

Booklet of Every Day Prayers.

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Dear Friends,

This little booklet is not intended to be a comprehensive prayer manual. I leave that to the experts and I'm certainly not one of those! I have written a selection of prayers on themes that I frequently pray. Writing them has helped me to express my feelings and clarify my thoughts. I hope they will help you too. It has been said that prayer is the power house of the Christian life. May you know God's presence in your individual and corporate prayers.

God Bless,
Jane.

A Good Night's Sleep and a Fresh New Day.

Thank you for a good night's sleep Lord.

I tend to grumble if it's been a bad night and forget to say thank you when it's been a good one.

Sleep is a wonderful invention of yours Lord.

We go to bed with weary bones and tired heads.

We wake up refreshed and re-energised; even if we are disappointed to find that we aren't getting any younger.

We are ready to face another day.

As you have accompanied us through the night,

Please help us sense your constant companionship through the day:

Telling you the good things;

Sharing the difficult moments;

Seeking to view the world around us as through your eyes;

Trying to listen to the world around us with your ears;

Pausing to think before we open our mouths to speak; and

Seeking to control our tongues and speak in love.

We pray that at the end of the day we will be able to look back and discover that, yoked to you, we made a tiny difference.

We also pray that when we look back over the day and feel as if we have achieved nothing, we won't give into despair but remember that tomorrow you will give us another day.

Amen.

Lord I just can't Sleep Tonight.

I'm tossing and turning.

My mind is a jumble of today's worries and all the things that might go wrong tomorrow.

The later it gets, the bigger they seem.

I look at the clock and begin to panic.

I am going to be tired tomorrow and I have so much to do.

Help me to relax Lord, to let my muscles go soft.
Help me to sink into my mattress and my pillows.
Help me to take long slow breaths.
Remind me of Jesus's words, 'Peace be still.'
OK so I can't sleep.
OK so I'll be tired tomorrow.
That is not the end of the world.
Help me see this sleepless night more as a minor irritation, rather than an earth shattering calamity.
I'll lie calmly and rest

Amen.

Lord, I am trying not to worry.

Lord I am trying not to worry but it's hard.
You told us not to worry.
'Look at the flowers' you said, 'they don't worry.....yet Solomon in all his glory was not clothed as beautifully as them.'
And the hymn Lord,
'What a friend we have in Jesus
All our sins and grief to bear,
What a privilege to carry
Everything to God in prayer.'
I do that Lord,
I consciously give my worries to you.....
And then..... I take them back!
Lord you made me like this.
What can I do?

Can I develop creative concerns instead of negative worries?
Can I pause calmly and write down my worries, as I do so clarifying them in my head.....?
Can I write down possible strategies for addressing my worries and pray for guidance at each stage of my thinking.....?
Can I think of appropriate people to talk to? People who will listen to me..... People whose own experiences of life may help them shed some light on mine.....
Can I become content with discerning the next step, not the full way ahead.....?

Lord please help me give to you my spiralling worries that lead only to confusion, misery and exhaustion. Please help me to bring to you my creative concerns so that together we can act out your will and create a glimpse of Heaven on earth.

It's not going to be easy Lord!
Please don't expect a miraculous transformation.
I'll try Lord, with your help I'll try.
But I'm worried about being able to keep it up!! Just joking Lord!

Amen.

A prayer for those times when we don't know what to do.

It would be much easier Lord, if one thing felt definitely wrong and the other thing felt definitely right.

But it's not like that Lord.

In some ways they both seem wrong.

In some ways they both seem right.

Help!

It was very generous and brave of you to give us free will Lord but in some ways it would have been easier if you hadn't.

If you had operated us like puppets, pressing your remote control button to ensure we made the right decisions.

Failing that a few luminous orange arrows along our paths would have helped.

Alternatively you could have placed barriers across our way declaring that trespassers will be prosecuted.

But in my experience it is rarely like that. So what should I do?

Should I try to open some door way of opportunity and if it opens, go through it?

Should I write that letter, make that phone call, apply for that job, take on that responsibility?

It is only by turning the handle that I will find if the door is unlocked and what exists on the other side.

Are you testing my faith to see if I'm up for the challenge?

At other times Lord my dilemma is about when to stop, and when to decide that enough is enough?

Do I retire from that job that I have been doing for years?

Do I say no without becoming riddled with doubt and guilt?

Do I acknowledge that I am not the person I once was without becoming convinced that I am a failure, fit only for the rubbish heap?

After all you told your disciples that God prunes every branch of the vine that bears fruit.

Not because it is dead but in order that it may bare more fruit, different fruit.

I want to get it right lord. I want to walk your way Lord. As I pray 'Thy will be done', please help me discover your path for me.

Amen.

Coping with a Death.

A loved one has died Lord and my world feels dark, desolate and numb.

I feel as if I am watching other people live.

I feel apart and alone.

It's all the little things Lord, little to others, no longer little to me.

No one to call out to as I arrive home with the shopping.

No one to bring me a cup of tea.

No one to cook for.

No one there when I draw the curtains at the end of the day.

No one to share a joke with.

No one to grumble to.

No one to help with the crossword.

No one to hug last thing at night.

Please help me cope when people see me coming and cross the road because they don't know what to say.

Help me to swallow my anger and frustration when they tell me I'll get over it. They know how I feel.

How can you get over the death of a loved one?

Do I want to?

Help me instead to gradually, at my own pace, in my own way, find a way of coping.

Help me to lose my feelings of guilt.

I plague my self; if only I had done this, if only I had said that.

Help me to take the phrase 'If only' out of my vocabulary.

Help me to find the freedom to grieve in my own way with no pressure to fit the mould.

The freedom to be me.

Help me to realise that it is ok to be angry, it is ok to doubt your love Lord, ok to take up my misery and frustration and hurl it at you because you do understand.

And as I live through these lonesome days may my memories of the good times gradually infiltrate my broken heart and pave the first few yards of my pathway into the future.

Amen.

I'm not well Lord.

I'm not well Lord and I don't know what is wrong.

The scary thing is that I don't think the doctor knows either.

When I went to the surgery he didn't comfort me with the usual phrase, 'There's a lot of it about.'

He was writing to the hospital about scans of this and biopsies of that.

Lord I am worried. More than that I am scared.

I am uptight and that makes me sharp with my nearest and dearest.

This at the time when I need them so much.

Help me to calm down.

Help me to see the wood amidst the jumble of the trees.

Help me to be still and know that you are God.

Please show me how to see you in your self-chosen image of the Good Shepherd.

Show me how to know you are there protecting me.

Show me how to know you are in front of me checking out what is ahead.

Show me how to know the curve of your crook around me, drawing me towards you when I stray into danger.

Show me how to know you are lying down beside me at night guarding me from the prowling wild animals of fear and doubt.

Show me how to know that when I am unable to look after myself you will pick me up and carry me on your strong and capable shoulders.

Yes, I'm going through a difficult time Lord.

Help me relax into your arms instead of standing angry, defiant and frightened on an isolated rock.

Help me discover your peace and comfort whatever the outcome.

Help me know your companionship as I tentatively tread this daunting way.

Help me know that I am not alone.

Help me know that, whatever the route, cure or not, I will ultimately arrive at the heavenly place of many mansions where you have prepared a place for me.

Thank you Lord.

Amen.

Learning when to let go.

You gave us the amazing gift of free will Lord, but I'm afraid I'm not very good at passing it on.

I get these ideas in my head.

I find my mind trying to organise other people's lives.

It's not that I want to be bossy, it's because I don't want my loved ones to get hurt.

I want to help him by doing that.

I want to save her from worry by doing this.

I want to protect him from disappointment by giving him the other.

I want every one to be happy.

I want every one to be safe.

In truth I'm afraid to let go and I'm looking for an answer to my dilemma Lord.

Why does my mind go to my mother-in-law's geraniums!?

The expression is 'God knows!' and I'm very glad you do.

Each year my mother-in-law carefully takes her cuttings.

They must be snipped at the right angle, at the right length, left in water, planted in the correct mixture of soil.

Each year she launches these fragile young saplings so that they, still carefully fed and tendered, can make their own way, become their own plant; dare I say it, stand on their own feet.

Lord, please help me learn a lesson from my mother-in-law and her geraniums.

I've got to learn to let go.

To love but not try to live a life that is not my own.

To mother but not smother, our children are not our property.

To advise but not inflict; adoption of our ideas by another is their choice not their duty.

To give and not watch anxiously to see that my gift is being used as I had planned.

To stand back, stand apart and allow another to flourish.

Lord thank you for your amazing gift of free will. May I be a vehicle by which it is transferred from one to another.

Amen.