

A TIME FOR PRAYER

The Parish of Bardsey with East Keswick

A WAY OF BEGINNING A TIME OF PRAYER

God, help me to pray and to concentrate my thoughts on you for I cannot do this alone. In me there is darkness, but with you there is light. In me there is bitterness, but with you there is forgiveness. I am often lonely but you do not leave me. I am often anxious but with you there is peace.

Thank you that although I do not understand your ways, you know the way for me.



A PRAYER TO SAY THANK YOU

Lord, thank you for your presence here, for the opportunity to pray, for the peace of this place, for the beauty of the world, for the kindness of people, for all those whom I love and who love me. Help me to show my gratitude in deeds as well as words.



A PRAYER FOR TIMES OF TEMPTATION

Lord I pray that I will not fall into temptation, for I want to do the right thing but I'm finding it hard.

O God my Father, hear me trembling in the darkness and stretch forth your hand towards me, hold your light before me, call me from my wanderings and with you as my guide, restore me to myself and to you.

A PRAYER TO SAY SORRY

Lord, I am sorry, for the times when I have been hasty or unkind (especially to), thought or acted selfishly, failed to forgive or to ask for forgiveness, forgotten your presence, taken your love for granted.

I thank you for your promise to forgive all those who turn back to you in penitence.



A PRAYER IF YOU ARE TROUBLED

Lord, I am anxious and distressed for myself...for others... especially about....

Help me to trust your love, for you carry our sorrows. Teach me to act and speak in the way that you want me to. Give me the wisdom to know when not to interfere. Calm my fears for all things are in your hands.



PRAYERS FOR THOSE WHO ARE SUFFERING

Lord, please comfort those who are cast down and faint of heart, amidst the sorrows and difficulties of this world. Grant that, by the power of your love, they may be lifted up with your hope and courage and enabled to go on their way safe in the knowledge that you are always with them.

Out of your goodness Lord we ask you to comfort and help; all those who are in trouble, sorrow, need, sickness or any other kind of difficulty; and give to us sympathy and compassion that we may bring to them your help and healing.

PRAYERS ASKING GOD FOR PEACE

Lord, break down the walls that divide people and dissolve the hatred that poisons them.

Reconcile to one another those who are fighting so that each may respect the needs and freedoms of the other.

Father, give to us, and to all your people, serenity in times of anxiety, courage in times of uncertainty, patience in times of trial and, at all times, a quiet trust in your wisdom and love.

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.



PRAYERS ASKING GOD FOR JUSTICE

Lord, may the knowledge of your love lead our richer nations to support the poor and the stronger nations to protect the weak, so that every nation may develop and work together with others in true partnership for the promotion of peace and the good of all humankind.

Defender of the poor and needy, when the foundations of the earth are shaking, give strength to your people to uphold justice and to fight all wrong in the name of your Son, Jesus Christ our Lord.

PRAYERS FOR FAMILIES

Lord, we pray for our families, especially those who are losing the love and joy that was once theirs. Awaken in them the desire to overcome the problems and difficulties they face and grant that, through the grace of Jesus Christ they may rediscover their love for one another again.

Lord, please bless my family. Help me to be quick to forgive and ready to listen so that we might grow together in honesty, love and grace in the name of Jesus Christ.

Lord, thank you for the gift and blessing of my children. Please surround them with your love, keep them from harm and lead them in your ways of love, peace and justice.



PRAYERS FOR WHEN SOMEONE HAS DIED

Lord, welcome into your calm and peaceful kingdom those who have departed this present life to be with you. Grant them rest and give them the life that knows no suffering and the reward that passes not away.

Lord, I cannot understand why this life should have ended and we have to suffer such a loss. Speak your peace to our hearts; ease our pain and lift our darkness; and be to us a very present help in our time of trouble.