

Our Prayer Diary



August 2025

*The Lord is near to all who call on him, to
all who call on him in truth. He fulfils the
desire of all who fear him; he also hears
their cry, and saves them.*

Psalm 145 verses 18 & 19

Friday 1st

'I delight greatly in the Lord; my soul rejoices in my God. For He has clothed me with garments of salvation and arrayed me in a robe of His righteousness.' Isaiah 61 verse 10 NIV. Loving God, help me to celebrate the life I have and not the one I wish I had. Life is not always greener on the other side of the fence.

Saturday 2nd

It is August and the peak of the holiday season. Loving Father, we pray for all who are spending their summer holidays in Scotland, and especially in Caithness. We pray they will all have a safe time. We hope they will enjoy the beautiful landscapes around them and take care of our unspoilt natural environment. We also remember the hotel, guest house and campsite owners who will be very busy over the next few weeks.

Sunday 3rd

Almighty God, we give You thanks for King Charles III, for his devotion to his family, nation, Commonwealth and to the Earth, our fragile home. Bless, protect and support him, especially at this time as he addresses the burden of health issues, both personally and within his wider family. Grant him long to reign over us, and bestow upon him the gifts of wisdom and discernment as together we face the opportunities and challenges of our times.

Monday 4th

A regular contributor received a phone call at a time when they were busy. They said they would ring back the following day. However the reason for the call was to pass on the sad news of the death of a close relative of the caller. God's Holy Spirit intervened and instead of ringing the following day they felt they had to get involved now. Our contributor prayed for the whole family at some length and the bereaved person felt greatly helped. Loving God, thank you that You guide each one of us and work through us to bring Your blessing and help.

Tuesday 5th

Today is SQA result day. Loving God we bring before you all the people in our parish and beyond who will find out today how they did in their certificate exams. We rejoice with those who achieved what they hoped for. For pupils who are disappointed today please help and encourage them to find other routes to achieve their life goals.

Wednesday 6th

It is likely that each one of us will know someone who is not very well at the moment. Other people are perhaps suffering and awaiting a diagnosis. Healing God, we pray for all who are involved, asking for Your compassion and healing power.

Thursday 7th

Continuing from July and for the duration of August, Rob Easton-Berry will present a Christian development course on Thursday mornings at 10.00 am in Canisbay Church Hall. This consists of a short film, study of Paul's letter to the Philippians and discussion where participants can share questions and personal experiences. Refreshments will be served. Loving God, bless Rob and Janet and each of the attendees who find Christian growth from participating in courses like this.

Friday 8th

The following words were written anonymously: '*An early-morning walk, jog or run with a dog at your side is a blessing for the whole day*'. 4 Paws says to enjoy the heat, but remember your pets and don't let them overheat, so walks early in the day are a good idea. Father God, help us to be mindful of our pets at all times but especially when the weather is warm. We give thanks for all the joy animals can bring to us.

Saturday 9th

A few pounds to some may not seem a lot of money but to those in need it can provide more than we can realise. Poverty is not something we choose - it chooses us. Lord, teach us to be aware of those around us who struggle with money and the cost of living. Teach us not to judge others less fortunate than ourselves and to find discreet ways of helping those truly in need.

Sunday 10th

Heavenly Father, we pray for families and for governments caught up in blame and recriminations over what was handed on to them, or what they are watching other relatives or nations do. Awaken Your Spirit in the hearts of those whose behaviour wreaks destruction and sends progress backwards. Embolden their closest confidantes not to collude with bitterness or bullying, but to be role models of compassion and humility.

Monday 11th

Compassionate God, we pray for those struggling with age-old problems of poverty, isolation, and fear. In particular, we pray for all who know the pangs of hunger, who fear for what tomorrow will bring, who go without to help others. We pray for those who staff, support and use food banks and charities which attempt to alleviate poverty. Help us to remember that even on His most difficult days, Jesus gave all He had to nourish others. Give us the boldness to follow His example in whatever way we can.

Tuesday 12th

The 23rd, later this month, marks the *International Day for the Remembrance of the Slave Trade and its Abolition*. The hymn writer John Newton (who wrote Amazing Grace) was the captain of a slave ship in his younger days. In later life Newton supported William Wilberforce in his pursuit of the abolition of slavery. Heavenly Father, sadly 'modern slavery' remains prevalent today, with 'people trafficking' one of the areas of international crime that exist in the UK. We pray for the victims of this crime and the law enforcement agencies that are tasked with dealing with it.

Wednesday 13th

Morven Day Services in Kilmarnock provide a service for adults, offering mental health support in East Ayrshire, through *Crossreach*. Loving God, 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 14th

The following quote is from Lou Holtz - "*Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.*" Abraham Lincoln said "*I never had a policy; I have just tried to do my very best each and every day*". Heavenly Father we look to You to help us to also operate in this way. By just putting a little more effort into something it could make such a difference to the end product.

Friday 15th

Update on July 2nd entry. The rescued hedgehog is continuing to improve with medication provided by the NSPCA. Hopefully she will soon be returned to her Caithness habitat. Living God who sees the sparrow fall, thank you that Your heavenly love extends to all whom You have made, including each one of us.

Saturday 16th

Caring God, we hold up people who are agonising over the difficulties of succession - passing on a family farm, a business, looking for new leaders, hoping for work to continue and reputations to be upheld, or for the end of an era to be positive even if it is painful. We ask for Your wisdom and Your courage to be with those handing on their life's work and those newly inheriting, whether gladly or with trepidation.

Sunday 17th

Today the Sacrament of Baptism will be celebrated in Dunnet Church. Heavenly Father, may this baby know Your love and in the years to come serve You faithfully. We ask that its parents will be guided by You and gain strength from You. Please help the church family here in Pentland Parish to look out for and care for them.

Pentland Parish

Monday 18th

P is for **Pentland Parish**. Loving God we are a Union of the Church of Scotland churches in Canisbay, Dunnet, Keiss and Olig. Please help us to become more integrated and enjoy fellowship with one another, regardless of where we worshipped before the Union.

Tuesday 19th

E is for **Easter**. Heavenly Father we thank you for the Glory of Easter. Your Son Jesus died on the cross, was buried and rose from the dead on the third day. All who believe in Him have been given the promise of eternal life.

Wednesday 20th

N is for **Neighbours**. Caring God, help us to appreciate our neighbours. How often do we have to call on them when things go wrong? If we don't know the people living near us, encourage us to go to their door and introduce ourselves. Please help us to be a good neighbour and to share Your love.

Thursday 21st

T is for **Technology**. Father God in the last few years things have changed greatly in all walks of life. We give thanks for the technology that allows us to communicate with people far and near at the click of the keyboard or mobile phone app. Through our Pentland Parish website we can keep everyone abreast of what is going on within our four churches. Encourage people to get in touch with the webmaster if there is church news to be shared.

Friday 22nd

L is for **Love**. *'Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no records of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. These three remain: faith, hope and love. But the greatest of these is love.'* Verses from I Corinthians Chapter 13.

Saturday 23rd

A is for **Acts of Kindness**. Loving God, please help us to notice the little things that we can do easily and quickly that may mean so much to others. 4Paws often reminds us about our smile. Things that have no monetary value can give much pleasure to others.

Sunday 24th

N is for **New Life**. Creator God we thank you for the new life we see in springtime - lambs in the fields, buds on the trees. When Jesus uttered those final words *'It is finished'* it ushered in the start of a new life for us. Help us to make the most of it each and every day.

Monday 25th

D is for **Diary**. Heavenly Father we give thanks for the work started by Rev Esme Duncan many years ago, to produce a monthly Prayer Diary. Please bless all those from our congregation and beyond who each month give inserts for the Diary. Without their input there would be no material to base the Diary on. We also pray that people who benefit from the Diary might feel moved to contribute to it.

Tuesday 26th

P is for our **Parishioners**. Loving Father we give thanks to the people who week by week come along to our church services. We also remember those within the community who would like to be sitting in the pew Sunday by Sunday but can't, whether through ill health, frailty or some other reason. Please draw near to them and let them know we still think of them. We bring before You the folk in the community who have yet to come to church. Please help us to reach out to them and encourage them to come along to services with us.

Wednesday 27th

A is for **All the Volunteers**. Loving God in every church there are volunteers and we pray for all of them. Help us to acknowledge the tasks done by people that we can identify. There is so much time and effort given quietly in the background towards the running of our churches. Without these volunteers the church would not function so well.

Thursday 28th

R is for **Reverend Easton-Berry**. Father God we pray for Janet. We know she has a heavy work load. Please give her wisdom and strength as she carries out her parish duties. Of late she has not enjoyed the best of health. We ask You to lay your healing hands on her, so she can return to better health.

Friday 29th

I is for **Inclusion**. Caring God we ask for Your help to give us strength to create a community for all to share their gifts. May we welcome and value everyone, regardless of their background or circumstances. Help us learn to listen more deeply and connect with those who may have a different perspective and life experience. Empower us to recognise and celebrate differences as one of Your great gifts to the human family.

Saturday 30th

S is for **Sabbath**. Loving God, on the Sabbath day we thank you for all the blessings You have bestowed on us over the previous week. Help us to lay down burdens and anxieties, and to experience the joy of Your presence. Forgive us for sometimes not observing the Sabbath in a way that reflects Your vision for us. You are the only one who can restore our souls. May we fill our Sabbath with worship and reflection.

Sunday 31st

H is for **Heaven**. Heavenly Father, we pray that You will help us to live a life that is pleasing to You, a life that reflects Your values. Guide us so that we can be a light to the world and an example of Your love. Thank you for the hope of Heaven and the joy we will have when we get there. We pray that we live with the certainty that our place will be with You. Guide us in all that we do, such that we may one day be welcomed into Your eternal home.



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:* admin@pentlandparish.org.uk or *phone:* 01847 821759**

Copy date for the September issue is Monday 18 August.

We continue to need your prayers! Thank you!

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