

Our Prayer Diary



June 2026

Make a joyful noise to the Lord, all the earth.
Worship the Lord with gladness; come into His
presence with singing. For the Lord is good;
His steadfast love endures for ever, and His
faithfulness to all generations.

Psalm 100 Verses 1,2 and 5. NRSV

Monday 1st

This afternoon there will be *Café Church* in Canisbay Church Hall. Father God, this new Pentland Parish initiative was well attended in April and we pray that once again people will be willing to join us for a time of worship. We ask that this style of spending time with You will appeal to people who might not feel comfortable in a church building on a Sunday morning.

Tuesday 2nd

Caithness is a close knit community and the people are well known for their caring attitude and generosity. A good example of this was the overwhelming wave of support and fund raising for a local young woman fighting life threatening anorexia. Loving Father we give thanks to all who gave generously to allow this woman to carry on her medical treatment in hospital. We pray for her, the medical staff and all the people who donated to the appeal.

Wednesday 3rd

4Paws tells us that your dog can be a therapist. It has been said that dogs have a sixth sense about the emotional needs of their owners. When sad or depressed, dog owners can suddenly find their dog leaning against them, comforting them. They are so much more than '*just a dog*', they are your best friend. Caring God, we thank you for pets and the bond they can have with their owners.

Thursday 4th *Together We Pray* in Canisbay Church Hall at 10.30 am

Lord Almighty, with wars still affecting the lives of many people we pray that common sense will prevail and political leaders will make the right decisions so lasting peace can be enjoyed. We pray for all the Christians in various countries who put their lives at risk to worship the God they believe in. Answer our prayers and protect them as they attend their local Christian church and express their faith.

Friday 5th

Dagobert D Runes (a philosopher) said "*People travel to faraway places to watch in fascination, the kind of people they ignore at home*". This quotation reminds us of the importance of looking out for all the people around us, we don't have to travel far to meet interesting people. Lord help me to be more aware of the people around me, they may be from different backgrounds and faiths but they are human just like us. Help us all to integrate with those who may be on the margins of society so we become one community.

Saturday 6th

Heavenly Father we pray for people planning to travel to the continent over the coming months. The situation in Europe and Asia is worrying and causing doubt as people make their holiday plans. We think of Simone as she plans her annual trip to Scotland and especially to us in Pentland Parish.

Sunday 7th

Lord, remind us of the precious and constant thoughts You have for us, entrusting our identity and our self-confidence in You rather than in ourselves, our circumstances, or the culture that we live in. Thank you for Your word and unending love for us, for always coming to meet us where we are, at our best, at our worst, in ordinariness, in crisis. You welcome us and offer help and healing.

Monday 8th

Loving God, we pray for the many families and individuals for whom the passing years are bringing changes with their sad effect on an increasing proportion on those around them. Sometimes barriers such as age, physical and mental illness can be a problem where travel is concerned. Often it is difficult to recruit carers to work in rural areas. Please help us to be alert to ways in which we can be of assistance to those in need.

Tuesday 9th

Father God, we pray for our small town-centre shop owners. Because of fierce competition from online shops and larger stores, many of them have problems keeping their business financially viable. May they find ways of surviving so that our town centres don't become a collection of empty shops premises.

Wednesday 10th

God of Creation we thank you for the beautiful area in which we live, the beaches, cliffs, moors and sea. Help us to be good stewards of Your world; prompt us to speak up when we see people disrespect Your land. May we educate others to be aware of the beauty surrounding them and to give thanks daily for the amazing creation You have entrusted us to care for.

Thursday 11th *Together We Pray* in Canisbay Church Hall at 10.30 am
Heavenly Father be with all who gather on a Thursday morning for a time of prayer at Canisbay Church Hall. We are grateful for this opportunity to meet together and share prayer and fellowship. Open our ears to hear Your voice, open our minds to understand Your will, and unite our hearts in purpose.

Friday 12th

Father God, we remember senior pupils who are now making plans to go on to further education or stepping into the world of work. We are fortunate to have good schools in our area. We remember with gratitude the teachers who well deserve a decent break over the summer. We also think of the five year olds who are keen to start 'real' school as soon as possible.

Saturday 13th

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.

Sunday 14th

Caring God with four churches in Pentland Parish it can be difficult sometimes to find someone to conduct worship on a Sunday. We give thanks to all who take services in the two churches that Rev Janet is now preaching at. We think especially of Pentland Parish church members who are willing to help out and ask Your blessing on them.

Monday 15th

4Paws brings to our attention that Sir David Attenborough recently celebrated his 100th birthday. Almighty God we give thanks for the continuing long life of Sir David Attenborough. Through him we have been able to view and explore the animal kingdom in all its splendour on television. We pray also for everyone who dedicates their lives to the welfare, rescue, and protection of animals. Bless veterinarians, conservationists, shelter workers, and wildlife rehabilitators with strength, patience, and compassion. Guide their hands and their minds as they advocate for the voiceless and work to restore balance to Your creation.

Tuesday 16th

Father God. We pray for the *CrossReach* board. We give thanks for all those who volunteer their time to serve on the board of *CrossReach*. May their skills, gifts and talents be used to further the work and strength of the organisation. We ask for steadfast wisdom to guide the leadership team and enable good decision making.

Wednesday 17th

Loving and Living God, may Your peace, may Your love, may Your hope find a place in all our hearts. May it be real in our lives and in the homes of all those in our communities and in the faraway places of the world. There are places we do not think of enough, or try to block out and ignore because it seems too much. May Your desire for each and every person to know You and to live in Your love inspire us to work together for that reality and to pray together.

Thursday 18th *Together We Pray* in Canisbay Church Hall at 10.30 am

Heavenly Father, every day we hear of more and more people with mental health issues. Many young folk have low self esteem, perhaps through bullying, eating disorders, addiction or media influences. We pray that they might come to know that Your love surrounds everyone and never wavers, no matter the circumstances. Support families and organisations who are caring for these young people and give strength and help to all who suffer in this way that they may come to know Your saving grace.

Friday 19th

Joy doesn't come from what we get, but from what we give. *'Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people.'* Galatians chapter 6 verses 9 and 10 NIV.

Saturday 20th

Our beloved pets age just like us. Sadly their organs may start to fail, sight, hearing and mobility perhaps not what it used to be, but we love them just the same. Lord we thank you for the gift of pets and the love and companionship they bring. May we find the love they deserve to ensure their final years are surrounded by Your love and kindness just as much as when they were younger and full of life.

Sunday 21st

Today is Father's Day. Loving God, thank you for the gift of fathers and father figures. We pray that You will bless them with wisdom, patience, and unwavering strength. Guide them as they lead their families, and grant them the grace to be loving role models. We are deeply grateful for the sacrifices they make.

The prayers for the following five days are centred round the letters of one of Pentland Parish churches - Keiss.

Monday 22nd

K is for *Keiss* - the parish and the church. Caring God we pray for everyone resident in this parish and the bonds that unite them. We lift up to You any who are struggling, whether it be from illness, loneliness or some other difficulty.

Tuesday 23rd

E is for *Elders*. Loving Father, we think of the Elders in Pentland Parish and in all other Church of Scotland congregations. Grant them joy in their work. We pray for Your wisdom as they make decisions concerning all aspects of church life. May they willingly give of their time and talents for the furtherance of Your kingdom.

Wednesday 24th

I is for *Imagination*. Father God, new ways are being sought to spread Your word. Help us here in Pentland Parish to come up with suggestions for bringing people together in ways of fellowship that might lead to them then attending our church services and learning of Your everlasting Love.

Thursday 25th *Together We Pray in Canisbay Church Hall at 10.30 am*

S is for the *Sabbath*. Heavenly Father, at a time when there are many options for activities on a Sunday we pray that folk will once again '*keep the Sabbath holy*'. Encourage people to set aside one day a week for worship and rest. Help people to cease daily labour and digital distractions so they may be able to have connectivity with You.

Friday 26th

S is for *Schools*. Loving God we give thanks for the work done by our parish assistant Rob Petersen in schools in Pentland Parish and beyond. We ask You to provide him with wisdom as he spreads Your word. Also give him the right words as he provides encouragement to the pupils and staff. May he see the fruits of his dedication as he helps others grow in Your grace.

Saturday 27th

Today the *Canisbay Show* will take place. Heavenly Father we give thanks for the people who give of their time and talents to stage this community event. We appreciate the work put in by the exhibitors, as without them there would be nothing to look at. May all who attend enjoy the exhibits and meeting up with friends they might not have seen for a while.

Sunday 28th

God of Love and Grace, we remember our world broken by conflict, by greed and by pride. We ask for Your presence to be in the dust and in the bewilderment of those directly affected; for families who have been torn apart and do not know where their loved ones are; for all who have lost their livelihood and their homes and who struggle to keep warm and have enough to eat. Grant courage to Your Church in the world's war zones that she may be an agent of Your healing and help to sustain a vision where the guns of war are transformed into the sounds of rebuilding and laughter.

Monday 29th

The following words were penned anonymously. *"In the end only three things matter: how much you loved, how gently you lived, and how gracefully you let go of the things not meant for you."* Loving Father, we ask You to guide us as we travel through life. Forgive us for holding onto the illusion that we can control everything. Help us to release our cares, doubts, and worries. Give us the courage to accept the things we cannot change and the wisdom to trust in Your strength instead of our own.

Tuesday 30th

Caring God, it is easy to continually take for granted the freedom we have in this country compared to other parts of the world. Education is available to all here. However, almost five years ago the Taliban in Afghanistan stopped girls over twelve receiving any education. This means no opportunities for girls to have the basic right to work and contribute to society. Prompt us to give thanks each day for the freedom and opportunities we enjoy in Scotland.



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PENTLAND PARISH CHURCH OF SCOTLAND

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meeting in four congregations around the Caithness Coast:

CANISBAY, DUNNET, KEISS and OLRIG.



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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:

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

Copy date for the July issue is Monday 22 June.

We continue to need your prayers! Thank you!

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