

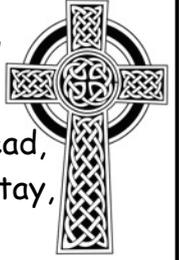
**Seeing and loving in others  
what you see and love in  
them**

God our Father,  
the qualities I see lived out so  
well in some people  
are a reflection of your own  
goodness,  
and I know  
that I have much to learn from  
other people  
who reflect your image and  
likeness  
in different ways.  
Inspire me  
to respect others fully as my  
equals,  
seeing and loving in them  
what you see and love in them.  
Amen



**from 'St Patrick's Breastplate'**

I bind unto myself today  
The power of God to hold and lead,  
His eye to watch, his might to stay,  
His ear to hearken to my need.  
The wisdom of my God to teach,  
His hand to guide, his shield to ward;  
The word of God to give me speech,  
His heavenly host to be my guard.  
Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.



Amen

**Ablaze with the fire of your  
Spirit**

O Lord,  
you have mercy on all,  
take away from me my sins,  
and mercifully set me ablaze  
with the fire of your Holy  
Spirit.  
Take away from me the heart  
of stone,  
and give me a human heart,  
a heart to love and adore you,  
a heart to delight in you,  
to follow and enjoy you.

Amen



**I will be busy**

O Lord,  
you know how busy I must be this day.  
If I forget you,  
do not forget me.

Amen

**Respecting one another**

God our Father,  
you call each of us by name,  
and you treasure each of us individually  
as though no-one else exists.  
Inspire us  
to respect and value  
each person who comes into our lives this day.

Amen.

### **Prayer of St Anselm**

O Lord my God.  
Teach my heart this day  
where and how to find you.  
You have made me and re-made me,  
and you have bestowed on me  
all the good things I possess,  
and still I do not know you.  
I have not yet done  
that for which I was made.  
Teach me to seek you,  
for I cannot seek you  
unless you teach me,  
or find you  
unless you show yourself to me.  
Let me seek you in my desire;  
let me desire you in my seeking.  
Let me find you by loving you;  
let me love you when I find you

Amen

### **Open my eyes and ears**

Lord Jesus,  
I ask you to open my eyes  
as you did with the blind man  
so that I may really see.  
Tune my ears  
as you did with the man who was deaf  
and dumb  
so that I may really hear  
what you are saying to me.  
May the many experiences of my  
senses  
remind me to be aware of others  
and of all that is around me.  
May all that I experience  
lead me closer to you.  
Amen

### **Together as brothers and sisters**

God our Father,  
extend our horizons,  
widen our vision,  
and remind us how inter-connected  
we are  
as your sons and daughters.  
Breathe your Spirit into us  
that we may live more truly  
as brothers and sisters  
of one another.

Amen

### **Sarum Prayer**

God be in my head  
and in my understanding.  
God be in my eyes  
and in my looking.  
God be in my mouth  
and in my speaking.  
God be in my heart  
and in my thinking.  
God be at my end  
and at my departing

Amen

**Appreciating what we have in common with others**

Lord, we ask you to open our eyes that we may value and appreciate all people, recognising what we have in common rather than focusing on what our differences might be. Inspire us to distinguish between what is important and what is not, and open our minds and hearts that we may always be people of good will who bring life and joy to others.  
Amen

**God in my daily life**

God to enfold me,  
God to surround me,  
God in my speaking,  
God in my thinking.  
God in my sleeping,  
God in my waking,  
God in my watching,  
God in my hoping.  
God in my life,  
God in my lips,  
God in my soul,  
God in my heart.  
God in my sufficing,  
God in my slumber,  
God in my ever-living soul,  
God in mine eternity.  
Amen

**Judging or valuing others**

Lord, inspire me to give of my best and make good use of the talents you have given me. Show me how to be positive in attitude, appreciating and valuing others, always being ready to encourage and give praise. Sometimes I draw conclusions about people in terms of what I think is meant by "success" and "failure", but the "failure" of one person might count as a great "success" of someone with other talents. Lead me never to judge people but to accept others as they are, knowing that it is together, each with our differences, that we build up your Kingdom.  
Amen

**Christ be behind me**

Lord, I commit my failures as well as my successes into your hands, and I bring for your healing the people and the situations, the wrongs and the hurts of the past. Give me courage, strength and generosity to let go and move on, leaving the past behind me, and living the present to the full. Lead me always to be positive as I 'entrust the past to your mercy, the present to your love, and the future to your providence'  
Amen

### **Healing our memories**

Penetrate these murky corners  
where we hide our memories  
and tendencies on which we do not care to  
look,  
but which we will not yield freely up to you,  
that you may purify and transmute them.  
The persistent buried grudge,  
the half-acknowledged enmity  
which is still smouldering,  
the bitterness of that loss  
we have not turned into sacrifice,  
the private comfort we cling to,  
the secret fear of failure  
which saps our initiative  
and is really inverted pride,  
the pessimism which is an insult to your joy.  
Lord, we bring all these to you,  
and we review them  
with shame and penitence  
in your steadfast light.  
Amen

### **My choices and commitment**

Lord, inspire me to live in such a way  
that my choices each day  
and my commitment to live in a  
positive way  
may transform  
the negative into something positive,  
and the ordinariness of daily life  
into something extraordinary.  
Amen

### **Hunger and justice**

O God,  
to those who have hunger, give bread,  
and to us who have bread,  
give the hunger for justice  
Amen

### **"Do not kill" - and attention to the small things in life**

Loving Lord,  
I often see on the TV news  
examples of inhumanity to others  
- people being tortured, abused,  
injured or killed.  
I need to remind myself  
that the commandment "do not kill"  
also refers to my attitude  
and what I do each day,  
because it is in smaller ways  
that I can destroy people  
if I ignore them  
or cut them off  
or do them down.  
Loving Lord, inspire me  
to take care of the smaller things of life  
as well as the bigger issues.  
Amen

### **God's love and our concern**

Lord, we remember before you  
all our brothers and sisters  
who are weighed down with suffering.  
Bless and guide us  
that your love may be reflected  
in our concern for the hungry,  
the oppressed and the unloved.  
Help us to acknowledge  
and grow in appreciation  
that all people are made  
in your image and likeness.  
Amen

### **Injustice and my own attitude**

Lord, it's good  
to be actively concerned  
about the abuses of human rights  
in other countries,  
but I must not lose sight  
of the mis-treatment of others closer  
to me.

Most particularly, Lord,  
point out to me my own failings  
in lacking respect  
for those who come into my daily life.

I readily condemn slavery,  
but help me to liberate those I know  
who are overburdened.

I condemn torture,  
but lead me to discourage the use  
of cruel words and actions.

Remind me  
that those who degrade others  
are themselves diminished.

Enlighten me  
so that I do not  
jump to conclusions about people,  
or be judgmental.

Lead me always to respect individuals  
for who they are,  
realising that their experiences  
may be different from my own,  
as each follows paths in life  
that are individual to them.

May I grow in appreciation  
that those who think differently from  
me  
can hold equally valid views.

In these and other ways, Lord,  
may I grow in respect for all people.

This day, may others respect me  
as much as I respect them.

Amen

### **Living simply**

Lord, may we who have plenty  
live simply  
so that others may simply live.  
Amen

### **Negativity, forgiveness, and resisting evil**

God our Father,  
may no-one's negative actions  
ever overpower my determination  
to choose to live in a positive way.  
I know that to forgive someone  
can be far from being an easy option,  
and I know that forgiveness  
isn't somehow pretending  
that something wrong hasn't happened.  
Instead it is being generous, Father  
- as your Son showed in his dying words -  
in being willing to release the other  
person  
from what natural justice demands  
should be 'punishment' for wrong-doing.  
Isn't this, Father,  
what is meant by "your mercy"  
and what we are to do  
in being called  
to "be merciful" ourselves?  
For what I have done wrong, Father,  
forgive me  
to the extent that I am generous and  
gracious  
in forgiving - or truly hoping to forgive -  
those who have done wrong to me.  
Empower me  
to break the cycle  
of any hatred, resentment or bitterness,  
always resisting evil  
and conquering it with goodness.  
Bring your healing and peace and  
wholeness  
into the lives of those I pray for,  
and into mine.

**Balance in my life**

God our Father,  
lead me to grow in faith  
and keep a healthy balance in my life.  
Remind me that I need to  
give time and space for myself  
as well as for others.  
Inspire me  
to remaining committed in my work,  
sharing quality time with my family,  
and enjoying  
sufficient rest and recreation.  
Amen

**Amidst difficulties; breaking the cycle  
of hatred and bitterness**

We know, Lord,  
that throughout our lives  
each of us will experience  
problems and difficulties.  
Give us courage and strength at those  
times  
and prevent us then  
from looking only at ourselves.  
Keep our vision wide  
so that, even in times of difficulty,  
we may still be of help to others.  
Help us not to be bitter  
towards people or situations,  
but empower us to take the initiative  
and break the cycle  
of hatred, bitterness, and evil actions.  
Help us to transform  
the difficulties that come our way  
into opportunities for personal growth  
and service of others.  
Amen

**Choices in good times  
and in difficult times**

God our Father,  
in good times  
may I live in such a way  
that I will be strengthened  
for the difficult times  
that all of us face in our lives.  
Lead me now  
to make positive choices  
to value friendship and loyalty,  
and develop attitudes and values,  
treasuring all that is lasting and  
important.  
Throughout difficult times  
may I build on  
the positive choices of my past,  
looking outward in the service of others  
and avoiding self-pity.  
May I grow in the faith  
that, whatever my circumstances,  
I need have no regrets  
but may entrust  
my past to your mercy,  
my present to your love,  
and my future to your Providence.  
Amen

**In busy days of noise and action**

We read in the Gospel, Lord,  
that you went away to lonely places to  
pray.  
In my busy days of noise and action,  
remind me of my need  
for time alone  
and for peace and quiet  
and silence within.  
Be with me now  
as I pause for a few moments in quietness  
Amen

### **The Serenity Prayer**

God grant me  
the serenity to accept the things I  
cannot change,  
the courage to change the things I  
can,  
and the wisdom  
to distinguish the one from the  
other  
Amen

### **An evening prayer**

O Lord my God,  
thank you for bringing this day to a  
close.  
Thank you for giving me rest  
in body and soul.  
Your hand has been over me  
and has guarded and preserved me.  
Forgive my lack of faith  
and any wrong that I have done today,  
and help me to forgive all who have  
wronged us.  
Let me sleep in peace under your  
protection,  
and keep me from all the temptations  
of darkness.  
Into your hands I commend my loved  
ones.  
I commend to you my body and soul.  
O God, your holy name be praised.  
Amen

### **My own difficulties to lead me to be sensitive to others**

Lord our God,  
you have made me in your own likeness  
and you love all that you have made.  
I thank you  
for all that has been positive in my life.  
I ask that I may live in such a way  
that I may learn  
from whatever I may find  
is negative or hurtful in my life.  
May my disabilities and weaknesses  
teach me how to be sensitive to individuals,  
that I may grow more caring and  
compassionate  
for others who experience difficulties.  
May I grow in strength of character  
through all that happens to me,  
living fully each day.  
Amen

### **A prayer of William Penn**

Lord,  
help me not to despise or oppose  
what I do not understand.  
Amen

### **Those who are sick, afraid, worried**

Lord Jesus,  
we ask you to bring your healing touch  
to those whom we know  
to be sick, afraid, or worried.  
Bring them your peace and healing.  
Amen

**Reflecting on growing older  
as a new year begins**

Almighty God,  
by whose mercy  
my life has continued for another year,  
I pray that, as my years increase,  
my sins may not increase.  
As age advances,  
let me become more open,  
more faithful and more trusting in you.  
Let me not be distracted by lesser things  
from what is truly important.  
And if I become infirm as I grow old,  
may I not be overwhelmed  
by self-pity or bitterness.  
Continue and increase  
your loving kindness towards me  
so that, when you finally call me to  
yourself,  
I may enter into eternal happiness with  
you,  
through Christ our Lord.  
Amen

**The one you love is ill**

Lord, as your friend Lazarus lay ill,  
others remarked to you  
that "the one you love is ill."  
People said: "See his love for him."  
Today, Lord Jesus,  
we pray for \_\_\_\_\_  
because he - the one you love - is ill.  
We ask you to bring  
your healing and peace  
to him and his family.  
Amen

**Christ in my sleeping**

Lord, you mark when I walk or lie down;  
all my ways lie open to you. Ps 139:1-3  
When I cease activity,  
calm my mind.  
When I am by myself,  
be my companion and friend.  
When I am weary and heavily laden,  
may your Spirit renew me.  
When I lie down, may it be in peace  
for sleep to heal and refresh me,  
for you alone, Lord,  
make me dwell in safety. Ps 49  
Watch my sleeping,  
guard my waking,  
be always near.  
Amen

**Watch, Lord, with those in need**

Watch, dear Lord,  
with those who cannot sleep  
and those who weep this night.  
Tend the sick,  
give rest to the weary  
and bless the dying.  
Relieve those who are suffering,  
have pity on those in great distress,  
and shield those who are happy  
Amen

**Those very ill**

God our Father,  
we bring before you today  
those who suffer  
from chronic illness or disability  
- those for whom sickness or disability  
profoundly affects their lives.  
When they feel diminished,  
remind them that you call them by name  
and hold them  
in the palm of your hand.  
When they feel fragile and broken,  
mould them and heal them,  
that they may more closely resemble  
the image of Jesus,  
your Son and our Brother.  
When they are reminded  
of different times in the past,  
lead them to grow in the faith  
that you love them today, as they are,  
in the reality of their lives this day.  
When they feel uncertain about the  
future,  
lead them to that perfect love  
which casts out all fear.  
When situations remind them  
- not of what they can do,  
but of what they cannot do -  
remind them  
that "love never fails",  
and that, living in your love,  
they will bear your fruit in plenty.  
May all of us  
- whatever our circumstances -  
never be so taken up with our own  
concerns  
that we do not see or respond to  
the needs of others.  
May we live with courage  
the different challenges  
that each of us faces.  
Amen.

**For someone who has died**

Loving Father,  
to you the dead do not die  
and, in death, our life is changed - not  
ended.  
We believe that all that binds us together  
in love and friendship  
does not end with death.  
Hear our prayers for \_\_\_\_\_  
who has died.  
As you have made each of us  
in your image and likeness  
and have called us by name,  
hold him/her safely in your love  
in your kingdom  
of light, happiness and peace.  
Amen

**Lord, welcome those who have died**

Lord,  
welcome into your calm and peaceful kingdom  
those who have departed out of this present  
life  
to be with you.  
Grant them rest  
and a place with the spirits of the just;  
and give them the life that knows no age,  
the reward that passes not away,  
through Christ our Lord.  
Amen

**In times of trouble**

God, I'm afraid and uncertain; I don't  
know what to do for the best; I don't want  
to be selfish, but I need your help. Please  
help me to solve my problems, at least try  
to understand them. Give me the light by  
which to see more clearly.  
Amen.

### ***THE LORD'S PRAYER***

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.

### **A PRAYER FOR ALL THOSE WE CARE ABOUT**

God bless those who brought me into the world,  
and those who have helped me grow up;  
God bless my family and friends  
and those I share my life with;  
God bless those I work and relax with,  
and all who wish me well;  
through Jesus Christ our Lord.  
Amen.

### **Prayer for Increased Faith**

Lord, I want to love you, yet I'm not sure.  
I want to trust you, yet I'm afraid of being  
taken in. I know I need you, yet I'm  
ashamed of the need. I want to pray, yet  
I'm afraid of being a hypocrite. I need my  
impudence, yet I fear to be alone. I want  
to belong, yet I must be myself. Take me  
Lord, yet leave me alone.  
O Lord, I believe; help thou my unbelief.  
O Lord if you are there, you do understand  
don't you? Give me what I need, but leave  
me free to choose. help me work it out my  
own way, but don't let me go. Let me  
understand myself, but don't despair.  
Come unto me, O Lord - I want you there.  
Lighten my darkness - but don't dazzle me.  
Help me to see what I need to do and give  
me the strength to do it.  
O Lord, I believe; help thou my unbelief.  
Amen

### **Prayer of Gratitude**

Thank you God!  
I pray your blessing upon  
others as well, and help me to turn my  
good to the service of others.  
Amen

### **The Grace**

The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the  
Holy Spirit be with us all,  
evermore.  
Amen.

### **The Knots Prayer**

Dear God

Please untie the knots that are in my mind, my heart and my life.

Remove the have nots, the can nots and the do nots that I have in my mind.

Erase the will nots, may nots and might nots that may find a home in my heart.

Release me from the could nots, would nots and the should nots that obstruct my life.

And most of all, Dear God, I ask that you remove from my mind, my heart and my life all of the 'am nots' that I have allowed to hold me back, especially the thought that I am not good enough.

Amen