.
Amen.

[*Except in Lent: Alleluia.*]

This is an excellent moment for an examination of conscience.

Hymn

**Before the ending of the day,
Creator of the world, we pray,
that with thy wonted favour thou
wouldst be our guard and keeper now.**

**From all ill dreams defend our eyes,
from nightly fears and fantasies;
tread under foot our ghostly foe,
that no pollution we may know.**

**O Father, that we ask be done,
through Jesus Christ thine only Son,
who, with the Holy Ghost and thee,
doth live and reign eternally. Amen.**

Psalms 4 and 134

1 Answer me when I call, O God of my righteousness; •
you set me at liberty when I was in trouble;
have mercy on me and hear my prayer.

2 **How long will you nobles dishonour my glory; •
how long will you love vain things and seek after falsehood?**

3 But know that the Lord has shown me his marvellous kindness; •
when I call upon the Lord, he will hear me.

4 **Stand in awe, and sin not; •**
commune with your own heart upon your bed, and be still.

5 Offer the sacrifices of righteousness •
and put your trust in the Lord.

6 **There are many that say, ‘Who will show us any good?’ •**
Lord, lift up the light of your countenance upon us.

7 You have put gladness in my heart, •
more than when their corn and wine and oil increase.

8 **In peace I will lie down and sleep, •**
for it is you Lord, only, who make me dwell in safety.

Glory be to the Father and to the Son and to the Holy Spirit:
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

1 Come, bless the Lord, all you servants of the Lord, •
you that by night stand in the house of the Lord.

2 **Lift up your hands towards the sanctuary •**
and bless the Lord.

3 The Lord who made heaven and earth •
give you blessing out of Zion.

Glory be to the Father and to the Son and to the Holy Spirit:
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

Short Reading

Lord, you are in our midst, we are called by your name. Do not desert us, O
Lord our God!

Jeremiah 14.9

Short Responsory

Into your hands, Lord, I commend my spirit.

Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord God of truth.

Into your hands, Lord, I commend my spirit.

Glory be to the Father and to the Son and to the Holy Spirit.

Into your hands, Lord, I commend my spirit.

Keep me as the apple of your eye.

Hide me under the shadow of your wings.

Nunc Dimittis

Antiphon Save us, Lord, while we are awake;
**protect us while we sleep;
that we may keep watch with Christ
and rest with him in peace.**

1 ✠ Now, Lord, you let your servant go in peace •
your word has been fulfilled.

2 **My own eyes have seen the salvation •
which you have prepared in the sight of every people;**

3 A light to reveal you to the nations •
and the glory of your people Israel.

**Glory be to the Father and to the Son and to the Holy Spirit:
as it was in the beginning, is now, and ever shall be,
world without end. Amen.**

Antiphon Save us, Lord, while we are awake;
**protect us while we sleep;
that we may keep watch with Christ
and rest with him in peace.**

Collect

Let us pray.

Give us grace, almighty God, so to unite ourselves in faith with your only Son, who underwent death and lay buried in the tomb, that we may rise again in newness of life with him, who lives and reigns for ever and ever.

Amen.

The Lord grant us a quiet night and a perfect end.

Amen.

Marian Anthem

Lent: *Ave Regina Caelorum*

Hail, O Queen of Heaven enthroned.
Hail, by angels mistress owned.
Root of Jesse, Gate of Morn
Whence the world's true light was born:

Glorious Virgin, Joy to thee,
Loveliest whom in heaven they see;
Fairest thou, where all are fair,
Plead with Christ our souls to spare.

Eastertide: *Regina Coeli*

O Queen of heaven, be joyful: alleluia,
Because he whom so meetly thou barest:
alleluia,
Hath arisen, as he promised: alleluia!
Pray for us to the Father: alleluia.



*Ave, Regina cælorum,
ave, Dómina angelórum,
salve, radix, salve, porta,
ex qua mundo lux est orta.*

*Gaude, Virgo gloriósa,
super omnes speciósa;
vale, o valde decóra,
et pro nobis Christum exóra.*

*Regina caeli, laetare, alleluia;
Quia quem meruisti portare,
alleluia,
Resurrexit, sicut dixit, alleluia:
Ora pro nobis Deum, alleluia.*

PRAYER ON TV, RADIO AND ONLINE

Television programmes

Songs of Praise Sundays at 1.15pm on BBC 1

A Sunday morning service will be televised on BBC 1 during the pandemic; at the time of going to press, the details have not been confirmed – check broadcasting schedules.

Radio programmes

Prayer for the Day daily at 5.43am on Radio 4

Sunday Worship with the Archbishop of Canterbury Sundays at 8am on BBC local radio; 8.10am on Radio 4 and online from 9am

Daily Service Monday to Friday at 9.45am on Radio 4 Longwave

Lent Talks Wednesdays at 8.45pm on Radio 4

Choral Evensong Wednesdays at 3.30pm on Radio 3; the same service is repeated Sundays at 3pm

Online

There are numerous resources for prayer and worship online.

Daily Prayer from the Church of England:

www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer

The Divine Office and readings for daily Mass:

<https://universalis.com/>

Many churches and Religious Communities are live-streaming celebrations of Mass, Vespers, Evensong and other acts of worship at this time.

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TO THE BLESSED VIRGIN MARY

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my Mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

To Our Lady of Walsingham

O Mary, recall the solemn moment when Jesus, your divine Son, dying on the cross, confided us to your maternal care. You are our Mother; we desire ever to remain your devout children. Let us therefore feel the effects of your powerful intercession with Jesus Christ. Make your name again glorious in England, once renowned for your visits, favours, and many miracles. Pray, O holy Mother of God, for the conversion of England, restoration of the sick, consolation for the afflicted, repentance of sinners, peace to the departed. O blessed Mary, Mother of God, Our Lady of Walsingham, intercede for us. Amen.



Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4.4-7