



If you are not sure what to say in prayer, you may find some of the prayers and words in this section helpful. Where Is shown you may wish to add a name or situation in your mind at present.

The Lord's Prayer

(Traditional)

Our Father which art in heaven
Hallowed be thy Name
Thy Kingdom come
Thy Will be done in earth
As it is in heaven
Give us this day our daily bread
And forgive us our trespasses
As we forgive them that trespass against us
And lead us not into temptation
But deliver us from evil
For thine is the kingdom
The power and the glory
For ever and ever Amen

May I know you more clearly, love you more dearly and follow you more nearly, day by day, Amen

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
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next
Amen

Lord, thank you

for your presence here,
for the opportunity to pray,
for the promise of your peace,
for the beauty of the world,
for the kindness of people
for all those whom I love and who love me



Thank you for your love for me, shown in the Cross of Christ. Thank you for the Holy Spirit who fills me with the presence and joy of Jesus.
Help me to show my gratitude in deeds as well as words.

Lord, I am sorry

for the times when I have been hasty or unkind, especially to

When I have thought or acted selfishly, failed to forgive or 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. Show me how I can put things right with you and with those I have hurt and offended

Lord I am troubled

I am anxious and distressed for myself and for others especially about this situation

Help me to trust your love, knowing that Jesus has borne our grief and carried our sorrows in his death on the Cross .

Teach me to act and speak in the way that you want. Give me the wisdom to know when not to interfere but to leave things in your tender care

Now calm my fears, for all things are in your hands, and in all things you work for the good of those who love you.

Lord, I pray for

My family, friends, and all who I name before you just now

Bless my neighbours at home, at work, the ones I like and those I find difficult to get on with

Reach out in your love to those who are ill those who are depressed and feeling under pressure the oppressed the lonely ... for those overtaken by disaster or war

Have mercy, Father, on all who are passing through difficult times and show me how I may bring your help and comfort in the power of your Spirit