

Our Prayer Diary



March 2024

'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.'

John 3 vs 16 NRSV

Friday 1st

The World Day of Prayer is a global ecumenical movement led by Christian women who welcome you to join in prayer and action for peace and justice. Each year on the first Friday in March, Christians all around the world come together in prayer. Today the World Day of Prayer Service for Pentland Parish will be taking place in Britannia Hall, Dunnet at 2.00 pm. This year it has been written by Christian women from Palestine. Please try to come along for a time of worship and fellowship.

Saturday 2nd

Heavenly Father, we are all shocked by the news that the King has cancer. We pray for him and the Royal family as they face the coming weeks and months.

Sunday 3rd

Aled Jones the great Welsh singer and presenter of religious programmes on radio and television once said *"Let's make March the month of little gestures."* At this time of Lent many people give up something. Instead we could challenge ourselves to do something positive and worthwhile. Each one of us will have different ideas of what could be done – a kind word, a loving action, a smile to someone you meet on the street. Lord God, inspire us to factor something into each day that will make a difference to people known and unknown to us. *(If everyone reading this Diary were to do so, it would accumulate into something big. Editor)*

Monday 4th

Following the meeting held in Canisbay Church Hall four weeks ago let us pray that the new Presbytery representatives take on board what they heard and come to a fair and equitable decision on the position of the churches and congregations in Caithness.

Tuesday 5th

Heavenly Father we give thanks for Care Homes. There are people who used to sit beside us in the pews on a Sunday in the churches of Pentland Parish who are now no longer able to stay in their own homes. We ask that you would wrap your arms of care around them. Please prompt us to go to visit them when we are in town and have a few minutes to spare. We pray also for all the Care Home staff that they show love and compassion to all in their care.

Wednesday 6th Prayer Time at Esme's House at 2.00 pm

Loving Father, we pray today for all the children and teenagers who are bullied and harassed at school and on social media. Caring God, give them the strength to confide in someone they trust and may their parents and teachers find the right words to help and comfort them. Forgiving God, let the harassers realise how devastating harassment can be on the development of a young person.

Thursday 7th

Lord, I pray for the homeless. When I see them in doorways, walking the streets or begging for money I am uncertain of what to do or say. Money helps but they need so much more. Please guide me to say and do the right thing and give more support to the agencies who are trying to care for them. May our politicians find the will to support our homeless people so they can live a life in which they feel valued and safe and regain their sense of identity.

Friday 8th

*"I do not know what lies ahead, the way I cannot see,
Yet One stands near to be my guide, He'll show the way to me.
I know who holds the future, and He'll guide me with His hand.
With God things don't just happen, everything by Him is planned."*

Loving God, there are so many issues concerning our church and many, many churches in our land at the moment. The strain of it all is overwhelming. Help us to take hold of the words of this old hymn. God is in control. Praise him! God of love.

Saturday 9th

Threshold Edinburgh is a Cross Reach facility in the city supporting adults with learning difficulties both in their own homes and in the community. They also provide a Day Service supporting young adult school leavers with a learning disability as they leave school and transition into adulthood. Caring God may this service continue to provide what the clients want and need so they will enjoy the best health and well-being possible. May these words also speak for all outwith the city who may be in similar situations.

Sunday 10th

Today is Mother's Day. Lord Jesus Christ, You were born of a human mother. Today we remember the mothers of our nation, and commend them to You. May their children be nurtured and instructed wisely, and their home a place of peace and love. We also remember all mothers who have now gone to Greater Glory. Even though they are no longer here they are always in our hearts.

Monday 11th

We pray for anyone given a frightening medical diagnosis such as cancer or a neurological disorder. Encourage us to be sympathetic and supportive as they undergo treatments and to listen attentively to their worries.

Tuesday 12th

How often do we put things off, giving ourselves reasons why we can't do it? We should start giving ourselves reasons why we can! '*Christ gives me the strength to face anything.*' Philippians 4 verse 13, CEV. Father God please wipe negative thoughts from our minds and help us to embrace situations even when a little out of our comfort zone as we know You are always with us.

Wednesday 13th Prayer Time at Canisbay Church Hall at 2.00 pm

Loving God, we bring before you all foster carers and those considering fostering children. These special people give a place of love and care to children who cannot live at home for whatever reason. This can sometimes be difficult. We ask for strength and patience for the carers so they will have a positive experience from this time with the children.

Thursday 14th

4 Paws tells us this month that dogs are great listeners. The following words were penned anonymously. '*When I need someone to talk to, someone to listen without interrupting, someone to look at me with their head on one side as if to say, I'm sorry you've had a tough day, tell me about it. . . .then my dog is the best listener in the world.*'

Christopher Morley wrote '*No one appreciates the very special genius of your conversation as a dog does.*' Loving God please help us to be good listeners, give us patience, so we can demonstrate the love of Jesus to all around us.

Friday 15th

Caring God, let us pray for all the deserving people who have been nominated “*Highland Heroes 2024*” Our gratitude goes to these caring people who do everything they can to help their local community. They make the life of many people so much easier. Thank you Lord for their contribution to our society.

Saturday 16th

We pray for the displaced peoples of the world – displaced because of famine, water shortage, bombing and war. We are all Your children, Lord, no matter what our beliefs. Protect us we pray.

Sunday 17th

At the end of January there was a joint service held in Keiss Church. On this day the sacrament of Holy Communion was celebrated. Another celebration was to give thanks for Mrs Cynthia Grant playing the organ in Keiss Church for 60 years. Loving God part of worship is the singing of hymns. This is always enhanced by musical accompaniment. We are grateful for Cynthia week by week playing the organ. We ask that she will be blessed with good health and feel encouraged to continue providing music for all who worship in Keiss.

Monday 18th

We praise our Lord God and give thanks that we have been able to hear His words through the Scriptures. We pray, too, for our minister Rev Janet and parish worker Rob as well as those carrying out unpaid duties – such as session clerk Liz, treasurer Isabel, our organists, the volunteers who look after each of our church grounds, and others working quietly. Give them all the strength and encouragement to continue to serve You.

Tuesday 19th

We ask for Your blessing on all those helping us to live day to day – medical and hospital staff, refuse collectors, shop and postal staff. We are grateful for the part they all play in our lives.

Wednesday 20th Prayer Time at Canisbay Church Hall at 2.00 pm

Heavenly Father, as we enter the season of Spring, we give You thanks for all the beauty of nature we see around us: the flowers pushing through the ground, lambs being born and the promise of warmer days and shorter nights. We are truly grateful.

Thursday 21st

We pray for anyone suffering from the effects of dementia – an impaired ability to remember, think or make decisions – that interferes with doing everyday tasks. It's worrying for families as relationships adjust and for the sufferer, as they try to fight the feelings of 'brain fog'. Bless them, Lord, and give patience and peace to any affected family.

Friday 22nd

Heavenly Father, we pray for those who hunger, those who thirst, those who cry out for justice, those who live under the threat of terror, and those without a place to lay their head. May they hear of joy and gladness, that those who are broken may rejoice. We also pray for those who are ill, those in pain, those under stress, and those who are lonely. Give them the joy of Your saving help, and sustain them with Your bountiful Spirit.

Saturday 23rd

Solomon, King of Israel asked God *"So give me the wisdom I need to rule your people with justice and to know the difference between good and evil. Otherwise, how would I ever be able to rule this great people of yours"*. 1 Kings 3 verse 9. Like Solomon, we continue to ask our loving Father to guide and enlighten all political leaders so that they favour restraint, dialogue and diplomacy. This would allow everyone to live in peace in the beautiful world You were kind enough to create for us.

Sunday 24th

Mighty and merciful God, You are our rock, our shelter, our light, our shepherd, our comfort, and our judge. In these long, Lenten days when we have searched our souls, readying ourselves for the call to follow our crucified and risen Lord, make us sensitive, we pray, in this final part of the journey, to the sayings and searchings of Christ as He feels His way to the Cross, seeking to embrace all that You ask of Him, so that we in our turn may learn and engage with all You are asking of us.

Monday 25th

Loving God, we pray for all who are grieving the loss of a loved one, whether recently or in the past. We give thanks for precious memories and the promise of Your comforting presence.

Tuesday 26th Guild in Canisbay Church Hall at 2.00 pm

Thank you for the days of sunshine when the weather forecast said ‘rain’! It is beautiful to see new born lambs, green grass in the fields – we are so fortunate to live in Caithness.

Wednesday 27th Prayer Time at Canisbay Church Hall at 2.00 pm

As we approach Easter, give us hearts and minds to understand what Jesus did for us in his death and resurrection. Make these increasingly real to us and help us to share new thoughts with others when the opportunity arises.

Thursday 28th

Today is Maundy Thursday, the night of the Last Supper. *And He took bread, gave thanks and broke it, and gave it to them saying, “This is my body given for you; do this in remembrance of me”. In the same way, after the supper He took the cup, saying, “This cup is the new covenant in my blood, which is poured out for you.”* Luke 22 verses 19 & 20 NIV.

Friday 29th

Almighty God, we think today of all that our blessed Lord endured for us, suffering death upon the Cross. Let us remember how Jesus now lives and reigns. Help us to remember that the Crucified Lord is the Risen Lord and the Cross has become the Crown. Thank You that sin and death have been conquered.

Saturday 30th

Tomorrow is the fifth Sunday of March. As on each fifth Sunday, there will be a joint service in Canisbay. This month it will be followed by a Soup and Sandwich lunch in Canisbay Church Hall. Everyone is most welcome. If you would normally worship in Dunnet, Keiss or Olig and would like transport to Canisbay please contact the Editor on 01847 821759.

Sunday 31st

Loving Lord Jesus, on this day You conquered death and rose from the dead, and You are alive for evermore. Help us to remember that You are with us in every time of perplexity to guide and direct; You are with us in every time of sorrow to comfort and console; You are with us in every time of temptation to strengthen and to influence; You are with us in every time of loneliness to cheer and to befriend. Help us to be certain that there is nothing in time or eternity that can separate us from You.



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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: neilbuchan007@btinternet.com or phone: 01847 821759

Copy date for the April issue is Friday 22nd March.

We continue to need your prayers! Thank you!

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