

Our Prayer Diary



January 2025

*Rejoice always, pray without ceasing,
give thanks in all circumstances; for
this is the will of God in Christ Jesus
for you.*

1 Thessalonians 5:16-18 NIV

Wednesday 1st Prayer Time at Canisbay Church Hall at 2.00 pm

Happy New Year! Heavenly Father we come to You at the start of a new year knowing You are a God of mercy and love. We confess we have sinned against You in many ways but we can make a fresh start, for through the death of Jesus we can be forgiven and put right with You. Your hands that were nailed to the cross are now stretched out to us. Help us to grasp them daily.

Thursday 2nd

January is *National Soup Month*. Heavenly Father we thank you for ready access to fresh vegetables so that a pan of nutritional soup can be made and shared. We remember those for whom a warm meal is not readily available. We give thanks for the volunteers in community centres and similar where food and warmth can bring comfort to the needy.

Friday 3rd

Heavenly Father we pray for the people who give of their time over the year for the furtherance of Pentland Parish. They are too numerous to mention by name but please draw near to them and let them know that the work they do is appreciated.

Saturday 4th

'Your love is faithful Lord ... Your decisions are always fair. They are firm like mountains, deep like the sea, and all people and animals are under your care.' Psalm 36 verses 5 and 6. 4 Paws asks us to prepare to make the most of this New Year. Be kind and supportive to all your friends and pets.

Sunday 5th

Loving God we pray for those who were working over Christmas. On this '*special day*' and a holiday for many, some people were hard at work ensuring that essential tasks were carried out and people were available for any emergency that may occur.

Monday 6th

Today is the first day of the new school term in Highland Region. We bring before You Father God all Senior Stage high school pupils who are embarking on a very busy and important term. We pray they will be able to find a good study/recreation balance. There will be assessments to do and deadlines to be met and it can become quite stressful.

Tuesday 7th

Loving Lord, we have so many blessings, and these come from You. For some it is the beauty that is in the world around us. For others it is the ability to smile, laugh and generally be happy, or being able to share what they have even though it is not very much.

Wednesday 8th Prayer Time at Canisbay Church Hall at 2.00 pm

This is a verse from the hymn *Courage* by Stuart Townend. It may well be the words of a prayer, but it represents an insight into the writer's life and the lives of many other people who worry about the future or about what has happened in the past, rather than engaging with present experience and people that God has given us.

Worry seems to know my every move;
With every new imagining
He whispers in my ear.
Even when I've nothing left to prove,
He's painting possibilities
Of failure and despair.
So God, I'll stand with open hands
And heart just fixed on following.
I'll keep my eyes on this day's prize
Of finding You in everything.

*Courage to take one step at a time;
Today is my gift, not tomorrow.
Courage to walk with Christ in my sight
The path strewn with laughter and sorrow.*

Thursday 9th

Keeping in mind the bond which many of us in Pentland Parish have with our French friend Simone, who visits us each summer (and contributes to our Prayer Diary monthly), we pray for the people of France at this time of political uncertainty. Almighty God, keep Your hand on the people of this land who are our neighbours, and hold back any who would seek to destroy peace.

Friday 10th

Erskine Waterfront Campus is a school for 36 children and young people aged 8 to 18 who have additional support needs. It is run by *Crossreach*, providing a caring and compassionate environment for children to learn and grow. Loving God we pray that pupils will feel safe and know that they are loved. We ask that the families of the pupils will see positive changes being made in the child's life brought on by being at *Erskine Waterfront Campus*. We also ask for good relationships with partner agencies and the community, to help support the lives of the pupils in the school.

Saturday 11th

Towards the end of last year there was an article in the local paper telling of a pupil from Keiss School naming a snow plough - *Blizzard Wizard*. Caring God we thank you for the technology of snowploughs and the people who man them. We pray for them as they battle through bad weather to try to keep the roads open.

Sunday 12th

Heavenly Father, You are the source of all life, who reveals Your Spirit to us and calls us into a deeper love for one another. We confess that we often fall short of this calling. Too often, we have allowed fear to limit our compassion, judgment to cloud our kindness, and indifference to turn us away from those in need. Forgive us, O God and renew us in Your Spirit, help us to let go of pride and selfishness, embracing instead the humility and grace that Jesus lived. Fill us with a heart for justice, a spirit of peace, and a love that reflects Yours.

Monday 13th

Our Prayer Diary goes out both by post and electronically to people who are not Pentland Parish members or adherents. Loving God we are pleased that the Diary gives those people a link to us. Bless them and let them know we appreciate that they wish to be part of our group even though they are not in the pews beside us.

Tuesday 14th

Loving God help all those who have lost their way and feel they have no hope for the future. Give them strength to find the right way and believe in themselves again. We pray for the homeless, the bereaved, those with mental health issues and those with a terminal illness. Be with them all and bring them hope.

Wednesday 15th Prayer Time at Canisbay Church Hall at 2.00 pm

Some people have experienced the truth of the saying '*when one door closes God opens a new or better one*'. Has that ever been true for you? This would be a valuable gift in the New Year. Loving God please help us to trust You to work where difficulties arise in our lives or in the lives of those we care about.

Thursday 16th

'In everything, do to others what you would have them do to you.' Matthew 7 verse 12 NIV. One of the best feelings in the world is knowing that someone is happy because of you.

Friday 17th

In December pupils from Crossroads School entertained members of Mey and District Senior Citizens Club. Caring Father it is beneficial for both the pupils and the Senior Citizens to get together. Each generation can learn from the other. We give thanks for the teachers who put the effort into organising the programme, and bringing out the best in the pupils. You give each of us talents and even from a young age we should use them.

Saturday 18th

The shortest day is now behind us, and by this time in January there should be an hour more daylight each day than there was four weeks ago. Father God we remember in prayer those who are affected by *Seasonal Affective Disorder*. We ask You will walk with them in their time of need.

Sunday 19th

Loving Father, we come to You in this moment, and bring all that has touched and burdened our hearts during the past week. Whether it's something we've heard at the bus stop, read on social media or watched on television, whatever it might be - help us, Lord, that by Your Spirit we might not only recognise the need but weep for it and choose to be a part of Your answer. May we be open doors to those we know locally who need help, as we go out and connect, however simply, with those whose hearts seem filled with shame, regret or sadness.

Monday 20th

Pentland Parish is a scattered area and from time to time we meet in Canisbay for joint services, prayer time and the Guild. Caring God we thank all the drivers who give lifts to others to enable them to travel to Canisbay.

Tuesday 21st

Father God in each of our churches there are people who used to be in the pew beside us each Sunday but now aren't for various reasons. Please help us to keep in touch with them and let them know they are remembered by us in prayer Sunday by Sunday. Also prompt current congregation members to visit them in their home or Care Home.

Wednesday 22nd Prayer Time at Canisbay Church Hall at 2.00 pm

Loving God we pray for the King and members of the Royal Household. People in Pentland Parish have a special affinity with King Charles as he worships with us when in the county. He had serious health problems last year and we ask You to restore him to full fitness.

Thursday 23rd

Christmas and New Year have been precious times for very many of God's people as they have shared news of how God blessed them in 2024. Long letters or a couple of sentences on a card will enable them to follow on with prayers through 2025. Loving God, thank you for the joy of belonging to your family and the different ways of keeping in touch, no matter how long or short the distance between us.

Friday 24th

Heavenly Father we know that You have given people talents according to their needs. Please help us to use those gifts to the best of our abilities that we may show Your love for us. We pray for wisdom and strength in all that we do in Your name.

Saturday 25th

In these days when it is so easy to sit at home and click a button when you need to buy something, spare a thought for the local businesses. By paying a visit to their premises you may find other things that you like as well as what you set out to get. Heavenly Father we lift up to You the business proprietors in our area. We ask that You will guide them as they trade and give them wisdom for the decisions they have to make. Bless their families also as so often they too are part of the business.

Sunday 26th

We thank you, loving Lord, that You are the One whose plans and purposes never fail, whose ways can be hard to fathom and yet under whose loving, watchful eye we are never left alone or in despair. Build up Your people, Lord, make the way straight, that the streams of Your grace might reach out into the dry parts of our communities and our people, bringing life, to the praise and glory of the God who creates, the One who unites and gifts the Spirit who walks alongside us.

Monday 27th

Today is *Holocaust Remembrance Day* and marks 80 years since the liberation of the prison camp of Auschwitz-Birkenau. Unfortunately this did not bring an end to man's inhumanity to man, and the suffering of men, women and children has continued in many other countries and we can only pray that they will get the help that they so need.

Tuesday 28th

Today Pentland Parish Guild meets in Canisbay Church Hall at 1.00 pm. All are very welcome to attend. Each person coming along is asked to bring a photograph that is meaningful to them. We will hear everyone's story of why it is important. Caring God we give thanks for Guild members and all that they do in Your name.

Wednesday 29th Prayer Time at Canisbay Church Hall at 2.00 pm

Recently Highland Council introduced a different bin collection cycle. Loving God sometimes we find it difficult when new ways are introduced. You have given us a wonderful world so prompt us to recycle responsibly, by sorting out all the items we want to discard and place them in the correct bin. By each of us doing our little bit we can help to save the planet.

Thursday 30th

Almighty God, You have called us to Yourself, paid the price for our unfaithfulness and made a way for us to be with You again, and yet, day by day, we do not always walk with You. Forgive us for the times we walk astray and live outside of Your plans for us. Fill us with Your Spirit, just as You filled Jesus, empowering us to live as Your beloved children in this world.

Friday 31st

The following is a poem by Helen Steiner Rice entitled *New Beginnings*.

*How often we look for another chance, to make a fresh beginning
A chance to blot out our mistakes, and change failure into winning.
And it does not take a new year to make a brand new start,
It only takes the deep desire to try with all our heart.
To live a little better, and to always be forgiving,
And to add a little sunshine to the world in which we are living.
So never give up in despair, and think that you are through,
For there is always a tomorrow, and a chance to start anew.*



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meeting in four congregations around the Caithness Coast:

CANISBAY, DUNNET, KEISS and OLRIG.



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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 February issue is Monday 20 January.

We continue to need your prayers! Thank you!

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