

# *Our Prayer Diary*



## *July 2025*

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. *Philippians 4 v 6-7 (NIV)*

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

*4Paws* tells us that God gave us dogs to teach the meaning of unconditional love. Not every person knows how to love a dog, but every dog knows how to love a person. Josh Billings says "A dog is the only thing on earth that will love you more than you love yourself". *'Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.'* 1 John Chapter 4 verse 7 NIV

## **Wednesday 2<sup>nd</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

Recently while driving one night a Caithness woman saw a hedgehog on the roadside. She stopped to investigate. She was able to scoop it up and put it in a box after checking that no hoglets were abandoned in the ditch. The following day the hedgehog was checked over. She is a female and may be pregnant. Caring God, thank you for the creatures which You have created and which we are privileged to have contact with. Thanks also to those who do the caring.

## **Thursday 3<sup>rd</sup>**

Heavenly Father we ask for safe running of Summer Youth Camps which will be happening during the school holidays. We pray for safe journeys to and from the camp, and when travelling on outings. We also remember the leaders, the campers, the cooks and the bus drivers. We pray that the young folk would be open to the Gospel and enjoy a happy time at camp, protected from danger.

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

The focus of a recent service delivered by Rob Petersen was on his trip abroad and primarily about a profound moment he experienced whilst visiting a mission. He aligned his experience with the words in Matthew's gospel about not having gold or silver to give, but we can always share our faith and acts of kindness with others, for free. Lord, teach us to do more for others; opening doors, offering a smile and any acts of kindness so that others will see that the Christian way is the best way.

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

Caring God, as the school year has come to an end we pray that all the hard working pupils get good results in their certificate exams. May they all have a pleasant and refreshing break. We remember also, all staff and pray they will benefit from a relaxing time over the holidays.

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

Mahatma Ghandi wrote the following words - '*We must be the change we wish to see in the world.*' Heavenly Father it is so easy to keep doing things the same way. Please encourage us to be positive, embrace change and lead by example.

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

Today is *World Chocolate Day*. Heavenly Father if people decide to treat themselves to chocolate please encourage them to purchase Fairtrade products. By doing this cocoa farmers are going to get a sustainable income.

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

This prayer was penned by the late Rev Edmund Banyard. *Lord, forgive us when we go blindly through the world. Forgive us when we spoil, waste and abuse Your gifts. Forgive us when we forget that we walk on holy ground, and renew our sense of awe, wonder and sheer delight in the riches of Your creation.*

### **Wednesday 9<sup>th</sup>    Prayer Time at Canisbay Church Hall at 2.00 pm**

Heavenly Father, we bring before You our Presbytery of Cleir Eilean I. Covering such a large area it is not practical to meet in person. We thank you for modern technology that allows meetings to be held without travelling long distances. May all that is discussed and carried out at the meetings be pleasing unto You.

### **Thursday 10<sup>th</sup>**

Almighty God, who loves all and forgets none, we bring to You our prayers for all Your creatures, and all Your children. We remember all the sick in body and the troubled in mind; all who have been bereaved of family and friends; all who are distressed by the suffering of those they love; all who are met with earthly loss, that in the dark and cloudy day they may find assurance and peace in You.

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

Earlier in the year children from Pentland Parish area planted potatoes in bags. If you are walking by Olrig Church you will see they are coming along nicely. Dear God, thank you for the life-giving rain and nourishment of the warm sun which nurture the growing of the potatoes.

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

The Caithness charity KWK9 has over the years helped and re-homed about 1,400 dogs. Sadly because of a severe shortage of volunteers they may soon have to close permanently. Caring God, we pray that they can carry on helping our four legged companions and the pet owners who can't pay expensive bills at the vets.

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

Heavenly Father, we ask that You remember the aged and infirm, those who feel that their life's work is done, and all who are passing through the valley of shadows. May they find that Christ, Risen from the dead, is with them and that there is light at evening time.

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

*Explore Christianity* distributed this prayer on a card. Dear God, sometimes I feel no one accepts me. Sometimes I find it hard to accept myself, or feel I belong. Thank you that You love me. Help me to see I matter to Your world. Show me how to use the gifts You have given me. *'I am marvellously made! You know me inside and out.'* Psalm 139 verses 14 and 16.

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

Lord, teach us not to take people at face value. Help us to learn more about those around us as their life stories may be greater than we would otherwise know. Irrespective of age we have all been on a journey and until we understand where our friends and colleagues have travelled we should never assume that their life can be summarised by the narrow window through which we see them now.

## **Wednesday 16<sup>th</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

A story is told of a boy struggling with two large sacks. He is offered a lift by a farmer on a tractor. The boy lifted the sacks into the cart and jumped in beside them. Shortly afterwards the boy was seen to be standing up in the cart with the bags on his back. This is a nonsensical story, but some people regularly do nonsensical things. We have a huge problem and pray about it as God invites us to. The problem goes away but very soon after it is back. Although we are invited to bring our problems to Jesus and leave them at his feet we pick them up again. Help us Lord to follow Your guidance and resist temptation.

### **Thursday 17<sup>th</sup>**

With war in Ukraine, the Middle East, Iran and now the involvement of the USA some people are frightened of the possibility of it breaking out all over Europe. There are many deaths as a result of bombs and drones. Families are being destroyed. The Bible speaks of the end of our world but perhaps some folk think of this as alarmist. Reader what is your opinion? It is urgent that we pray and keep on praying that there will still be a world for our children and grandchildren to grow up in.

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

We pray with grateful hearts to thank you for the blessings You've bestowed upon us. Your goodness and mercy have followed us every step of the way. Thank you for the gift of life, love, and relationships. We thank you for the food on our tables, the roofs over our heads, and the opportunities that lie before us. Help us to remember that every good gift comes from You.

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

Creator God, we pray for our world in its beauty and fragility, the astonishing resources, and the unsustainable demands we make on them. Help us as we seek to form a new relationship with this Earth we call our home - nurturing it, tending it, stewarding its beauty and energy, not only for ourselves, but also for the generations still to come.

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

Loving God, we give thanks for the myriad of ways in which You are present with us. In times of joy, wholeness, love and hope, as well as in times of fear, despair, longing, and brokenness. We give thanks for what Your presence brings to our lives; for the peace, grace, hope and reconciliation that can occur when we respond out of love and not out of the fears inherent in our current circumstances. Thank you for the transformative power of love in our individual lives and in our world.

### **Monday 21st**

*'Praise the Lord. Praise God in His sanctuary; praise Him in His mighty heavens. Praise Him for His acts of power; praise Him for His surpassing greatness.'* Psalm 150 verses 1 and 2 NIV. Antoine de Saint-Exupery says *"True happiness comes from the joy of deeds well done, the zest of creating things new"*.

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

Heavenly Father, we ask You to be with people who receive scam phone calls. Please help them to say NO and put the receiver down. Very often the person on the other end of the phone can sound genuine and convincing, and older and vulnerable people can be taken in. Then the person making the call will gain access to details and information they have no right to know.

## **Wednesday 23<sup>rd</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

Kevin Mayhew wrote the following prayer - *Someone Does Care*. I found God in the morning, we just sat and talked. I kept him near me, everywhere I walked. I called on God at noontime, a heart filled with despair. I felt his quiet presence, I knew 'He' was there. We met again at sunset, the waning of the day. I had made him happy, I had lived his way. Then when at bedtime I knelt silently in prayer, again His gentle presence I felt; someone does care.

## **Thursday 24<sup>th</sup>**

Gracious God, we turn on the tap and enjoy a glass of clean water. For this we give thanks. We pray for all those who do not have access to clean drinking water. Please purify and protect their water sources so safe drinking water can be theirs too.

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

Heavenly Father we ask that you will place your healing hands on those suffering from epilepsy. We also remember their families. Give them peace, hope, comfort and strength.

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

Loving God, we pray for the pupils and staff at Newton Park Primary School, Wick who have raised £4,600 for Scotland's Charity Air Ambulance. Because of this more lives will be saved. Thanks to all who man and support the Air Ambulance.

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

Lord, we pray for all in leadership - in our church, in our country and across the world. May our leaders keep their eyes on Jesus and increase in compassion, wisdom and love. May they use their power for the good of all, particularly those on the margins for whom Jesus had a special love and for the well-being and restoration of this planet. May we each have the courage to be people of hope in these troubled times.

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

*True friends are like good books; they may not always be with you, but you know where they are when you need them.* Author unknown. Heavenly Father we are so grateful for good friends. Help us to be a friend to those in need. Maybe the actions to us are small but to the recipient it can mean a great deal.

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

A regular contributor asked for some lines from this powerful modern hymn written by Church of Scotland minister Rev John Bell to be included. *We cannot measure how you heal or answer every sufferer's prayer, yet we believe your grace responds where faith and doubt unite to care. The pain that will not go away, the guilt that clings from things long past, the fear of what the future holds, are present as if meant to last. But present too is love, which tends the hurt we never hoped to find, the private agonies inside, the memories that haunt the mind. Lord, let Your Spirit meet us here to mend the body, mind and soul, to disentangle peace from pain, and make Your broken people whole.*

## **Wednesday 30<sup>th</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

Run by CrossReach, Threshold Day Services in Edinburgh support young adults with learning disabilities and behaviours that challenge. Caring God we pray that You will give strength and confidence to develop the service in the future so more individuals can achieve a good quality of life.

## **Thursday 31<sup>st</sup>**

The following is entitled *The Pilot Psalm* and came from a Royal National Mission to Deep Sea Fishermen publication. *The Lord is my Pilot; I shall not drift. He lighteth me across the dark waters: He steereth me in deep channels. He keepeth my log: He guideth me by the star of his Holiness for His name's sake. Yea, though I sail mid the thunders and tempests of life, I will dread no danger: for Thou art near me; Thy love and Thy care they shelter me. Thou preparest a harbour before me in the homeland of eternity: Thou anointest the waves with oil; my ship rideth calmly. Surely sunlight and starlight shall favour me on the voyage I take; and I will rest in the port of my God forever.*



# The Church of Scotland

[www.churchofscotland.org](http://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](http://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](http://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](mailto:admin@pentlandparish.org.uk) or *phone:* 01847 821759**

**Copy date for the August issue is Monday 21 July.**

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

If you would like to make an online donation to Pentland Parish, please scan the adjacent QR code; *alternatively* visit [www.churchofscotland.co.uk](http://www.churchofscotland.co.uk) and navigate to the *Donate to the Church* page. Either way, at Step 1 on the page, select *Donate to a Congregation* and enter **PENTLAND PARISH**, then follow the instructions to complete the donation.

