

'You have been a refuge to the poor, a refuge to the needy in their distress, a shelter from the rainstorm and a shade from the heat.' Isaiah 25:4

A prayer for someone in need:

Loving God, you are full of compassion towards all people and friend to all who are weak and struggling, I ask you to bless (*name(s)*) and to meet their needs today. Hold them in your love and may they know your comforting and strengthening presence with them now and always. Amen.

A prayer for those in trouble and distress around the world:

God of love, whose compassion never fails; I bring before you the troubles and dangers of people and nations; the sighing of prisoners and captives; the needs of strangers and refugees; the desperation of the poor and hungry; the sorrows of the bereaved; the helplessness of the weak; the despondency of the weary; the failing powers of the aged. O Lord, draw near to each one; for the sake of Jesus Christ our Lord. Amen.

(Anselm, 1033-1109 - adapted)

'You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures for evermore' Psalm 16:11

'Let justice roll down like waters, & righteousness like an ever flowing stream' Amos 5:24

A prayer for social justice:

Here is a gaping sore, Lord:
Half the world diets,
the other half hungers;
Half the world is housed,
the other half homeless;
Half the world pursues profit,
the other half senses loss.
Redeem our souls,
Redeem our peoples,
Redeem our times.
Amen.

(John Bell, the Iona Community)

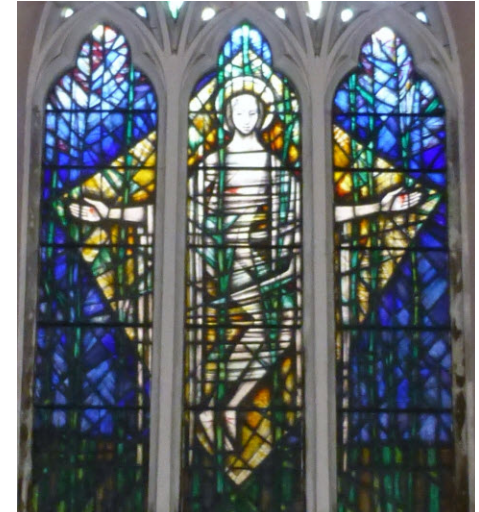


A prayer for our nation:

O High King of Heaven,
have mercy on our Land.
Revive your Church.
Send the Holy Spirit
for the sake of the children.
May your Kingdom come to our nation.
In Jesus' mighty name.
Amen.

('The Caleb Prayer' from Ffald-y-Brenin)

'Holy, holy, holy is the Lord God Almighty, who was, who is, and who is to come.' Revelation 4:8



Prayers

We invite you to use this leaflet to help you pray.

As you do, we pray that you will meet with the God who loves you and we trust that you will be encouraged and strengthened.

Please feel free to take this leaflet away with you if it will be helpful.



'Be still and know that I am God' Psalm 46:10

A prayer to help you relax:

Father, as I turn aside
from the busy world
with its noise and its distractions,
quieten my heart in your presence,
that I may be still and know
that you are God,
now and forever. Amen.



A prayer of repentance:

Lord God, loving Father,
you know all my weaknesses and
failures, I come to you with sorrow in
my heart for ...
Forgive me,
accept me,
strengthen me. Amen.

A prayer to receive God's love:

Today, O Lord, I accept your acceptance
of me.
I confess that you are always with me
and always for me.
I receive into my spirit your grace,
your mercy, your care.
I rest in your love, O Lord.
I rest in your love. Amen.

(from 'Prayers from the Heart' by Richard Foster)

*'The Lord is gracious and compassionate, slow to
anger and rich in love'* Psalm 145:8

*'O give thanks to the Lord, for he is good; for his
steadfast love endures for ever.'* Psalm 106:1

A prayer of thanksgiving:

God my Creator, my centre, my friend,
I give you thanks for all
your goodness to me.
I thank you for my life,
for the amount of freedom I have,
for my family and friends,
for all who have helped and
influenced me,
and for the wonder of the world.
Especially today I thank you for ...
You watch over all your people and
know what we need;
keep me thankful and hopeful through
joys and troubles until my life ends.
Amen.

A prayer for when you are anxious, uncertain or depressed:

Come to me, Lord Jesus, in your
understanding love, as all around me
seems dark and uncertain and I find it
hard to pray.
Come to me, Lord Jesus, as my faith is
low and I struggle to feel you near.
Let the light of your presence dispel
my fears, renew my trust, and bring
peace to my heart. Amen.

*'God is our refuge and strength. An ever present
help in time of trouble'* Psalm 46:1

*'Jesus came and stood among them and said,
"Peace be with you!"'* John 20:19

A prayer for when you need peace:

Calm me, Lord, as you stilled the storm.
Still me, Lord, keep me from harm.
Let all the tumult within me cease.
Enfold me, Lord, in your peace.

(from 'Celtic Daily Prayer' by David Adam, Northumbria Community)

A prayer for when someone you know has died:

O God of all comfort,
our help in time of need,
be close to me in sorrow.
Help me to grieve and, in your mercy,
give me strength and courage to keep
going.
Hold me safely in your loving arms as
I remember *(name)*.
Give me peace and rest in you. Amen.

A prayer of commitment to God:

Take, O take me as I am;
Summon out what I shall be;
Set your seal upon my heart
And live in me.
Amen.

*(from 'Come All Ye People' by John Bell,
the Iona Community)*



*“Come to me all you who are weary and
burdened, and I will give you rest”*

Matthew 11:28