

# *Our Prayer Diary*



## *June 2025*

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. *Isaiah 41:10 NIV*

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

Heavenly Father, we look forward to the time when the whole world will be as one in concern for the weakest and poorest, for the very old and the very young. Encourage, we pray, the various communities of faith to unite in sharing their beliefs and work for common goals, and neighbourhood groups to get together to care for those most vulnerable and at risk. We humbly ask that we might play a part in this task, perhaps sharing a contact, enabling a discussion, or supporting a work project. May we dwell together in peace, making the wholeness of others at the heart of our concern. May we each grow into harmony, truthful to self, faithful to others and in balance with nature.

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

Loving Lord, we pray for encouragement and strength for foster parents. Give them understanding, patience and grace as they open their homes and families to children in need. We also ask that You will guide other families to consider undertaking this very worthwhile commitment.

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

Today is World Bicycle Day. The aim is to promote physical activity and the use of bicycles for transportation. Cycling regularly is a great way to stay healthy and active. It reduces the risk of stroke and heart disease. Cycling can also provide a space for quiet reflection, allowing people to connect with God and nature, leading to a deeper understanding of their faith. Heavenly Father, encourage those who are able, to use their bicycle more often.

## **Wednesday 4<sup>th</sup>    Prayer Time at Canisbay Church Hall at 2.00 pm**

Run by CrossReach, the Elms in Edinburgh is a specialist residential care home for older people suffering from dementia. Loving God we pray for the residents receiving care; may they, their families and friends know peace and comfort. For the staff team: may they be blessed with good health, strength, peace and wisdom. May the residents keep well and live lives filled with meaning.

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

During the month of May when there were no services in Keiss and Dunnet we thank all our congregation members who made the effort to travel to another church. We also thank those who helped lead the services in Olig and Canisbay. Dear Lord, we are told that through You all things are possible and we are grateful to all the people who rose to the challenge of helping out with worship.

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

Loving Lord, we pray for all the people who are very shy and lack self-confidence and self-esteem. Let them know that their opinion matters as much as one of the more extrovert people. Please help them overcome their shyness so that they don't feel excluded from their circle of friends and acquaintances.

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

Almighty God, people have been following the news about the death of Pope Francis and the election of his successor Pope Leo XIV. It seems clear that the new Pope is set to continue the good work of his predecessor, particularly in regard to deep concern for those in our world who suffer from poverty and injustice. Please help him to follow Your guidance. There is much more that Your people have today that unite rather than divide them.

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

During the month of May a couple of the services at Olig were led by a member of the congregation. Along with the praise items that had been selected in advance people in the pews had a chance to request their favourite hymn be sung. Heavenly Father there are many hymns and each one of us will have one they find particularly meaningful. We praise You for the gift of music and the opportunity to share it. Encourage us to sing to Your glory not only in church buildings but in any place and at any time of day.

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

Today is day one of the *Caithness Music Festival*. Our county has so much talent and people of all ages are willing to compete at this event. Caring God be with the competitors as they go on stage to perform. Some find it a bit daunting, especially if it is their first time competing. We thank the parents and teachers for all the help and encouragement they give to pupils along their journey of practicing and then performing in front of the adjudicator and the audience.

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

Nurture our faith, Lord, nourish our discipleship, and grant that in the fullness of time, buds may burst into bloom and our lives may bear living fruit in Your service, testifying to Your transforming love and redeeming grace.

### **Wednesday 11<sup>th</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

Heavenly Father we give thanks that we can go for a walk in the forest, on the beach or up a hill. Please refresh our spirit and help us to talk to You. In Jerimiah chapter 31, verse 25 (NIV) reads *The Lord says, "I will refresh the weary and satisfy the faint."*

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

Guiding Father, in all the confusing avenues of life, the roads that lead to nowhere, show us the path You would have us take, and help us to walk it faithfully to our journey's end.

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

In last month's Diary there was an entry telling of Esme hoping to take part in a sponsored walk for Parkinson's. On the day things went well for Esme and she was able to walk 15 yards using her Rollator. She is very grateful for the generous sponsorship she received. She knows that God answered prayers for the whole event. Loving God thank you for the generosity which so many people apply to help charities in our world today.

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

Highland Council are considering introducing a '*Visitor Levy*' of 5% on all who purchase overnight accommodation in the Highland Council area. Visitors include Highland Council taxpayers who may have to stay in Inverness for medical or business reasons. Lord, we pray that the decision makers in the Council will take note of the representations made by both businesses and individuals on the subject, and arrive at a decision that will not be detrimental to those in the tourist industry or residents from the further edges of Highland Council.

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

Loving God, Your glory fills the whole earth. When we look at the sky, the stars, the moon, we see Your power and beauty. And yet, You care about us. You care about the things that trouble us. You care about our families and our situations. You welcome us into Your presence. Help us to lay aside anything that hinders us from knowing You, and focus our minds on Jesus. Forgive us Lord where we have failed to love You, where we have failed to love others as You love them. Thank you, that through the death of Jesus on the cross You have paid the price for our sins.

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

Righteous God, we pray for all nations at war. We ask for Your help and intervention to bring peace between Russia and Ukraine, and relief to those suffering in fear of their lives. We pray for leaders in government and positions of authority, for religious leaders all over the world, and for heads of families, that they may have the strength and conviction to work together towards peace. We pray for those waiting for decisions from the Home Office on their asylum cases, that they may have peace, knowing the Lord is at their side. We ask that you give consolation and make the waiting time feel shorter.

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

Over the coming months we may have visitors to the Sunday Service at each of our four churches. It is always a pleasure to welcome new people into our midst. We extend a special welcome to Simone who is a regular visitor each year. At Canisbay people have the chance to come into the church each day. There is a Prayer Request box in the vestibule. Heavenly Father we ask You to draw near to all those who leave requests in the box and let them know You are with them.

## **Wednesday 18<sup>th</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

Father God, help us to value life as much as You do, and to be good stewards of the bodies You have crafted for us. Help us to make best use of the time You have given us here on the earth to do Your will and glorify You. Help us also never to be discouraged, but instead be inspired by Your spiritual encouragement to keep going forward. We know that wherever we go, we will not be alone because You are always with us. No matter what we see or hear, we will not give up!

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

Heavenly Father we pray for all the doctors, nurses and medical staff who work so hard to make our lives better. We pray also for all the patients who have to spend some time in hospital. Caring God, give them patience and strength to recover and be able to return home soon.

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

Lord God, people often have worries about family, friends and themselves. These worries are with them through the day and night. Some people may remember the old saying of when you can't sleep, count sheep. Some wise people have said that it is better to have a talk with the Good Shepherd!

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

Tomorrow is Father's Day. Heavenly Father, thank you for the gift of fatherhood. Grant all fathers wisdom, strength and love as they guide their children. May they be loving role models and find joy in their families.

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

Tonight a '*Psalms and Supper Evening*' will be held in Castletown and Community Free Church at 7.45 pm. A variety of psalms will be sung. There will be a break for supper and fellowship half-way through and singing will continue to 9.15 pm. Everyone is welcome to attend. Loving God we thank you for this opportunity to meet with ours brothers and sisters from the Free Church.

## **Monday 23<sup>rd</sup>**

Heavenly Father, as the school year comes to an end we pray for our young folk that they may enjoy a safe and happy holiday. We think especially of those who are awaiting exam results. This year Canisbay School (within Pentland Parish) is celebrating 50 years in the present building. We give thanks for all those who have influenced the children over these years - teachers, classroom assistants, secretaries, cooks, ministers and everyone who contributed to their education in any way. Be with all our young people this summer and always.

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

Heavenly Father, we bring before You all those going through tough situations. Console those who are suffering and living in fear of religious persecution. Be with the unjustly accused and illegally detained. Give them courage to face the beatings, patience to bear the lies, and hope to see beyond the bars and the barbed wire. Lead and comfort those who are willing to lose everything, but keep their faith in You. We thank you for Your mercy.

## **Wednesday 25<sup>th</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

Caring Father, we bring to You all those who attend the Weekly Prayer Meeting at Canisbay Church Hall. We also remember those who might like to come along but circumstances prevent this, e.g. reduced mobility or transport issues to get to Canisbay. We ask that You will hear the prayers of all, whether they are in church premises or at some other place.

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

An article in Transform (the magazine of the Scottish Bible Society) told of a Dyslexia-Friendly Bible. Heavenly Father, Dyslexia sufferers struggle with a regular pew bible. We thank you that now there is a bible available to help them engage with Your word. With larger print, shorter paragraphs and increased spacing between the lines they will find it so much easier to use.

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

The following is a Gaelic blessing. *Deep peace of the running wave to you. Deep peace of the flowing air to you. Deep peace of the quiet earth to you. Deep peace of the shining stars to you. Deep peace of the gentle night to you. Moon and stars pour their healing light on you. Deep peace of Christ the light of the world to you. Deep peace of Christ to you.*

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

Today the annual Canisbay Show will be held. Heavenly Father we thank you for this opportunity for the whole community to come together for a day of friendship, fun and friendly competition. We give thanks for all the work of the committee and organisers in the preparation for this day. We pray that a happy and successful time will be enjoyed by everyone.

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

Today at 12 noon we have a Joint Service in Canisbay. Loving God please encourage the congregation members of Dunnet, Keiss and Olrig to join with their brothers and sisters at this service. Together we thank you for all You have given us, for friends, family and loved ones, for the miracles You have woven into our lives. We give You what we have, our time, talents and money to help make the world a fairer and kinder place to live, bringing glory to You.

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

4Paws finds it difficult to believe we are now half way through the year. They ask everyone to stay strong and positive in all you do, suggesting you use friends, music, pets and your smile to bolster your mood. Roger Caras wrote *"For me a house or an apartment becomes a home when you add one set of four legs, a happy tail, and that indescribable measure of love that we call a dog."*



# 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](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 July issue is Monday 23 June.**

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

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