

# *Our Prayer Diary*



## *January 2024*

*Praise the Lord!*

I will give thanks to the Lord with my whole heart,  
in the company of the upright, in the congregation.  
Great are the works of the Lord, studied by all who  
delight in them.

*Psalm 111: 1-2: NRSV*

### **Monday 1<sup>st</sup>**

Father God, a new year always feels like a new start and we pray in this new start and new year that we will all have a fresh revelation of Your word. Please impart faith to our hearts.

### **Tuesday 2<sup>nd</sup>**

Lord we lift up to You the new *Highlands and Hebrides Presbytery* and we pray that we have Your guidance and wisdom in all that we do.

### **Wednesday 3<sup>rd</sup> Prayer Time at Esme's House at 2.00 pm**

As we welcome this new year give us strength to do Your will. Prompt us to help others wherever we can. We pray for those who find January difficult with dark days and cold weather. May we count our blessings and follow Your teachings in our actions.

### **Thursday 4<sup>th</sup>**

4 Paws wishes everyone (two and four paws) a good New Year. Be proud and unafraid to help others if you are blessed with a talent that could well help someone else to feel that wee bit better. If making New Year resolutions helps you feel much more settled and content then do test yourself with this challenge. Gordon B Hinckley writes “*Tremendous happiness and peace of mind are the results of loving service to others. Nobody can live fully and happily who lives only unto himself or herself.*”

God has given each of you a gift from His great variety of spiritual gifts. Use them well to serve one another. *1 Peter 4 verse 10 (NLT).*

### **Friday 5<sup>th</sup>**

With the long nights, our attention often turns to our own personal well-being, but Loving God, help us not to forget those who are without a home or those who can't keep their house warm and cosy simply because they can't afford high gas and electricity bills.

### **Saturday 6<sup>th</sup>**

We continue to pray for peace in Israel and Gaza, and the Ukraine. Please Lord, let Your peace prevail - send peacemakers into strategic positions so that peace can be brokered. We also pray for communities elsewhere in Your world where there is conflict, pain and suffering. Please help aid get to all who need it and help us share what we have with others in need.

### **Sunday 7<sup>th</sup>**

Loving God now that the busyness of December is behind us we come to You to try to find a rhythm of rest. Please hold our hearts gently, still our minds and soothe our souls. Help us to turn our gaze to You as You always love us and You are the one who knows us best.

### **Monday 8<sup>th</sup>**

Our children will be returning to school today. Pray for the busy term ahead that it may be unaffected by industrial action, bad weather or any other problems. Teaching is so different even from what it was before Covid. Pray that God may strengthen those who give of their best for their pupils.

### **Tuesday 9<sup>th</sup>**

Caring God, we bring before you all those who are anxious as to what lies ahead in this new year. We pray that they may find comfort from you for all their concerns.

### **Wednesday 10<sup>th</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

Father, You know that the Presbytery Mission Plan was not approved and you know the greater picture - we continue to pray for Your will to be done - may we know clearly the steps to take to move forward.

### **Thursday 11<sup>th</sup>**

Caring God, make sure that throughout the coming year everyone in our so called 'wealthy nations' has enough to eat. Let us pray that all parents are able to feed their children properly. We thank you Lord for your kindness and for the comfort you bring to each and every one of us.

### **Friday 12<sup>th</sup>**

Caring God, we bring before you parents who have a sick child. Help them to find the right words to explain to the child what is wrong and the treatment that the doctors are hoping to put in place. We also place into your care people who suffer from a chronic disease. Please give them the strength and the will to carry on and be a blessing for their family and friends. A regular contributor has asked especially for prayer for Esme. *Loving Father, we are delighted that Esme is now able to get out for short spells. We give grateful thanks for the healing that has slowly taken place over the last year.*

### **Saturday 13<sup>th</sup>**

Not everyone likes change. This is not the time to ponder the old joke about how many elders it takes to change a light bulb. Change can be painful and some of us are suffering in a way that was unimaginable only months ago. Church can never be the same and the uncertainty of what lies ahead for us in Pentland Parish is difficult to bear. However we continue to pray and more of us must pray more.

### **Sunday 14<sup>th</sup>**

Lord, we lift before You all our congregations, wherever we worship. I pray Your blessing upon them all and thank You for each person reading this Prayer Diary and for their faithful prayers. Receive our prayers O Lord: some are for people we love, others are for people we find hard to love; some are for people who are happy, others are for people in pain; some are for people we know, others for people known by You. In quiet moments we pray.

### **Monday 15<sup>th</sup>**

Father of the world, all things were created by You. Thank you for the companionship of dogs, each one was perfectly designed by You. Thank You for the love and joy they bring into our lives. *You are worthy, our Lord and God, to receive glory and honour and power, for You created all things, and by Your will they were created and have their being.* Revelation 4 verse 11 (NIV).

### **Tuesday 16<sup>th</sup>**

More than one person asked for prayer on the very important issue of our new Presbytery arrangements. Heavenly Father, we pray for the new Presbytery of the Highlands and Hebrides. May they make the right decisions which affect such a large area of Scotland. Give them patience, compassion and guidance to do Your will.

### **Wednesday 17<sup>th</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

Together we Pray sometimes has to be cancelled at the last minute because Janet or Rob are unavailable or for some other reason, but hopefully those of us who would normally attend will join in spirit with our God at any time. It is great to meet with a few others to pray but the vital thing is for us to share our prayers with God.

## **Thursday 18<sup>th</sup>**

Today is the first day of *The Week of Prayer for Christian Unity, 2024*. The parable of the Good Samaritan is one of the best known passages of Scripture, yet one that never seems to lose its power to challenge indifference to suffering and to inspire solidarity. It is a story that calls our attention to the bonds that unite the whole human family. We do not get to choose our neighbours. Sometimes we must cross difficult barriers to serve them, rather than walking by. Loving means being attentive to their needs, accepting who they are, with humility, encouraging their hopes and aspirations.

*Loving Father, help me to resolve to get to know a new person in my neighbourhood and find a loving way to engage with them. Give me the grace to know You deeply, in order to love You entirely. May the gift of Your Holy Spirit enable my eyes, ears and mind to receive the unconditional love with which You love me. Purify my heart that I may always be ready to love my neighbour, however different, as myself.*

## **Friday 19<sup>th</sup>**

Let us take time to remember all God has done for us and give Him thanks. Caring God, we thank You for all our answered prayers, for the times You have listened and heard when we have come to You with our concerns. We know You are ever ready to listen.

## **Saturday 20<sup>th</sup>**

Heavenly Father, Your son Jesus at the carpenter's bench showed the dignity of honest labour. Each one of us has tasks to perform. Help us to do our daily work with readiness of mind and singleness of heart so that whatever we do, great or small may be to the glory of Your holy name.

## **Sunday 21<sup>st</sup>**

*Faith comes through hearing the message, and the message is heard through the word of Christ.* Romans 10 verse 17. We pray that more people will be encouraged to go to church today. We ask that in each church in Pentland Parish and all churches elsewhere the Word of God will be heard and understood. Christ speaks His message through His chosen messengers.

## **Monday 22<sup>nd</sup>**

The Good Samaritan did what he could out of his own resources: he poured oil and wine and bandaged the man's wounds and put him on his own animal. The Samaritan went further still by promising to pay for the man's care. When we see the world through the Samaritan's eyes, every situation can be an opportunity to help those in need. What areas of difference or tension in our local communities might we meaningfully seek deeper understanding around?

*God of love, who writes love in our hearts, instil in us the courage to look beyond ourselves and see the neighbour in those different from ourselves and to be the unexpected neighbour, that we may truly follow Jesus Christ our brother and our friend, who is Lord, for ever and ever.*

## **Tuesday 23<sup>rd</sup> Guild Meeting in Canisbay Church Hall at 1.00 pm**

Today's Guild meeting will take the form of a 'Burns Supper' lunch and time of fellowship. All are welcome. If you are not a member of the Guild and would like to attend, please contact the Editor before Friday 19<sup>th</sup> - see contact details on the back page. This is to ensure correct catering numbers.

*Our Heavenly Father, in a world where so many are hungry, may we eat this food with humble hearts; in a world where so many are lonely, may we share this friendship with joyful hearts.*

## **Wednesday 24<sup>th</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

Some people will have already seen the picture of Jesus on the wall in Canisbay Church Hall. This was given to us by someone who is a regular visitor to Canisbay Church each summer. If you haven't seen it yet be sure to admire it the next time you are in the hall.

*Loving Lord, we thank You for all the talents You have blessed us with and in this case, especially needlework. Prompt us to use our talents, whatever they are, at every opportunity.*

## **Thursday 25<sup>th</sup>**

The following was written anonymously. "To err is human, to forgive canine". Claire Grant penned the following words: "Dogs show us how to forgive, to let go of the past and to live each day joyously". Sound advice indeed. Caring Lord please help us to 'forgive and forget', as so often we carry around with us 'unnecessary baggage'.

## **Friday 26<sup>th</sup>**

Weather patterns are changing. Father God we think of all those who have suffered from flooding throughout the UK and pray they will receive the necessary help to restore their homes and businesses.

## **Saturday 27<sup>th</sup>**

Loving Lord, let us pray for school staff, uniformed organisation leaders, church group leaders and all people in charge of children and teenagers in general. Bring them strength and guidance throughout 2024 so that they can carry out their difficult and yet essential tasks.

## **Sunday 28<sup>th</sup>**

Loving Father, we pray today for a world so often in turmoil, caught up in fear or war, injustice, the neglect of the vulnerable, and of creation. Teach us how best to use the freedom we have been given to serve You and to make common cause with all who seek the well-being of others. We pray for people in positions of influence, remembering the Internet and other forms of mass communication. May we have the wisdom to nurture what is good and guard against what is harmful. We pray for all who advance knowledge and extend the frontiers of science, thanking You for the many benefits we enjoy as a result. God only wise, may knowledge be used for good alone.

## **Monday 29<sup>th</sup>**

Loving God, there are often times when people find it difficult to sleep, with things weighing heavy on their minds. Be with them in their times of worry, remind them that You can be trusted with their deepest fears, and encourage them to bring all their troubles to You. No matter how bad the problem is, and it is often increased in their mind by the darkness of night, they are never alone, as You are with them.

## **Tuesday 30<sup>th</sup>**

Lord, please be with all the animals that were given as Christmas presents - may they continue to be loved, cared for and cherished as they grow older.

**Wednesday 31<sup>st</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**  
*"Jesus Christ is the same, yesterday, today and forever".* Hebrews 13 verse 8. What a joy to know for sure that God never changes. Hallelujah! The fact that He can be trusted and counted on is a comfort to His people.



## The Church of Scotland

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**This prayer diary is produced monthly by and for**

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**meeting in four congregations around the Caithness Coast:**

**CANISBAY, DUNNET, KEISS and OLRIG.**

**[www.pentlandparish.org.uk](http://www.pentlandparish.org.uk)**

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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:

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**Copy date for the February issue is Monday 22<sup>nd</sup> January.**

**We continue to need your prayers! Thank you!**

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