

# *Our Prayer Diary*



*March 2025*

*Guide me in Your truth and teach  
me, for You are God my Saviour,  
and my hope is in You all day long.*

**Psalm 25 v 5**

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

The miracle of nature will soon be renewed. Spring flowers are in bloom. A regular contributor wrote *'I saw a crowd, a host of golden daffodils beside a lake, beneath the trees, fluttering and dancing in the breeze'*. The hedges will soon be alive with birds singing and building their nests. Thank you, loving God, for creating an abundant and beautiful world for us. May we find peace of mind in such a wonderful environment.

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

Almighty and everlasting God, we do not always know what to ask for in our prayers, for there is much we do not understand; yet we trust that You are active in our world, moving in human hearts, and in the events around us. We are grateful that You are involved in our lives, concerned about everything, and everyone You have made. Ultimately it is You who holds this world in Your hands. We lay our prayers before You, asking only this - that Your will be done, Your kingdom come, on earth as it is in heaven.

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

Caring Lord, we pray for those who have become suddenly ill through a life threatening illness. Sudden illness is often a very stressful time for all concerned. Sometimes loved ones are taken away from the family home to a hospital hundreds of miles away. We ask that both the patient and their loved ones are protected by Your loving care during these times.

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

Regrettably, violence seems to have made its way into school, in the street and even in some family homes. More and more people are displaying a suspicious behaviour, sometimes carrying knives and weapons. Caring God, help us to remain compassionate, kind and non-violent in all circumstances, and keep us and our families safe by protecting us from violent and threatening people. Let us also pray for women, children and young people who have experienced domestic abuse.

### **Wednesday 5<sup>th</sup>    Prayer Time at Canisbay Church Hall at 2.00 pm**

Today is Ash Wednesday - the beginning of Lent. Lord Jesus, we remember that You were tempted just as we are, yet You chose to journey all the way to the cross - for our world's sake. When You lead us into new territory and we are unsure or afraid, help us to be strong, courageous, obedient and faithful. Forgiving Lord, touch our lives, and grant us all courage, a deep faith and the ability to journey with You, whatever happens.

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

4Paws asks that we make March '*the month of little gestures*'. If you meet people on the street smile at them, hold a door for someone. Something that you might consider to be a small act of kindness can mean a lot to the person who is receiving it. Heavenly Father please prompt us to be helpful to others.

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

This afternoon, Pentland Parish World Day of Prayer Service will be held in Olgig Church of Scotland at 2.00 pm. Christian women from the Cook Islands have prepared the service. All are very welcome to attend. Heavenly Father, help our World Day of Prayer movement unite our communities in prayer. Help us make Your love visible. Strengthen us to continue loving and supporting all who are in need. Lead us to treat others as wonderfully made by You, so that all people would feel that they are important, cared for, and treasured.

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

In Kazakstan warnings against sharing faith are being advertised. They instruct those who see people discussing religion or offering religious literature in public places to call the police. Caring God we pray for courage and wisdom for Christians who are in these situations.

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

Heavenly Father, You come amongst us and yet we know that there are occasions when we place limits on our receptiveness to Your presence, as we are busy with other activities, worries or concerns. We restrict the opportunities we take to listen for Your voice, hear Your Word, experience Your presence with us and live in Your love. We fail to remember that in reaching out to friend or stranger we are showing our love for You, who loves us without condition and with a magnitude beyond our comprehension. We recognise the ways in which we place limits and boundaries on our discipleship and we ask for Your forgiveness. Free us through Your grace and mercy to live as people who are being transformed into Your image from one degree of glory to another through the power of Your Spirit.

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

A regular contributor overheard the following prayer: *Dear God, teach me patience, not hurry.* Quite a number of people need to learn the art of patience. Few of us will turn out like Job but many would be better with a dose of patience. Dear Lord, may Your spirit work with me to make me more like You would have made me.

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

Heavenly Father, we give You thanks for our minister Janet and all the care and compassion she delivers in Your name. Give her the strength to carry out her many duties during this difficult period of change in our parish. Please show us how to be a positive support and help to her. We are so fortunate to have such a dedicated and caring minister when so many congregations have none.

### **Wednesday 12<sup>th</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

The bible encourages us to love one another but this can be challenging, especially in places of conflict. However, rather than hate those we cannot love there is a middle ground of '*tolerance*'. This was very much a theme on the 80th anniversary of *International Holocaust Remembrance Day* 2025. Loving Lord, teach us all to be more tolerant of others. Help us always to see things from the other person's perspective so we do not make rash judgements that may prove to be unjust. We ask for Your help to make us more tolerant of those we struggle to love or understand.

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

God gave us dogs to be our friends. Dogs are fur-ever friends! Whoever said diamonds are a girl's best friend never owned a dog. These quotes were penned anonymously. Loving God we give thanks for dogs. They can be great companions, especially for people who live alone.

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

*'Love lifted me, love lifted me. When no one but Christ could help, love lifted me.'* Some people reading this Diary will have sung these words at Sunday School many decades ago. How true are these words for you now? We give you a challenge. Can you think of a time recently when these words were true for you or for someone close to you? Give God thanks.

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

*CrossReach* runs Adams House in Johnstone, a specialist residential care home for thirty older people with a diagnosis of dementia. Heavenly Father, we give thanks for the ongoing joy, humour and happiness: may the residents and staff know much laughter and fun in everyday activities.

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

Holy God, we bring our prayers for the world and her people, not because we think You are absent from people and places for whom we have concern, but that by giving voice to them we may be reminded of Your love for each person and the earth itself. We pray for those who are caught in the humanitarian crises that accompany or are the aftermath of conflict, those who face starvation, those who have had to flee as refugees, separated from families for many months, those who have no home to return to. May they experience Your presence and may we be people of compassion and communities of hope.

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

*The World Heritage Site* of the Flow Country is not too far from Pentland Parish. Renewable sources of energy are to be encouraged, but the seventeen turbine wind farm proposed to be built near Forsinard has raised fears that it might damage that beautiful site and its rich and diverse wildlife. Dear Lord, guide decision makers so that they act wisely and take everything into account to reach the most suitable outcome.

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

Bountiful God, freely You have given that which is good and freely we have received. We bless You for Your constant love, which is new every morning. We thank You for all that Jesus our Saviour has won, bringing living hope to the world. With gratitude we offer You the gifts and talents we bring, that in Your service they may speak of the wonder of Your love.

## **Wednesday 19<sup>th</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

Today in the UK everyone has the opportunity to practice their religion, mostly without fear of persecution. Despite this freedom the numbers attending Christian churches are declining and churches are being closed. Contrast our situation with Christians in Somalia. Somali secret Christians often feel alone and fearful, they're constantly at risk of attack from Islamic extremist groups and keep their faith hidden. Loving God please show them that millions of Christians around the world are praying for them.

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

How many of us have a lot of clutter in our homes? Ecclesiastes 3 verse 6 '*a time to keep and a time to cast away*' (ESV). Heavenly Father in a time when some people can't afford much, help those of us who have plenty to take things to charity shops or distribute in some other way. Lord, help us also to get rid of clutter in our hearts so we may be better equipped to work for you.

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

Loving God, we pray for women and girls who are vulnerable in our societies. Create the conditions so that elderly women can live with respect and dignity. Give our young women the education, aspiration and vision to develop into a promising future. Provide strength, courage and patience to all women experiencing domestic violence. May they experience Your presence and may we be people of compassion and communities of hope.

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

Heavenly Father, in this season of Lent, draw us into deeper reflection on our lives and our world. As we journey with You, may we be shaped by Your justice, inspired by Your love, and empowered to act for Your kingdom.

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

Marie Curie is leading the nation in a UK wide *Day of Reflection* today. This is an opportunity to remember our loved ones who have died and support people who are grieving. Loving God, we ask that You will put Your caring arms around those who are grieving, whether their loved one passed away recently or some time ago.

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

God of justice and peace, we lift before You the needs of our world. For those suffering under the weight of poverty and oppression, bring relief and dignity. For leaders and decision-makers, grant wisdom and compassion in using power. For communities divided by fear or hatred, sow seeds of reconciliation and understanding. Inspire us to act boldly in love, walking in the footsteps of Christ. Sustain us in courage and compassion, guided by Your love in every word and action.

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

This afternoon Pentland Parish Guild will meet in Canisbay Church Hall at 2.00 pm. All are welcome. Almighty God, we commit ourselves to You and to the work of the Guild. May we be dependable, loyal followers, faithful to You in every part of our lives.

### **Wednesday 26<sup>th</sup> Prayer Time at Canisbay Church Hall at 2.00 pm**

Gracious God, we thank You for the work of all who broaden horizons and lift our thinking with imagination. We pray for the work of teachers, researchers, scientists, and all whose skills help improve quality of life. Help us together to apply lessons learned and to open routes out of poverty and lack of opportunity, that all God's children can live life to the full.

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

God of abundance, we thank You for the gifts of Creation, for the land that sustains us and the communities that nurture us. We are grateful for Your unending love and faithfulness, which guide us through trials and triumphs alike. Fill our hearts with gratitude and our lives with generosity, that we may share Your blessings with all.

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

Loving Father, creator of heaven and earth open our eyes to the glory of Your presence, attune our ears that we may hear Your voice, expose our minds to the challenge of Your truth, fill our lives with wonder, love and praise.

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

Heavenly Father, renew us, refresh us, as we continue on our journey through life; especially at this time when Pentland Parish faces the challenges which lie ahead. Support our Presbytery as decisions are made as to which of the old ways we should preserve, and which new things we should embrace. Guide their thinking so that tradition is not preserved for its own sake, nor change introduced just because it is different, but that wise outcomes are reached that best help us to further Your Kingdom here on earth.

### **Sunday 30<sup>th</sup> Joint Service in Canisbay at 12 noon.**

Today is *Mothering Sunday*. Loving God, we pray in gratitude for our mothers and for all other women who have taken on a mothering role. Grant to all mothers courage and wisdom as they bring up their children. We give thanks to our mothers for all the love and care they have given us.

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

Lord, we bring before You the broken relationships within our community. Fill us with Your Holy Spirit so that each of us in our own uniqueness can do our best to be healers, menders, guides, and friends to all we meet. Remind us that we are all God's children, known and loved. May the love that binds us together overcome any discord, heal wounds, reconcile hearts, and inspire forgiveness.



## The Church of Scotland

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**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:

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**Copy date for the April issue is Monday 24 March.**

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

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