

Our Prayer Diary



July 2026

My mouth will speak the praise of
the Lord, and all flesh will bless
His holy name for ever and ever.

Psalm 145 vs 21 NRSV

Wednesday 1st

A regular contributor notes that we are now half way into the year and thinks of the Latin quote *Tempus Fugit* (time flies). Heavenly Father, help us to use our time wisely. We don't need to be doing something every minute of the day - encourage us to sometimes go out for a walk and admire all the good things You have given us.

Thursday 2nd *Together We Pray* in Canisbay Church Hall at 10.30 am

Caithness is an area of outstanding beauty that inspires many local artists. King Charles III is a very talented artist and his watercolours capturing local scenery are greatly admired. Heavenly Father, we thank you for giving us such a lovely area to live in. Thanks also for the gift of art. Encourage people to take their art works along to the local exhibition in Thurso so that this year it will once again be a great success.

Friday 3rd

Loving God, during July many *Free Church* and *Scripture Union* summer camps will be taking place in various different locations. We pray for safe travel for the campers, leaders, cooks and drivers. We pray also that friendships may be formed and the campers will enjoy being at camp. Seeds sown at this time will hopefully lead to people getting to know You better.

Saturday 4th

Following on from the entry for yesterday, Esme comments that it is remarkable how in conversation with a variety of new friends, she finds that *Scripture Union* holidays are familiar in their lives. We can never fail to be amazed at what God is doing in the lives of His people and this is surely even more true when we pray.

Sunday 5th

Today we will hold a very special service in Odrig Church when Elizabeth Buchan will become an Elder of Pentland Parish. We are delighted that she has accepted this invitation and pray that she will find it a rewarding and fulfilling role. There will be no services in the other three churches as we celebrate this significant event in Liz's life.

Monday 6th

Since Sue and Alex Clarke left Canisbay recently to live in Sheffield, Sue has kept in touch regularly and it is good to be assured they are settling in well. Caring God we pray that she will have her necessary eye surgery as soon as possible. We know there can be delays sometimes. Perhaps as the summer goes on they will be missing our cooler fresh air and beautiful scenery.

Tuesday 7th

The following words were penned anonymously: *'Life is like a camera. Just focus on what's important, capture the good times, develop from the negatives, and if things don't work out, just take another shot.'* Father God, help us to concentrate on what is important and not dwell on things that are quite trivial. Encourage us not to give up if we don't manage to do something the first time we try; this is part of the great learning curve.

Wednesday 8th

Parts of Europe and England have been facing their second heatwave of the year. Loving Father, extreme heat can have damaging consequences on various infrastructures and cause travel disruptions. Our water and food supplies can also be affected. We pray You will take care of those who suffer most from those high temperatures, e.g. young children, people with underlying health conditions and the elderly. We are grateful that in general Scotland enjoys more comfortable temperatures.

Thursday 9th *Together We Pray* in Canisbay Church Hall at 10.30 am

Loving God, July is traditionally a month when many people go on holiday. Please keep Your hand on all who travel on our roads which are often busy with tourists and local people. It is appalling to think of anyone losing their life in a road traffic accident during their holiday but sadly it does happen.

Friday 10th

'Teach us to realise the brevity of life, so that we may grow in wisdom.' Psalm 90 NLT. Almighty God, help us to live in the moment and savour the now. Help us to focus on what is around us and help us from being easily distracted. Take time to admire a rainbow or a beautiful sunset - they do not last long. Help us to take time to study a child's drawing or listen to their latest piece of news.

Saturday 11th

This month sees the *Latheron Show* and the *Caithness Show* being held on consecutive Saturdays. As we admire the handiwork, baking, floral exhibits and much more we thank you God for the talents You have given each one of us. Although we may not win prizes we each have a gift, whether it's being a good listener, a faithful friend or giving a comforting word. We are all richly blessed by God.

Sunday 12th

Loving Father, You call us to turn away from our own selfish interests, to take up our cross, and to follow after You – to find our lives by giving them up to Your greater purpose. We come before You with open hearts and open hands, eager to hear Your Word, and eager to know Your will. Through the power of Your Holy Spirit, move within us and among us as we go about our daily lives. Open our eyes to Your presence; open our ears to Your call, open our hearts to one another, that we may go out into the world to live and work as Your faithful disciples.

Monday 13th

Nevis House in Inverness extends *Beechwood's* addiction recovery support across the north of Scotland. Loving God, for those affected by substance use please show them new ways to address and manage their problem. For families and friends who visit them may You bring comfort when most needed.

Tuesday 14th

Hazel and Alan Cairns used to host children from Belarus who were suffering in the aftermath of the nuclear explosion at Chernobyl. The children are all adults now and one of them, Sviatlana, whom they have stayed in contact with, is married to Victor who is a football coach. Last month Victor and a number of other football coaches were taking a party of school children from the Rechytsa area in Belarus for a holiday at a resort in Russia. As their bus was passing through an area of Russia close to the Ukraine border it was struck by a drone. The wife of one of the other coaches was killed and a number of children and adults were injured including Victor, although his injuries appear to be superficial. One blessing was that he wanted his young daughter to go with him, but she wanted to stay with her mother Sviatlana. Caring Father, we pray for our wonderful yet troubled world. In some places the violence of war tramples and crushes the seeds of peace. In others the bread may rise but it is not shared and people go hungry. We seek the growth of reconciliation and the flowering of justice.

Wednesday 15th

Father God, we pray for all the dedicated volunteers who attend events as *First Aiders*. When crowds gather and accidents happen, they are the hands of comfort and healing. Help them to assess the situation quickly and efficiently, and recall all their training. Grant them the grace to reassure those who are injured and perhaps also frightened.

Thursday 16th *Together We Pray in Canisbay Church Hall at 10.30 am*
Loving Father, recently two dogs fell to their death from cliffs at Sinclair and Girnigoe Castle. This brought heartache to two separate families. We pray that pet owners will keep their dogs on a lead when walking in areas of steep coastline. We don't want any more pets lost in tragic circumstances.

Friday 17th

Plastic Free July is a global movement encouraging people to refuse single use plastics. Creator God, we thank you for the beautiful world You have given us. Unfortunately, in our desire for convenience we sometimes use plastic items that are designed for single use. Please forgive our wastefulness. Give us strength to refuse them whenever we can. Help us to become faithful stewards of Your world.

Saturday 18th

Heavenly Father with the warmer weather at this time of year people are often tempted to swim in lochs and rivers. Grant them wisdom to respect the depth and currents of these. We ask Your protection against unseen hazards. Surround them with Your peace and bring them safely back to the shore, renewed in body and spirit. Isaiah 43:2 NIV *'When you pass through the waters, I will be with you, and when you pass through the rivers, they will not sweep over you.'*

Sunday 19th

God who cares for all creation, we pray for places where the balance of the natural world is fragile - where there is too little water, or too much, and where lives are affected as a result. We pray for communities facing uncertainty, for those whose lives are marked by judgement or exclusion, and for those seeking a new beginning. We pray for Your Church, that it may be a place where growth is nurtured, and where all are welcomed with care. We pray for those known to us who need Your presence today.

Monday 20th

4Paws writes that life is simply better, richer, fuller, healthier, happier, more satisfying, more active and more fun with a dog! It is maybe a little messier and muddier, too! Loving God, pets can bring so many benefits to their owners. Support those who for whatever reason have had a dog (or any other pet) in the past but now are no longer able to have one.

Tuesday 21st

Shelter us, Lord, when we need sheltering, but show us also when we must leave the safety of the harbour and resume our journey with You. When the storm is past, help us to venture out again, assured that You will be with us, come what may.

Wednesday 22nd

God of abundance, we give thanks for the gifts that sustain us - for water and food, for growth and renewal, for the quiet work of Your Spirit in our lives. We give thanks for signs of hope, for unexpected beginnings, for moments of change and possibility. Receive our thanks, and deepen our awareness of Your presence among us.

Thursday 23rd *Together We Pray in Canisbay Church Hall at 10.30 am*

Heavenly Father, You are the God of all comfort. We lift up to You today all who grieve the loss of a loved one. If their grief feels overwhelming, be their refuge. We ask that You will sustain them through the days ahead. *'The Lord is close to the broken hearted and saves those who are crushed in spirit.'* Psalm 34:18. NIV

Friday 24th

Heavenly Father, please encourage members of our congregation to take part in the *Safeguarding* courses that are available. We give thanks to the people who organise and lead the courses. As we seek to love and care for one another in Your name, remind us of our shared responsibility to safeguard the vulnerable. Allow us to build a positive culture of safeguarding so that all our spaces are safe for everybody.

Saturday 25th

Eternal God, throughout the centuries You have called people into service and have equipped them with gifts for using and sharing in the Kingdom's cause. We give thanks for their faithful service and we remember in particular those who sowed the seeds of faith in us. Keep strong our faith and enliven our witness that the Church of Jesus Christ may prosper and that many come to find for themselves the love of God from which nothing can separate us.

The following six prayers are written around the letters contained in the word Dunnet.

Sunday 26th

D is for Dunnet. Father God, we give thanks for the many years Dunnet Church has stood as a beacon of hope in our community. As time moves on the demographics of the parish change. We see many folk coming to live in our area, who have yet to come to church. Help us to be welcoming to new residents and encourage us to invite them to join us in worship.

Monday 27th

U is for Understanding. Caring God, each one of us comes from different backgrounds. We ask that You will assist us to realise that all that is going on in the lives of others will be different to our own. May we show them empathy and sympathy.

Tuesday 28th

N is for Nourishment. Heavenly Father, across the world many people do not have regular meals each day. We lift up every hungry person to Your loving care. Protect them from the devastating effects of malnutrition. Bless all the people who are working to feed and care for those in need.

Wednesday 29th

N is for Neighbours. Very often in times of trouble the nearest person we have to ask for assistance from is our neighbour. Loving God, we give thanks for our neighbours. Please help each one of us to be a good neighbour. Encourage us to notice situations and prompt us to reach out to people.

Thursday 30th *Together We Pray in Canisbay Church Hall at 10.30 am*

E is for Esme. Heavenly Father, it was Esme who many years ago started the Prayer Diary. We give thanks for all the good work she has done in Your name. Please bless her as she continues to support Pentland Parish.

Friday 31st

T is for Travel. Loving God, Pentland Parish is a scattered community. Be with our minister Rev Janet as she journeys to the various churches each week. Also we ask for safe travel as each member and adherent goes to services and meetings. Very often they are not held in the church or church hall nearest to their home.



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

Copy date for the August issue is Monday 20 July.

We continue to need your prayers! Thank you!

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