

A Starting Prayer

For all that has been, thanks;
to all that will be, yes.

Dag Hammarskjold

Verses from the Psalms

Wait for the Lord;
Be strong and he shall comfort your heart;
Wait patiently for the Lord.
(*Psalms 27.17*)

God is our refuge and strength,
A very present help in trouble.
(*Psalms 46.1*)

Be still, and know that I am God.
(*Psalms 46.10*)

A Child's Prayer

Lord in heaven,
please listen to all those
who are praying to you now.

Those who are sad and crying,
those who have lost friends and family.

Those who are alone
and frightened.

Help them to remember,
that you are there
and you are listening.

In Jesus' name, we pray.
Amen

A Prayer of St Francis

Lord, make me an instrument of thy peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is discord, vision.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.
O divine Master,
grant that I may not so much seek to be
consoled as to console;
to be understood as to understand;
to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.
St Francis of Assisi

The Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
as it is, not as I would have it;
Trusting that He will make all things right
if I surrender to His Will;
That I may be reasonably happy in this life
and supremely happy with Him
Forever in the next.
Amen.

Reinhold Niebuhr



How Do I Pray?

'Lord, teach us to pray' That request was put to Jesus by his own disciples - which should encourage us if we feel we don't know how to pray. They needed help, and so do we.

But there isn't just one right way to pray - what works well for one person may not for another. The following thoughts are offered just as guidelines which may be useful:

When we pray we come before God with the world on our hearts. We are also offering ourselves to be in some small way channels of love and peace in God's world. God already knows what is in our hearts and minds. We can be honest with God, and say exactly how we feel, or even just sit in silence.

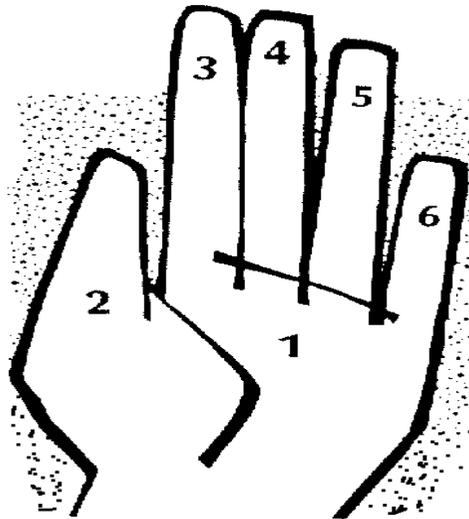
You don't have to know any prayers if you want to pray - in fact, words can often get in the way. Picture Jesus, and then say what is in your heart, what you feel.

This area of the church is set aside for quiet prayer but sit anywhere that is comfortable. You may prefer to pray with others at one of the church services. Or, you may prefer to pray whilst out on a walk.

Remember! God hears every prayer - but not all prayers are answered in the way we might expect or desire: we don't always pray for his will to be done!

The Hand of Prayer

Your hand can be used to bring to mind different things to pray for.



1. The Whole Hand - pray for God's world
2. Thumb—this is the strongest digit on your hand. Give thanks for all the strong things in your life, like home and family, relationships that support and sustain you.
3. Index finger—this is the pointing finger. Pray for all those people and things in your life who guide and help you. Friends, teachers, nurses, and so on.
4. Middle finger—this is the tallest finger. Pray for all the important people who have power in the world, like world leaders and their governments, and local councillors
5. Ring finger - this is the weakest finger on your hand. It can not do much by itself. Remember the poor, the weak, the helpless, the hungry, the sick, the ill and the bereaved.
6. Little finger - this is the smallest and the last finger on your hand. Pray for yourself.

A Responsive Lord's Prayer

Jesus taught his disciples to pray using the Lord's Prayer. As you recite the Lord's prayer you may wish to pause after each line and use these additional words

Our Father in Heaven,
Remind us constantly that you are parent to all your children, whoever, or wherever they are or come from.
Hallowed be your name.
Your Kingdom come,
Establishing peace and justice, hope and life for all peoples.
Your will be done on earth as it is in heaven.
Give us today our daily bread.
Disturb us into awareness of the needs of others.
Forgive us our sins,
Our pride and our prejudices.
As we forgive those who sin against us.
Lead us not into temptation,
Especially keep our hearts and minds open to see the good in others.
Deliver us from evil.
For the kingdom,
Just and true,
The power,
Gentle and fair,
And the glory,
Shot through with the colours of love,
Are yours for ever and ever.
Amen.