

## *Worship Where You Are*

There are many ways to worship from home. You can gather with others in the household or be in solitude. Either way, consider opening with prayer, much like our communal gathering during church services.

Next, read from the Bible. Consider using the daily lectionary which contains three readings.

Consider a time for music, either aloud or in your heart. You might sing a favorite hymn or praise song, play an instrument, or music from an electronic device. If children are present, invited them to sing a song from Sunday School as well.

Offer prayers for loved ones and others throughout our world who are in need. Consider using the ELCA Prayer Ventures for this month to help guide your prayers.

To conclude your worship, say the Lord's Prayer.

## *Prayer*

Pray together or in solitude:

- Use the ELCA Prayer Ventures to guide your prayers
- Offer your own prayers of the heart. No need to worry about getting the words just right, simply pray what's on your heart at this time.
- Pray through a church directory or address book. Each day offer prayers for a different group of people from your document of names.
- Pray through movement. Pray before you exercise, offering thanks to God for your health and abilities. When you have completed your exercise offer another prayer.

## *Prayers by Martin Luther*

### **Morning Prayer**

I thank you, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

### **Evening Prayer**

I thank you, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands, I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

## Prayer Journal

Consider using one of the following prompts to start a prayer journal or write whatever comes into your heart. One might consider opening this time with silence or a prayer to God for guidance.

- Write your own Psalm. Read a few Psalms or use the Daily Lectionary to help guide your writing theme.
- Write a letter to God.
- Write a prayer of blessing for a loved one.
- Write a prayer for “the least of these” (Matthew 25:40), in which you write a prayer for those with extenuating needs during this time.
- Write about a “God Moment” in which you experienced God’s presence in your life.

## Be Community at a Distance

Remember to call, text, or email friends and family. Discuss Bible readings, pray together over the phone, and offer support through the use of communication devices.

## Devotions

Bring God’s Word into your home this season, and always.

Consider using an App, such as YouVersion for Bible reading plans as well as access to various translations of the Bible.

### **How to:**

- Around mealtimes and/or before bed gather with family or take time in solitude
- Start with 10 or 20 seconds of silence, hands folded, eyes closed.
- Then say: “In the name of the Father and of the Son and of the Holy Spirit.”
- Read a passage from the Bible, or from a book of Bible stories. Or read a brief meditation from a devotional book. Invite thoughts or discussion with others, if present.
- Read a prayer or invite others present to offer brief prayers of their own. Conclude with the Lord’s Prayer.
- Then say: “The Lord keep us all in his care and grace. Amen.”