

Monday

God, our father and our mother,
we pray today.

We are people with many needs:
we need food, water, shelter;
we need the love and companionship
of family and friends.

We need to know who we are
and what we are here for.

And most of all:
we need you, God.

We need you to fill our lives
with faith and hope and love,
with comfort and peace and joy.

We thank you for your many gifts to us:
help us to use and enjoy them;
and help us to share them with others.

Be with us now,
that we recognise you in other people
and together know your love and care.
Amen.

Tuesday

Gracious God,
life is a journey on many different roads,
but you are always with us.
There are times when we lift our faces to the sun
and give thanks to you.

But then there is the hard journey
through pathways of pain
and fears in dark places.

God, you know who we are.
You know how we long for life
which is full and free.
And we pray to you, God,
to weep with us for our wounds,
to see the world's pain and make us whole.
God we cry to you in our anger
that people hurt each other.
We feel the fear and pain of many.

We carry with us the things
that have been done to us
which hurt and destroy.
These things stand before us and weigh us down.
They stop us from living with joy and hope.

Lift us up, God,
on the wings of your spirit;
set us free with your peace and your power.
Heal our and other people's wounds
and never leave us nor forsake us.
Keep us safe, God,
and hold us firmly in your loving presence.
Amen.

Wednesday

God, I thank you that I am alive,
and that I can share.
Therefore, God of all grace and comfort,
hear my prayer for those who are unhappy,
who are lonely or neglected,
who are damaged or traumatized,
or whose lives are darkened
by fear or pain or sorrow.
Be with them all, I ask.
Give me grace to help where I can.
Give them faith
to look beyond their troubles to you,
their lover and friend,
that they may take up
the threads of life again
and go on their way
with fresh courage and renewed hope,
through Jesus Christ, our Lord.
Amen.

Thursday

Loving God,
be with me today.
Be with my family and friends today,
hold them in your love.
Through my life and by my prayers
your kingdom come.

Be with the poor today,
show them your care.
Be with the suffering of our world,
give them peace.
Be with the depressed,
hold out your hand to them.
Be with the lonely,
let them know you are with them.
Be with the homeless,
shelter them in your arms.

Be with me, and stay with me,
I need you, God.
I need you!
Amen.

Friday

Loving, life-giving God –
today I pray for peace in the world,
and for all those
who are working to built communities of hope.

I pray for all in positions of power
and responsibility:
for those whom I oppose,
and for those who are struggling
to give power to the oppressed.

I pray for the community of women and men,
especially for those who face poverty,
hunger, homelessness and violence;
and I pray for all
who are abused or exploited in our society.

I pray for all who are sick or in distress,
and for those who support and guide them.

I pray for many more...
I pray for numberless women and men
and children all over the world
whose stories we do know
or we don't know:
May they experience your love,
and always find support in your holy spirit.
Amen.

Saturday

God, I go from here
with open arms,
my head held high,
and with love in my heart.
I am beautiful and loved by you.
No matter what happens,
I will always remember that.

I will always believe in myself.
I will go out and follow my dreams;
and if my dreams go up in smoke
I will build new dreams and follow them.

I will grab hold of my future and change my world
as Christ has changed my life.
I will be everything I can be.
I want to be at peace with my neighbour
and with God,
And I want to be happy.
Amen.

Sunday

Spirit of the living God,
be with me now,
enter me:
body, mind and spirit.
And heal me of all
that harms me.
In Jesus' name.
Amen.