

Our Prayer Diary



May 2024

Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the Lord, and on His law they meditate day and night. They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.

Psalm 1 v 1-3 NRSV

Wednesday 1st Prayer Time at Canisbay Church Hall at 2.00 pm

Loving Father we remember today all those facing surgery around this time. We pray that their operations will be successful and their recovery time swift. Sometimes people have to make the journey to a hospital in the south to source facilities that cater for their needs. This can make visiting difficult for their families. Please be with them as they travel to see their loved one.

Thursday 2nd

The happy faces of spring flowers are a simple but vivid reminder of just how great You are, Father. Whether I am alone or with others it is wonderful to feel Your presence near me.

Friday 3rd

Loving Father, we pray for refugees around the world. May they be welcomed with open arms and readily receive food, shelter, clothing and a welcoming environment. May their physical and mental wounds heal through compassion and care. We pray that political leaders, charities and those in authority recognise the plight of refugees, especially the young and old and find solutions to this global problem. *'Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.'* Hebrews 13 verse 2.

Saturday 4th

Loving Father, we continue to pray for our King and for the Princess of Wales. The latest news from the Palace is encouraging as the King eases himself back into public-facing duties, and the Princess of Wales continues her preventative chemotherapy. We pray also for the senior members of the Royal family as they continue to carry out duties which they had not anticipated several months ago.

Sunday 5th

Heavenly Father, we confess that at times we resist Your call and turn away from Your command. We choose to align ourselves with some people while neglecting others, as if Your love were not meant for all. We allow tradition to order us rather than opening ourselves to Your law of Love and the new work You are doing. Our faith is fleeting, and our lives do not bear lasting fruit. In Your new-every-morning mercy, forgive us, we pray, that we might joyfully follow Your Spirit's leading.

Monday 6th

Today is the start of Scottish Learning Disabilities Week. Loving Father we think of people we know who have a Learning Disability. Help us to be inclusive and encourage them to interact in what we are doing. They will have much to offer and we will be able to learn from them.

Tuesday 7th

John Lennon wrote the following lines - *“When I was five years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life.”*

Wednesday 8th Prayer Time at Canisbay Church Hall at 2.00 pm

On the fifth day, God commanded *‘Let the water be filled with many kinds of loving beings and let the air be filled with birds. And God was pleased with what He saw.’* Genesis 1 verses 20 and 21. Unfortunately we are gradually damaging what God created for us and because of bird flu and all sorts of water pollution, the birds are less and less numerous and our seas and oceans are less and less bountiful. So, let us pray that we get wiser and more eager to preserve what God created for us.

Thursday 9th

We think of countries where there is conflict and aggression. We pray for those who are wounded and the families of those who are killed. We ask that You give wisdom and tolerance to all leaders, no matter which faith they belong to, and remove corruption and greed from all aggressors.

Friday 10th

Loving Father, we pray for all those who monthly have to struggle to make ends meet, because of rising costs of living. Let us pray that everyone has access to decent food and housing.

Saturday 11th

Eternal God, we pray for our churches locally, nationally and around the world. Let them be a light in the darkness and beacons of hope in situations that seem hopeless. As we give thanks for those who have nurtured us, help us to sow seeds of faith in others. Help us to reach out to those in our communities who have yet to know You for themselves.

Sunday 12th

Almighty God, we seek Your forgiveness when we sit on the side-lines in silence, or heckle, rather than roll up our sleeves and seek a solution to discord we witness. Forgive us for following the path of least resistance, even when it is littered with injustice. Forgive us when we weave away from Your wisdom because it calls us to travel to new and unfamiliar places, to embrace siblings we struggle with or engage with strangers who raise our suspicions. Give us the courage to heal relationships, forgive, and forge new ways into our narrow world view, that we may be a model servant in Your image.

Monday 13th

There are five simple rules for happiness: Free your heart from hatred; Free your mind from worries; Live simply; Give more; Expect less. *‘Oh, the joys of those who do not follow the advice of the wicked. But they delight in the law of the Lord, They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.’* Psalm 1 verses 1-3 NLT.

Tuesday 14th

Creator God, we look around the beautiful and bountiful world that You have created, giving thanks for the good gifts that You have given us. Remind each of us of the role we have in caring for Your creation and change the hearts of those who seek to destroy the beauty of the earth for their own gain. Encourage those who seek climate justice and those who work to restore our land, rivers and seas. Creator God, help us work together to heal Your earth.

Wednesday 15th Prayer Time at Canisbay Church Hall at 2.00 pm

Caring Father, we pray for all the volunteers who give their time to work in charity shops, visit those who are housebound, be part of a mountain rescue team, the RNLI or work in war or disaster zones around the world. They do this without the need for recognition or reward. Greater happiness is achieved by ensuring the happiness of others. Lord help me to try to bring happiness to others. *‘...just as the Son of Man came not to be served, but to serve...’* Matthew 20 verse 28 NIV

Thursday 16th

We pray for all those in our parish who feel lonely - no matter whether they are young or old. Crossing the threshold of the door - going in or out - can seem threatening. If we all make one short visit to a neighbour, we will all be the richer. Give us courage, Lord.

Friday 17th

Loving Father, we think of all of those who are struggling with poor physical or mental health. Draw alongside them that they may know Your healing love. We pray for all of those who work in healthcare. Grant them strength and wisdom for every challenge they face. Be with those who walk through the valley of the shadow of death. Walk with them, comfort them and bring them Your peace.

Saturday 18th

4 Paws tells us that dogs are great companions. When we are worried, there is a sense of strength and encouragement that we can get from the silent, devoted companionship of a dog that we can't get anywhere else. Do make the most of longer daylight - both you and your 4 pawed pal will really enjoy this positive habit.

Sunday 19th

God of the journey, Christ of the Way, Spirit who comforts and chides and challenges and moves us, be with us as we work out how to walk Your path. Like children we are ready to listen and learn. O Breath of love, come breathe within us, renewing thought and will as we journey together, through highs and lows. Grant us wisdom to speak into the situations that need to hear our voice and be with us in the silence when words fail us. Keep us true to who we are, and enable us to confidently use the gifts You have given. Bless us with Your Spirit that we might build upon the foundations of Christ as we seek to be Your Church at work in the world.

Monday 20th

Forgive me, Lord, for those thoughts and deeds that were not as you would wish from me. I especially ask for forgiveness for those times when I have caused hurt or inconvenience to others as well as being argumentative - sometimes I speak without thinking of the consequences.

Tuesday 21st

We thank you Lord for the cheerfulness of those who make deliveries or pickups from our homes. Let them be protected and be welcomed as we would wish to be.

Wednesday 22nd Prayer Time at Canisbay Church Hall at 2.00 pm

Many people still miss Achvarasdal House and the great care it gave to the residents. CrossReach has Care Homes for older people and some also provide day care and respite care. We give thanks for the laughter enjoyed in the homes on a daily basis; may everyone continue to feel blessed as they work in Christ's name.

Thursday 23rd

Heavenly Father we know that the workload for our minister is great. We acknowledge and thank everyone who helps Pentland Parish in a variety of ways. This is of great benefit to Janet. Lord please encourage anyone who feels that they would like to help in any way. *(If anyone reading this Diary feels they could help please contact anyone in the Kirk session).*

Friday 24th

We pray for people undergoing medical treatments at this time. *(Name a person you know in your mind).* We ask that the faith they have in You is strengthened, and where they don't yet know You, we pray that they soon will.

Saturday 25th

We pray for those families travelling north for the half term holiday. Please keep them safe and calm as they make the long journey to visit relatives or just to have a short holiday discovering new places.

Sunday 26th

Almighty and everlasting God, we acknowledge that as we make our way in the physical world, it is so easy for us to lose sight of You. We are all too aware of our sins and shortcomings. In confessing them, we thank You for the remarkable provision You've made to touch our lips and cleanse our hearts. We are ever mindful of the gifts You have given us and pray that we may use them to advance Your Kingdom. We thank You for the knowledge that we may always come to You in prayer, as we seek to do Your will, and that we are never alone.

Monday 27th

Lord we pray for those amongst us who are still affected by Coronavirus, particularly those suffering the chronic misery that is known as '*Long Covid*'. This variant can be especially debilitating and often involves adjusting to new physical limitations and needs. Be with those suffering illness, isolation or anxiety that they may find relief and recovery. Support the vulnerable and fearful, the gravely ill and the dying, that they may know Your comfort and peace. Help us to be alert to their needs and care for them in their vulnerability.

Tuesday 28th

Dodging potholes on Caithness roads has become a daily occurrence for many. Road safety should be taken more seriously. So, let us pray that all roads get properly resurfaced before any fatal road accident claims lives.

Wednesday 29th Prayer Time at Canisbay Church Hall at 2.00 pm

Loving Father, we pray for those who are at a time of change and transition, or are at a difficult stage of a journey not knowing with confidence what lies ahead - approaching retirement, beginning a new relationship, preparing to move home, applying for a new job, summoning courage for a lonely decision. Be with them we pray, and reveal to them those treasures of Your wisdom and knowledge that will help them walk secure in Your everlasting love and not stumble in every decision they make.

Thursday 30th

Gracious God, who has blessed humanity with curiosity, inventiveness and a spirit of innovation, we give You thanks for all the blessings which science and technology bring to us. Grant that we may always use these gifts wisely, to the benefit of all humanity in ways that do not harm Your creation, and also lead to a positive flourishing of all fellow creatures.

Friday 31st

Lord, teach us to pray with *courage* that names injustice, calls it out, admits our complicity and prays for lasting change. Teach us to pray with *audacity* not avoiding the evil that stalks our world but to pray into hatred and violence for Your kingdom to break out. Teach us to pray with *abandon*, not to limit our requests but to pray big for the impossible. Finally, teach us to pray with *conviction* that Your will is for love and compassion to flow like a river, that the prayers of all whom You love are heard and answered.



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meeting in four congregations around the Caithness Coast:

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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 June issue is Monday 20 May.

We continue to need your prayers! Thank you!

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