

Our Prayer Diary



August 2024

*Jesus said to them, "I am the bread of life.
Whoever comes to me will never be hungry,
and whoever believes in me will never be
thirsty".*

John 6 verse 35 NRSV

Thursday 1st

Almighty God, we lift up the youth of our church. Guide them in their journeys and protect them from the challenges they face. Inspire them to seek You and to live according to Your purpose.

Friday 2nd

Tomorrow is the *Mey Highland Games* which are held at John O'Groats. Lord we pray for all the athletes who will be taking part. Please keep them safe and free from injury. We have a special thought for those competing in the adaptive events. They are proud to participate and achieve high performances despite their handicap. We are also very grateful to all the organisers. Thank you Lord for all the hard work they have put into making a success of this event.

Saturday 3rd

Today is the birthday of Esme our long time Editor (now retired). Esme, we wish you a Happy Birthday. May God richly bless you in the days ahead. Gracious God, we give thanks for all the years of dedicated service Esme gave in the preparation of the Prayer Diary, first of all in Canisbay Church and then Pentland Parish. We know her work was valued by many people.

Sunday 4th

Today worship within Pentland Parish will be one joint service at 12 noon in Canisbay Church. Should you need a lift please contact Mrs Liz Geddes on 01847 821752 and she will try to organise one for you. Also, this evening at 7.45 pm everyone is invited to a *Psalms and Supper* evening at *Castletown and Community Free Church*. Father God, please be present in all who will be leading worship today whether locally or further afield. We ask that those attending will leave their place of worship feeling near to You.

Monday 5th

From today until Friday 9th August *Castletown and Community Free Church* are running a *Holiday Bible Club* at Castletown Free Church. They invite children from Primary 1 to first year in secondary school to come along from 10.00 am to noon each day. It is free to attend and open to all children regardless of where they live. Heavenly Father we ask You to bless all the children who will attend this event. May they enjoy their time and have seeds of faith sown at an early age.

Tuesday 6th

'God's love and kindness will shine upon us like the sun that rises in the sky.' Luke 1 verse 78 CEV. Get some Vitamin D; make a conscious effort to spend time outside and catch some feel-good rays! Heavenly Father you created a wonderful world for us. Encourage us to go out each day if only for a short time. Not only will we get the benefit of Vitamin D we may meet someone to speak to or notice for the first time some beautiful plants and shrubs.

Wednesday 7th Prayer Time at Canisbay Church Hall at 2.00 pm

When people are feeling down, the arts in their many forms can help to cheer them up, having the ability to transport you away from personal cares and take you somewhere else. For example, every August people can visit Edinburgh to enjoy the Fringe Festival, just one of the various artistic events taking place across Scotland. Heavenly Father we give thanks that the talents and works of artists, musicians, authors and performers can lift the hearts and minds of Your humble servants in their hour of need. A blessing indeed!

Thursday 8th

Loving Father, as the school holidays race past, we pray for families struggling with variable weather and limited resources to make the summer break special for their children. Bless Rob and Janet as they plan and deliver Kingdom activities.

Friday 9th

Caring God, we pray for shop workers. Let us remember to always respect their feelings and their hard work, whilst granting them patience during the times when the shop is struggling and profits are down.

Saturday 10th

Uncertainty is hard to bear in matters concerning ourselves or those we care about. As we grow older, delays or cancellations of scans or surgery are less easy to tolerate. Loving Lord, our times are in Your hand, help us to trust You and to know Your peace which is beyond understanding.

Sunday 11th

Today is the final day of the Olympic Games in Paris. The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practiced without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play. These are characteristics which are certainly much needed in this world today and of course we can pray that the Olympics will set an example for world leaders to follow.

Monday 12th

Three weeks ago Rob Petersen along with his family and Mairi Anne Cormack organised a Fun Day in Canisbay for children. The weather was really good and around twenty-four children attended. The enthusiasm from Rob put a smile on all the children's faces and also promoted that the church is still very much connected to the community. Father God we give thanks for the Fun Day and all the work that Rob and his family do with children in the area.

Tuesday 13th

Psalm 147 starts with the words '*Praise the Lord! How good it is to sing praises to our God*'. Father, we give thanks for the organists in our Parish whose dedication delivers music to us every week. We are truly grateful for their contribution to our worship. We ask that more young people discover the joys of praising You through the richness of music either in traditional or more contemporary styles. May they learn to share their talents with us in our churches.

Wednesday 14th Prayer Time at Canisbay Church Hall at 2.00 pm

You surround us with the beauty of Your countryside, Lord. We may not have liked so many days thus far this summer without sunny warmth, but the plants are bounding forward, crops are growing and animals fattening. Thank you.

Thursday 15th

Loving Father, we pray for families in our community. Bless them with love, unity and understanding. Heal any divisions and help them to grow in faith and support for one another.

Friday 16th

Heavenly Father, the school holidays are drawing to an end for education workers and pupils in Highland Region. We hope they have had a pleasant and restful break over the past seven weeks. We pray they will return to school refreshed and full of energy to start their new term. We remember especially all those starting school for the first time and those going to first year in secondary school.

Saturday 17th

Lord, we pray for all the church leaders in Pentland Parish. Give them wisdom, integrity, and courage to lead according to Your will. Guide their decisions and bless their efforts for the good of Your People.

Sunday 18th

Memory is a precious gift. In quiet times on our own, what joy there can be in remembering and reliving blessed experiences as in a film played before us. Sadly so many are losing this ability, even to remember our names when we visit them. Comfort them dear Lord. Hold them close. May Your Holy Spirit communicate with their spirit in that relationship where all barriers are overcome.

Monday 19th

Today is *National Potato Day*. At one time this little tuber would have been grown on many farms and crofts in Pentland Parish. Last month there was a Memorial Service in Canisbay for Jack Dunnett who was very knowledgeable about potatoes. Heavenly Father we thank you for the potato - a staple food. They are so versatile and in these times when the cost of living is high, help us to use less expensive ingredients such as the humble tattie in imaginative ways to produce wholesome family meals that are not too costly.

Tuesday 20th

Heavenly Father, we thank You for the people who support and love us - families, friends and neighbours. Help us to be understanding of their needs so that we may be more loving and Christ-like toward them. When we don't know what to say or do, remind us of the question "*What would Jesus do?*".

Wednesday 21st Prayer Time at Canisbay Church Hall at 2.00 pm

Heavenly Father, we lift up those who are sick and suffering in Pentland Parish. Grant them healing and comfort. Strengthen their families and caregivers, and let Your presence be a source of peace, hope and encouragement.

Thursday 22nd

Lord, we are so thankful that we live in a free country. Please prompt us to pray for all the many Christians throughout the world who don't have the freedom to express their faith or can't worship in their local parish for fear of discrimination or condemnation.

Friday 23rd

4Paws tells us that Billy Graham the American evangelist once said “*God will prepare everything for our perfect happiness in heaven, and if it takes my dog being there, I believe he'll be there*”. Heavenly Father, Your love is faithful and Your decisions are always fair. They are firm like mountains, deep like the sea. We give thanks that all people and animals are under Your care.

Saturday 24th

Armed Forces of the Crown (Common Order Prayer)

Almighty God, in You alone we find safety and peace. We commend to Your gracious keeping all the men and women who serve in His Majesty's Navy, Army or Air Force, who face danger and put their lives at risk so that others might live in safety. Defend them day by day by Your heavenly power, and help them to know that they can never pass beyond the reach of Your care. Keep alive in them and in us Your vision of that peace which alone we must seek and serve; through Jesus Christ our Lord. Amen.

Sunday 25th

Forgiving God, I have unwittingly hurt and offended others, and I pray for forgiveness. In particular, I think of (*identify own failing*) and ask that You will help me be a better disciple for You.

Monday 26th

Gracious Father, please give school aged children enough food, drink and sleep to make this the summer they will always remember - wherever they are.

Tuesday 27th

Loving God, we think about and pray for all the people who have been diagnosed with cancer or any other serious illness. Enable them to continue with their medical treatment so that their health gradually improves. Support their close family too as they go through what can be a worrying and stressful time.

Wednesday 28th Prayer Time at Canisbay Church Hall at 2.00 pm

Caring Father we give thanks for CrossReach Day Care services for adults, offering mental health support in some areas of Scotland. Where there is stigma and isolation through mental health issues, may people find company and support and may they feel known, cared for and listened to, without agenda or expectation.

Thursday 29th

We give thanks for the hard work of volunteers in our four churches. We think of those who clean, polish, shine and vacuum, the people who attend to the flowers and those cutting the grass, also those who meet the people at the church door Sunday by Sunday and set out chairs in the Hall for meetings. We give thanks too for those holding positions of office - treasurer, clerk and the elders as well as our parish assistant Rob and our minister Rev Janet. Lord, bless each one of them.

Friday 30th

Heavenly Father, we ask that You give comfort and bravery to those living alone. It can be daunting leaving the house, and the temptation to stay in is great. Please give each of us, lonely or not, the courage to telephone, to welcome or call in to a neighbour at least once a week.

Saturday 31st

Prince of Peace, we pray for peace in our world, our communities, and our hearts. Resolve conflicts, heal divisions, and let Your peace reign in every corner of the earth. Use us as instruments of Your peace.



The Church of Scotland

www.churchofscotland.org

This prayer diary is produced monthly by and for

PENTLAND PARISH CHURCH OF SCOTLAND

(Registered Charity No: SCO10296)

meeting in four congregations around the Caithness Coast:

CANISBAY, DUNNET, KEISS and OLRIG.

www.pentlandparish.org.uk

A pdf copy of this and previous editions of the Prayer Diary are available to view online via our website - www.pentlandparish.org.uk.

Copies also go by e-mail to a growing number of friends throughout Scotland and we are sincerely grateful for their interest and support. Feel free to commend it to others, and if they express a wish to receive it please forward their contact details to the Editor.

If you have found this Prayer Diary helpful please let us know, and if there is any topic or particular prayer you would like included in a future issue please contact the Editor, Liz Buchan, via:

e-mail: neilbuchan007@btinternet.com or phone: 01847 821759

Copy date for the September issue is Monday 26 August.

We continue to need your prayers! Thank you!

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