

Our Prayer Diary



February 2024

Make me to know your ways, O Lord;
teach me your paths.

Lead me in your truth, and teach me,
for you are the God of my salvation;
for you I wait all day long.

Psalm 25 v 4-5 NRSV

Thursday 1st

February is the month of love! Mahatna Gandhi said “*where there is love there is life*”. In the turmoil of world affairs do keep in mind the words of Jimi Hendrix “*when the power of love overcomes the love of power, the world will know Peace*”. Each day at noon people of all faiths and none use the following ‘Universal Prayer for Peace’. *Lead me from despair to hope, from fear to trust; lead me from hate to love, from war to peace. Let peace fill our heart, our world, our universe.*

Friday 2nd

Father, we offer this prayer for the terminally ill. May their final days be painless and surrounded by Your love and that of their family and friends. May they feel at peace as they depart this world to the next. We also ask You to remember friends and family of those who are terminally ill as they prepare to continue a life without them. They need to be reassured they will never be alone as You will always be by their side.

Saturday 3rd

This insert was penned towards the end of January. A regular contributor writes “*six days ago I was travelling through the worst drifting snow I have experienced for many years. Today not far from mounds of snow still around from last week I saw my first snowdrops of the year*”. This is a reminder that Spring is not too far away and the days are lengthening. God of all creation, we give thanks for snowdrops. This tiny flower has pushed its way through the cold and sometimes frozen soil. It reminds us of Your purity and is a symbol of hope and peace to all.

Sunday 4th

I’m sorry – I do keep trying, Lord, but if there is a hurt or harm to be made, I still manage to fall into the trap! Please forgive me and help me to be more kind and thoughtful to others.

Monday 5th

Pentland Parish Prayer Diary goes to people not only in Caithness, but further afield in Scotland, and even overseas. At this time some of our friends who receive the Prayer Diary are in a Vacancy situation. We pray that everyone in the congregation will give willingly of their time and talents and that God will be planting seeds of interest in those who might be the next minister.

Tuesday 6th

Loving God we pray for our Royal Family. Here in Pentland Parish we have been privileged to enjoy a special relationship first with the late Queen Mother and then with the King himself as he has enjoyed holidays in our area. We praise You for keeping the senior members safe during times spent in hospital. God save the King!

Wednesday 7th Prayer Time at Esme's House at 2.00 pm

Father God, we pray that the Worship Training provided by Rev Linda Broadley, the locum for Pulteneytown Parish Church will bring benefits to everyone who attends. We ask that congregation members will feel inclined to go along to the training sessions and be encouraged by what they learn.

Thursday 8th

We pray for all who serve their communities, whether it be in a voluntary or paid capacity. In serving others, we remember that we are serving You.

Friday 9th

During January Caithness experienced heavy snow falls and drifting. Loving God, we pray for all the people whose job meant they had to struggle on treacherous roads to carry on helping others – gritter drivers, emergency crews, carers, medical teams, to name just a few. Thank You for giving them the strength to carry on with their work and for keeping them safe.

Saturday 10th

We praise You for the tiny (and large) miracles that You perform daily – of healing, peace making, and of growth. We don't always understand our part in the greater scheme of things but we trust in the plan You have for each other.

Sunday 11th

God of all times and places, our beginnings and our endings. Your light shines to us from beyond the farthest star and through the everyday light of Your disciples when we live Your Gospel of healing love. Draw unto us as we remember our frailty and acknowledge what has been difficult in our lives. The things that we have done, the significant things that we have left undone. The wrong paths taken, and the opportunities missed. Help us to bring it all to You in a moment of quiet.

Monday 12th

4 Paws says *“There is no doubt about it – dogs enrich our lives in the best possible way! They teach us about unconditional love, loyalty, and forgiveness and lift our spirits when everyone else fails.”* Father God, pets are part of the family and dogs especially are great companions. For this we are very grateful. Sometimes animals end up not having anyone to care for them. Please look kindly on all animals who are in need, over worked, underfed, forgotten or abused whether in the wild, on the streets or elsewhere.

Tuesday 13th

Creator God, the wonders of Your creation have been shown to us in amazing detail through camera lenses and associated media. Your Spirit speaks to everyone who is willing to marvel at all You have created.

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

Teach us, O Lord, during this season of Lent, to remember Your great love to us and all that You have suffered for our sakes. Encourage us to learn more about You and to love You more deeply. Make us strong to overcome temptation that may come our way and help us to serve You to the best of our ability.

Thursday 15th

Compassionate God we bring before You all the people who live in countries still torn by war. Too many innocent children are suffering or dying because of the horrors of war. We pray for the political leaders to find a peaceful solution to end the various conflicts.

Friday 16th

Psalm 23 will be very familiar to most of us. Helen Steiner Rice has written the following words around it.

*With the Lord as “your Shepherd”, you have all that you need,
For, if you “Follow in His Footsteps” wherever He may lead,
He will guard and guide and keep you in His loving, watchful care
And, when travelling in “dark valleys” “your Shepherd” will be there.
His goodness is unfailing, His kindness knows no end,
For the Lord is a Good Shepherd on whom you can depend
So, when your heart is troubled, you’ll find quiet, peace and calm
If you’ll open up the Bible and just read this treasured Psalm.*

Saturday 17th

Today is *Random Acts of Kindness Day*. This simply means carrying out some positive act of kindness for a friend or stranger. An act of kindness doesn't have to be a big gesture, sometimes the smallest act can have the biggest impact. Each one of us will have different things that we could do, and we know where our strengths lie. Father God, You know what needs to be done and You know the best person to carry out that task. Prompt us and encourage us to go the extra mile today to help someone or something. If everyone reading this Diary did so, a lot could be achieved!

Sunday 18th

Healing God, we give thanks for the ways in which You have brought transformation and new life and the exile of illness, estrangement, broken relationship, bereavement, loss of identity. Speak Your words of peace into our hearts. Help us to feel whole. Help us to bring that peace to others, so that all may be saved for fullness of life.

Monday 19th

Many buildings throughout the countryside have suffered damage due to the recent storms. Loving Father we pray for all the people whose homes have been damaged by natural disasters such as floods, gales and coastal collapses. We ask for a spell of calmer weather to allow the repairs to proceed. You created for us such a rich and lovely environment; please help us to protect it and preserve it.

Tuesday 20th

God gave us dogs to demonstrate true love. *The world would be a beautiful place if people had hearts that were as loving as a dog's heart.* Anon. *"Dogs, once they love, they love steadily, unchangingly, till their last breath."* Elizabeth von Armin. *"Until one has loved an animal, a part of one's soul remains un-awakened."* Anatole France.

Heavenly Father, when You created the universe You blessed us with all living creatures. We especially thank You for giving us our pets who bring us so much joy in life. Their presence often helps us get through trying times. We ask that You bless our pets that they may continue to give us companionship and remind us of Your power. As our pets trust us to take care of them, so we trust in Your strength and guidance, and in taking care of them we share in Your love for all creatures.

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

Everyone wants happiness, nobody wants pain, but you can't have a rainbow without a little rain. Realise that tough times will come, but the sun will shine again. *'Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love Him.'* James 1 v12 NIV. Please remember in prayer all those involved the Postal Scandal.

Thursday 22nd

World Thinking Day is a celebration of ten million girls worldwide that has taken place every year on 22 February since 1926. It is a day when Guides and Girl Scouts think of each other and celebrate their sisters all around the world. Dear Father God we give thanks for this great organisation started by Olave Baden-Powell. We bring before you the Rainbows and Brownies in our own Parish and members of the wider Guide movement. May they get great benefit from this time of learning and friendship. We also pray for the leaders who nurture the girls and endeavour to bring out the best in them.

Friday 23rd

Let us today take time to be still and in the midst of all that we might be doing know that God is with us. Listen for the prompting of the Holy Spirit in our lives.

Saturday 24th

We pray for all people who have lost someone important to them. The grief seems too much to bear but You soften it over time so that the lost one is never forgotten and always loved. They are with You.

Sunday 25th

Heavenly Father, we pray for those we meet each day, at work or in the street, online or in person, at home or on the phone. We pray for those who teach, in college and school, in church and community, praying that knowledge may build up and not puff up, and that wisdom might guide the feet of all who walk our world. We pray for the ministers and elders of our Parish and broader local area, that they may serve with unity, with love and with joy. We pray for one another, that we grow up in faith during this period of Lent, that we renew our hope, and that we open our hearts to the deep love of God.

'The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is un-searchable. He gives power to the faint, and strengthens the powerless. Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.'
Isiah 40, verses 28, 29, 31 (abridged) NRSV.

Monday 26th

Thank you, Lord, for keeping us safe through the stormy weather that we've had this year. We have been fortunate compared to some parts of Britain – we ask that all are protected.

Tuesday 27th

Today Pentland Parish Guild will meet at 2.00 pm in Canisbay Church Hall. The speaker will be Rev Janet Easton-Berry. Do try to come along if you can. A warm welcome is extended to all.

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

Personal prayer is vital, but there is special value in gathering in groups. If there is something in particular you would like prayer for please leave a message for Janet or Rob via Pentland Parish website and they will ensure it is brought to God this afternoon. Listening God we give thanks that You promise to meet with those of us who are able to come to the weekly time of prayer in Canisbay Church Hall today at 2.00 pm. We ask that You will hear and answer our prayers.

Thursday 29th

February 29th! We only celebrate this day every four years, so let's use it well. There are no limits to how we could make this day different for God or for others. Happy Leap Year Day!





The Church of Scotland

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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 March issue is Monday 5th February.

We continue to need your prayers! Thank you!

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