

Our Prayer Diary



May 2025

Yes, my soul, find rest in God; my hope comes
from Him. Truly He is my rock and my salvation;
He is my fortress, I will not be shaken.
My salvation and my honour depend on God;
He is my mighty rock, my refuge.

Psalm 62:5-7 NIV

Thursday 1st

As we look back with gratitude at Jesus' Crucifixion, and huge joy and wonder at His Resurrection, we remember that we are living in the period when we shall celebrate His Ascension. During these forty days, Jesus taught his disciples what role they should play in the days and years ahead. It must have been challenging for each of them as these weeks passed but the New Testament gives us evidence of how effective these days of teaching were. Some of us may be able to picture the scene and to reflect on how well our learning is progressing. Lord Jesus, help us to be willing learners so that we can serve You more effectively.

Friday 2nd

May is *National Bike Month*. How many of us have a '*two-wheeled metaphorical horse*' in a garage or shed? If we are able, we should use our bikes more to improve our health and the health of our planet. Heavenly Father you have created a beautiful countryside which is particularly striking in May with new life on the farms and buds opening on the trees. How much better can we appreciate your creation when we make a journey on our bicycle? Encourage us to take exercise on two wheels.

Saturday 3rd

Heavenly Father, we give thanks to the members and friends of our four churches who month by month give inserts for the Prayer Diary. Prayer inserts are welcome from everyone, at any time. Please encourage others who have worries or concerns on their minds to commit them to You and the prayers of those who read the diary.

Sunday 4th

Heavenly Father, Rev Janet has been unwell for some time. We ask that You will draw alongside her and put Your arms of healing around her.

Monday 5th

Dear Lord, we pray for all the employees and volunteers who work relentlessly in dog and cat shelters. We pray that pet owners do not even consider abandoning their faithful four-legged companions before going away on a holiday. All pets deserve to have a happy life too, they give us so much love and comfort.

Tuesday 6th

Most of us would probably agree that when we are feeling challenged mentally or physically, one of the things which helps us to get through is the support of others who understand our problems. Over the past three years Esme has proved this on many occasions. She is constantly grateful for the prayers of her friends and God's unceasing answers and provision. The Parkinson's monthly support group is a huge help to her and a sponsored walk in Thurso is being organised for the end of May. Esme is determined to take part, even if she walks only a few yards. She will value our prayers of support - and a dry day!

Wednesday 7th Prayer Time at Canisbay Church Hall at 2.00 pm

There are many tasks around our church premises that are carried out without the congregation really having any knowledge about it. We give thanks to those who clean the churches and hall, cut the grass, set pots of flowers by the entrance door, put bins out for collection, etc. Loving God, people see tasks that need to be done and quietly go and carry them out. We thank them for the time and effort they put into the upkeep of our buildings and grounds.

Thursday 8th

Today is the 80th anniversary of VE day. This day in 1945 meant an end to nearly six years of a war that had cost the lives of millions, had destroyed homes and cities and had brought huge suffering to many. As we remember the relief that 8 May 1945 brought to many people we pray for all who suffer through war today, and who long for the peaceful existence that we take for granted.

Friday 9th

Unfortunately in some schools there is violent behaviour and this is causing concern to parents and staff. In turn children are going to school afraid and teachers fear for the safety of both the pupils and themselves. Caring Lord, help us make our schools a safe place where both pupils and staff can work in a peaceful and positive atmosphere.

Saturday 10th

O Lord, You are our shepherd, and yet we want. We lie down when we could act, we stir the pot when we could offer peace, we wander tempting paths instead of following You. We see courage and comfort in earthly things rather than in You. We hate our enemies and refuse to break bread with them; we see scarcity even when You offer us abundance. We pray for forgiveness, for Your goodness and mercy, so that we might dwell with You, in Your grace, forever.

Sunday 11th

God of creation, we give You thanks for the gift of life. We may be created from the dust of the earth, but You welcome us into a life of spiritual abundance as we commit ourselves to journey with Jesus. You have designed us to be with one another, and we express our appreciation for this community of Your people, journeying through life together and embraced by Your divine presence. We give thanks for our wider friendships and for our families and the many bonds of care that connect us all. May we never forget our gratefulness to those who give us nurture and support.

Monday 12th

A regular contributor to the Prayer Diary who has lived in Caithness for a considerable length of time, particularly appreciates the months of May and June when the days are stretching out to their maximum in mid June, the weather is generally reliable and the puffins are welcoming us at Duncansby Stacks. Father God, what a joy to live in this area of Your creation.

Tuesday 13th

Thanks must go to Alan Cairns and Rob Easton-Berry for their contribution on behalf of Pentland Parish to the *Untied Churches Easter Praise Service*, hosted this year at the Baptist Church in Thurso on Easter Monday. Father God, we thank you for the opportunity to worship together with our brothers and sisters from different churches and faiths within the county.

Wednesday 14th Prayer Time at Canisbay Church Hall at 2.00 pm

An anonymous writer said *'If I had a pound for every time my dog made me smile, I could give up work and retire tomorrow'*. 4Paws suggests that if you feel you would like more company, consider the idea of adopting a pet; it is guaranteed to give you a fulfilled and happy time. Loving God, thank you for all the benefits a pet can bring.

Thursday 15th

Loving Father, You never leave or forsake us, and though we are mortal, we live in the present hope of eternal life with You. Inspire us to live faithful lives, so that by being with You, we can be filled with a profoundly deep love, peace and hope that we can carry out into the world. Enliven our attention, energise our spirits, fill us with Your abundance and guide our steps as we walk confidently on the path You have set before us. We turn to You in the faith-filled hope of reconciliation and resurrection. May we know You more clearly, love You more dearly, and follow You more nearly, as You call us from darkness to light, from despair to hope, and from fear to love.

Friday 16th

Heavenly Father, we pray for men, women and children who are starving and living in the shadow of ferocious war. We pray for those in our own neighbourhood who feel they are alone, afraid, or abandoned and who do not know the love of God. We remember all who are suffering today - and pray that You transform the hearts of all who choose hate instead of love, for politicians and world leaders who are driven by the attraction of power and disruption instead of compassion. We remember especially the work of Christian Aid, (during 2025 the week of 11 - 17 May), its workers in places where their very lives are at risk and for leaders who seek to navigate the narrow path in a world of ambition and exploitation.

Saturday 17th

Today sees the beginning of the General Assembly of the Church of Scotland. Heavenly Father, we ask for safe travel for all who elect to go to Edinburgh for this event. For those joining on line we pray that internet connections will be fast and reliable. We ask that all the discussions that take place over the week will be Christ-centred and rooted in His wisdom.

Sunday 18th

Heavenly Father, it's easy to talk of fellowship but hard to take the step of trust; easy to give our opinions but hard to receive those of others; easy to open our mouths but hard to open our hearts. Come among us now and, through Your Spirit, draw us more deeply into Your love and closer to one another. Break down everything that prevents dialogue and denies fellowship, and help us to truly share fellowship together.

Monday 19th

Loving Father, we give thanks to all those who raise funds for charity. This is often done by undertaking a physical challenge like the '*end to end*' journey from Lands End to John O'Groats, running a marathon, competing in a cycling event, climbing a mountain or anything that pushes the boundaries of physical or mental endurance. Without the goodness of people who undertake these events, along with their promoters, supporters and the millions of people who donate money to good causes, many of these charities would simply not exist. We would be less informed and unable to access support when needed. Thank you Lord for all those who partake in fund-raising events for charities because they truly show that people are good and care about further enhancing society.

Tuesday 20th

Living as we do in an agricultural community we can see how hard farmers work tending their livestock and their crops. Thanks to them we are provided with good quality food. Dear Lord, we give thanks for their hard and often unrecognised work.

Wednesday 21st Prayer Time at Canisbay Church Hall at 2.00 pm

Under the pseudonym of George Asaf a Welsh songwriter penned the following words in 1915 '*What's the use of worrying? It never was worthwhile, so pack up your troubles in your old kit bag, and smile, smile, smile*'. These few lines are sound advice for all. Loving God, we find it all too easy to worry, however we know that if we put our trust in You these worries will be greatly reduced.

Thursday 22nd

Almighty God, parishes and buildings, ministry and mission have been at the heart of much discussion in recent years. Through Your spirit, draw us closer and enable us to build together for the future, cementing all we do on the foundations laid by Christ. Guide the debates of Presbytery, and keep the minds of everyone focused on Christ and His church - the church we serve - to share the Good News of our Risen Saviour, Jesus Christ our Lord. Bless the ministry and mission of each one of us as we seek to share Your love in our parish and beyond.

Friday 23rd

'Clothe yourself with tender hearted mercy, kindness, humility, gentleness and patience.' Colossians Chapter 3 verse 12 (NLT). Make small talk with a stranger - someone beside you at the bus stop or a shop assistant and take a moment to find out how they are. A little bit of extra time chatting with a stranger or indeed a friend can brighten up your, and their, day.

Saturday 24th

Dear Lord, our prayers are with the members of Pentland Parish, or their family, who are ill at the moment and are awaiting treatment or operations. We want them to know that they are in our thoughts and pray that You will bring them healing, comfort and strength.

Sunday 25th

Almighty and Everlasting God, You are the light that shines in the darkness, the One who dwells among Your people. We praise You for the gift of Your Son, Jesus, the Lamb who is our light and our salvation. You have made Your home with us and promised us peace that the world cannot give. Yet, Lord, we confess that we have often turned from Your ways. We have failed to keep Your word, to love as You have loved, and to trust in Your promises. Forgive us, we pray. Cleanse us by Your Spirit and restore us in Your mercy, that we may walk in the light of Christ, bringing glory to Your name.

Monday 26th

Scripture Union holidays can be so beneficial to children and young adults. Heavenly Father we ask your blessing on all those attending camps over the summer holidays. We also pray for all the leaders who give up their time to organise the camps. It is not always easy for families to find the money for their child to go to camp. There are assisted places available. Please urge people to consider sending money to Scripture Union so the less fortunate can have an opportunity to enjoy a holiday.

Tuesday 27th

Heavenly Father, You know all there is to know about us; our deepest thoughts, desires, and passions are clear to You. You know when we are being true to that which You have called us and when we act to please our detractors. Forgive us when we fail to encourage those around us. Fill our mouths with words which build up and strengthen them. Let our community be one which inspires others to adventure with You, to rejoice with You, as we discover together the particular work that You have given our hands to do.

Wednesday 28th Prayer Time at Canisbay Church Hall at 2.00 pm

We pray for those who are exploring a calling to the ministry, asking that You would lead them in their thinking, in their feeling, and that You would aid them in their discerning. We thank You for those who are now in training, asking that You would build them up in faith and equip them effectively for the challenges that will lie ahead. Faithful God, You call, You equip, You send out. For all that You have done, are doing and will do, we give You thanks.

Thursday 29th

Heavenly Father, we lift up nations in conflict, those suffering under oppression, and communities in need. We ask that You bring peace where there is strife, justice where there is wrongdoing, and hope where there is despair. We pray for Your church, that we may be faithful in mission - proclaiming Your truth, sharing Your love, and shining as lights in the darkness. Fill us with Your Spirit that we may live as Christ's hands and feet in the world.

Friday 30th

Loving Father, we give thanks to our parents for raising us the way they did. We thank them for teaching us right from wrong and having a sense of appreciation for what we had as a family. As children, we may have become angry and frustrated with them at times; but as we have become parents or grandparents, we often see us passing on the same guidance to our own children in the hope that they grow up with a sense of responsibility, humility and gratitude for all that is set before them. May our Christian values continue to be passed on to future generations of our family and friends as our parents taught us.

Saturday 31st

It is never too early to start collecting items for the *Blythswood Shoebox Appeal*. If you are shopping and see a special offer, it is a good idea to take advantage of this, enabling the cost to be spread out across a few months. Caring Lord, we thank all those who contribute to the Shoebox Appeal each year. We remember all the people in foreign countries who receive the boxes and trust they will come to know You from the literature that is placed in each box by Blythswood staff.



The Church of Scotland

www.churchofscotland.org

**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



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

Copy date for the June issue is Monday 26 May 2025.

We continue to need your prayers! Thank you!

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