

St. Michael's Anglican Church Bryanston

A Liturgy for Home Use In a Time of Bereavement

DURING THIS PERIOD OF ISOLATION

Introduction

Prepare a space where you can be comfortable and uninterrupted for a few moments.

In your private worship space, arrange items that remind you (indeed all of us) of this time of isolation during the COVID-19: e.g. a small dish of water, cleanser or soap, a washcloth, lotion, a candle, and any other items sacred to you—perhaps a photo of the deceased loved one).

Share this prayer moment with family members or experience this spiritual practice on your own.



Scriptural Sentences

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28-30

For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep. For this we declare to you by a word from the Lord, that we who are alive, who are left until the coming of the Lord, will not precede those who have fallen asleep.

1 Thessalonians 4:14-15

Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:35, 37- 39



Lighting of The Candle

As you light the candle, you can say this prayer:

We light this candle, a symbol of life beyond the grave, knowing that no amount of darkness can extinguish a single flame. May the flame represent our love, our hope and the light of life eternal.



Remembrance

Take a Few Deep Breaths to Quieten Yourself And be Aware of God's loving Presence Around You.

Note that there are two parts to this act of remembrance as you set time apart to do something that is painful and yet nourishing, to check in with yourselves and how you are being shaped by the experiences in your own life, and to check in with the soul and memory of the most important person, the one whose life must be remembered and honoured with love.

So you create a space where you can reflect and respond in a way that is uplifting and healing, and that we are neither afraid of nor ashamed of our own or each other's tears, or laughter, or mixture of both.



Song

Play the following song or something similar

Stay With Me (in the style of Taize)

[Click here to listen to song with lyrics](#)



Psalm 91

Recite the Following Selections from Psalm 91 Reflectively (NRSV, adapted)

You who live in the shelter of the Most High
who abide in the shadow of the Almighty,
will say to the Lord, “My refuge and my fortress;
my God, in whom I trust.”

For she will deliver you from the snare of the fowler
and from the deadly pestilence;

She will cover you with her pinions,
and under her wings you will find refuge;
her faithfulness is a shield and buckler.

You will not fear the terror of the night,
or the arrow that flies by day,
or the pestilence that stalks in darkness,
or the destruction that wastes at noonday.

Because you have made the Lord your refuge,
the Most High your dwelling place,
no evil shall befall you,
no scourge come near your tent.

For She will command his angels concerning you
to guard you in all your ways.
“Those who love me, I will deliver;
I will protect those who know my name.

When they call to me, I will answer them;
I will be with them in trouble,
I will rescue them and honour them.
With long life I will satisfy them,
and show them my salvation.”





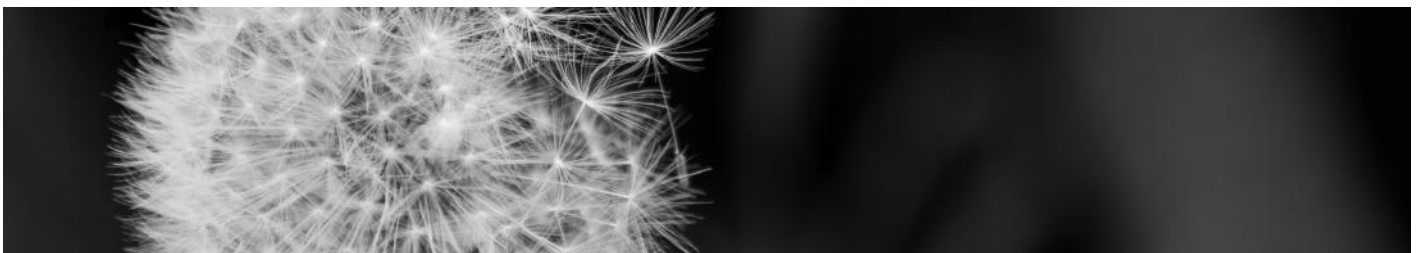
Reflect on Your Memories

- What stands out in your memory about the deceased loved one?
- What will you always remember about them?
- What things did you learn through their life and death, including about God?



Prayers of Thanks to God and Petition for Strength

God of love and compassion, thank you for **N**,
and for all that he/she meant to me and to others.
I so wanted to say goodbye.
Help me to know you are there,
holding all my hopes,
holding all those I love, especially **N**,
and holding me this day too.
Be close to us all this day with your peace and hope.
In the name of Jesus Christ our Lord.
Amen.



God of faithfulness,
for however long this season of sorrow lasts,
I pray that you would show me more of your love and grace.
Help me not to run from whatever you want to do in my heart.
Help me to trust that you are at work and to rest in your faithfulness.
Help me so to hear your word of grace
that my fear will be dispelled by your love,
my loneliness eased by your presence
and my hope renewed by your promises.
Through Jesus Christ our Lord. **Amen.**



Prayer

May the Lord bless us and keep us and all those for whom we pray; may the spirit of eternal God shine on us and be gracious to us; May God's smile enfold us and give us peace.

Amen

Conclusion

Conclude by listening to this song or something similar

Be Still and Know That I am God

[Click here to listen to song with lyrics](#)

