

A Little Book of Prayers

Pray

This little book of prayers are for personal or group use.

Nothing is outside the care and concern of God and prayer is a way of intentionally placing ourselves in God's care.

God is totally involved in the world and is waiting for us to offer ourselves as channels of God's love and be transformed into the person we were created to be.

So come now, taste and see!

I hope that this booklet becomes a stimulus for prayer.

Please take this 'Little Book of Prayers' home with you and my prayers go with you.

May God bless you and yours.

Tracy.

**Revd Tracy Ward
Vicar
St Thomas Church
Mellor**

A Morning Prayer...

Lord, you are in this place,
Fill us with your power,
Cover us with your peace.
Show us your presence.

Lord, help us to know,
We are in your hands,
We are under your protection,
We are covered by your love.

Lord, we ask you today
To deliver us from evil,
To guide us in our travels,
To defend us from all harm.

Lord, give us now
Eyes to see the invisible,
Ears to hear your call,
Hands to do your work,
And hearts to respond to your love.

David Adam ' Times and Seasons: modern prayers in the Celtic tradition. SPCK. 1989

Exposure...

Reveal, O Lord, to my eyes your glory.
Expose, O Lord, to my heart your love.
Disperse, O Lord, from my mind the darkness.
Fill, O Lord, my life with your light.
Protect, O Lord, from thoughts without action.
Guard, O Lord, from words without feelings.
Defend, O Lord, from ideas without results.
And surround me with your presence.

Open my eyes
My heart
My mind

My will
My soul
To the blowing of your Spirit.

David Adam 'Times and Seasons: modern prayers in the Celtic tradition. SPCK 1989.

Prayer for the journey...

Journeying with you, Creator God,
Is to journey in the world,
Full of marvels, and such beauty.
To glimpse eternity in sky and sea,
To feel the earth and rock beneath my feet.

Journeying with you, Brother Jesus,
Is to journey with your friends.
To meet and travel a while together,
Then part at the crossroads,
Knowing you are with us all.

Journeying with you, Holy Spirit,
Is to journey with the wind.
To move to your wild music
Then try to sing your song
So that others may hear.

Prayer by Chris Polhill - 50 Great Prayers from the Iona Community.

The Weaver...

I weave into my life this day

The Presence of God upon my way,
I weave into my life this hour
The mighty God and all his power.
I weave into my sore distress
His peace and calm, and no less.
I weave into my step so lame
Healing and helping of his name.
I weave into my darkest night
Strands of God shining bright.
I weave into each deed done
Joy and hope of the risen Son.

Prayer by David Adams - 'Times and Seasons: modern prayers in the Celtic tradition. SPCK 1989

A Prayer of Thanksgiving...

Generous God,
We thank you that, time after time,
in the most surprising places,
you spread a table before us
and welcome us to the feast
of your presence.

Sometimes we feel amazed guests
At a banquet, a great celebration;
Sometimes we meet you at a kitchen table
Among friends, sharing daily bread;
Sometimes as children enjoying a picnic,
Laughing, singing in the sunshine;
Sometimes in a dark valley, on a hard journey,
By the barbed wire, bread is broken.
Always we find nourishment;
Always enough for all who come;
We see that no-one is ever turned away;
And always we are blessed by sharing -

This is the gospel feast.

Thank you for such good food,
Giving strength to do your work in the world;
And for your welcome at our journeys's end.
Amen.

Prayer by Jan Sutch Pickard '50 Great Prayers from the Iona Community.'

Beyond Easter...

Beyond Easter
We go singing.

Having been grabbed
By resurrection
We are full of tears and laughter.

The way ahead is unknown,
It will always be like that.

But having danced in the light
We will look for glory everywhere.

Prayer by Ruth Burgess - '50 Great Prayers from the Iona Community'.

I have seen the Lord...

Where the mist rises from the sea,
Where the waves creep upon the shore,
Where the wreck lives upon the sand,

I have seen the Lord.

Where the sun awakens the day,
Where the road winds on its way,
Where the fields are sweet with hay,
I have seen the Lord.

Where the stars shine in the sky,
Where the streets so peaceful lie,
Where the darkness is so nigh,
I have seen the Lord.

The Lord is here,
The Lord is there,
The Lord is everywhere.
The Lord is high,
The Lord is low,
The Lord is on the paths I go.

Prayer by David Adam - 'Times and Seasons: modern prayers in the Celtic tradition.' SPCK 1989.

Prayers in times of difficulty

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.

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,

and to assure the isolated
of our love, and your love,
for your name's sake.

Amen.

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.

Amen.

In this morning light
Some of the things I have to do
Seem to loom large before me,
And I carry the prospect of work
Like a heavy burden weighing me down
Even before I begin.
yet by this evening many of today's
Difficulties will have passed,
Maybe they will prove to have been
Far less arduous than I imagined.
The thought of a problem
So often turns out to be worse
Than the problem itself.

Lord, lift my spirit,
Give me energy and a sense of humour
Throughout the hours of this day.
Lord of the morning, help me.

*Frank Topping in 'Book of a Thousand Prayers. Compiled by
Angela Ashwin.*

Today has been a restless day,
things going wrong in all directions,
and my anger rising – at others,
at circumstances, at myself.

God, you are in the midst of this.
I sense your presence
prowling like a tiger,
pushing me, pursuing me,
restless yourself until I change.

I am ready to let rip,
to hurl stones into oceans,
to pound my fists into a brick wall.
I am ready to shout,
to rip sheets into shreds,
to curse the darkness,
to bury my head into warm flesh and sob.

I am afraid, God;
There is no one here but you and me,
My friends are out or busy or far away.
Do I trust you enough to give you my anger, my loneliness?
Do I believe you enough to reach through the emptiness
and grasp for your hand?

Credo,
God, I love you.
I can say no other words.

Book of a Thousand Prayers. Compiled by Angela Ashwin.

Silence

I weave a silence on my lips
I weave a silence into my mind
I weave a silence within my heart
I close my ears to distractions
I close my eyes to attractions
I close my heart to temptations

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

David Adam in 'Book of a Thousand Prayers' compiled by Angela Ashwin

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.

For hospital staff and medical researchers

Gracious God,
give skill, sympathy and resilience
to all who are caring for the sick,
and your wisdom to those searching for a cure.
Strengthen them with your Spirit,
that through their work many will be restored to health;

through Jesus Christ our Lord.
Amen.

From one who is ill or isolated

O God,
help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me
from your love
revealed in Jesus Christ our Lord.
Amen.

For the community

We are not people of fear:
we are people of courage.
We are not people who protect our own safety:
we are people who protect our neighbours' safety.
We are not people of greed:
we are people of generosity.
We are your people God,
giving and loving,
wherever we are,
whatever it costs
For as long as it takes
wherever you call us.

Barbara Glasson, President of the Methodist Conference

A prayer for us all:

Loving God,
Bless us all, particularly now.
Particularly when we are comforting others
Particularly when we are offering hope
Particularly when people are isolated
Particularly when we feel overwhelmed ourselves
Particularly when we are afraid.

Help us to remember that you are right here,
Now, in the midst of us
Calling us by name.
Amen.

Prayer for those who have died..

Into the darkness and warmth of the earth
We lay you down
Into the sadness and smiles of our memories
We lay you down
Into the cycle of living and dying
We lay you down

May you rest in peace, in fulfillment, in loving
May you run straight home into God's embrace
Into the freedom of wind and sunshine
We let you go
Into the wind's breath and the hands of the Star-maker
We let you go

We love you, we miss you, we want you to be happy
Go safely, go dancing, go running home.

Prayer by Ruth Burgess - a member of the Iona Community

A Veil as thin as Gossamer...

Be thou, triune God, in the midst of us as we give thanks for those who have gone from the sight of earthly eyes. They, in thy nearer presence, still worship with us in the mystery of the one family in heaven and on earth.

If it be thy holy will, tell them how much we love them, and how we miss them, and how we long for the day when we shall meet with them again. Strengthen us to go on in loving service of all thy children. Thus shall we have communion with thee, and, in thee, with all our beloved ones. Thus shall we come to know within

ourselves that there is no death, and that only a veil divides, thin as gossamer.

Prayer by George Macleod- Founder of the Iona Community

Prayers with children

A prayer for when a friend is ill

Dear God, (*name of friend*) is ill.
They are not allowed to go to school or come over to play.
I'm sad because I miss them.
They must be feeling miserable and lonely as well.
Please be close to them.
Please be with the people who are looking after them.
Please help them to get better and to know that you love them.
Amen.

A prayer for the world

God of love and hope,
you made the world and care for all creation,
but the world feels strange right now.
The news is full of stories about Coronavirus.
Some people are worried that they might get ill.
Others are anxious for their family and friends.
Be with them and help them to find peace.
We pray for the doctors and nurses and scientists,
and all who are working to discover the right medicines

to help those who are ill.
Thank you that even in these anxious times,
you are with us.
Help us to put our trust in you and keep us safe.
Amen.

A prayer at bedtime

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.
Tonight we pray especially for *(names family or friends who are affected by Coronavirus)* and the people of *(country or place which is affected by Coronavirus)*.
Please give skill and wisdom to all who are caring for them.
Amen.

A prayer remembering God is with us

Lord God, you are always with me.
You are with me in the day and in the night.
You are with me when I'm happy and when I'm sad.
You are with me when I'm healthy and when I am ill.
You are with me when I am peaceful and when I am worried.
Today I am feeling *(name how you are feeling)* because *(reasons you are feeling this way)*.
Help me to remember that you love me and are with me in everything today.
Amen.

Personal prayers

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

The Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,

and the glory are yours
now and for ever.
Amen.

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

'The Jesus Prayer'

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.

from: 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

God our Father, by whose mercy
the world turns safely into darkness and returns again to light:
we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes,
knowing that only what you bless will prosper.
To your love and protection
we commit each other and all those we love,
knowing that you alone are our sure defender,
through Jesus Christ our Lord.
Amen.

Blessings...

Be thou a bright flame before me;
Be thou a guiding star above me;
Be thou a smooth path below me;
Be thou a kindly shepherd behind me;
Today – tonight – and for ever.

St Columba who lived in the 6th century.

On our heads and on our houses
the blessing of God;
on our coming and going,
the peace of God;
in our life and believing,
the love of God;
at our end and new beginning,
the arms of God to welcome us
and bring us home.

by John I. Bell

The Lord bless you and keep you;
The Lord make his face to shine upon you and be gracious to you;
The lord lift his countenance upon you and give you peace.

The Aaronic blessing from: Numbers 6.24-26

A Gaelic Blessing...

Peace of the running waves to you,
Deep peace of the flowing air to you,
Deep peace of the quiet earth to you,
Deep peace of the shining stars to you,
Deep peace of the shades of night to you,
Moon and stars always giving light to you,
Deep peace of Christ, the Son of Peace to you.

An Irish Blessing...

May the road rise up to meet you,
May the wind be always at your back,
May the sun shine upon your face,
The rains fall soft upon your fields
And until we meet again,
May God hold you in the palm of his hand.

Prayer is like...

Prayer is like watching for the kingfisher.
All you can do is be where he is likely to appear,
And wait.
Often, nothing much happens;
There is space, silence and expectancy.
No visible sign,
Only the knowledge that he's been there,
And may come again.

Seeing or not seeing cease to matter,
You have been prepared.
But sometimes, when you've almost
Stopped expecting it,
A flash of brightness gives encouragement.

Where is God...

Then the word of the Lord came to him, saying, "What are you doing here, Elijah?"...

(The Lord) said "Go out and stand on the mountain before the Lord, for the Lord is about to pass by."

Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind;

and after the wind an earthquake, but the Lord was not in the earthquake;

and after the earthquake a fire, but the Lord was not in the fire;
and after the fire a sound of sheer silence.

When Elijah heard it, he wrapped his face in his mantle and went
out and stood at the entrance of the cave...

taken from 1Kings19. 9-13

Bible passages for reflection:

Isaiah 43.1-3a

Isaiah 35

Psalms 23

Psalms 139

Psalms 121

1 Corinthians 13