

# Our Prayer Diary



*May 2026*

You are indeed my rock and my fortress; for Your name's sake lead me and guide me, take me out of the net that is hidden for me, for You are my refuge. Into Your hand I commit my spirit; You have redeemed me, O Lord, faithful God. *Psalm 31 Verses 3 - 5*

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

Heavenly Father, we thank you for all Your many blessings. We are grateful for the support and generosity we received at our recent Daffodil Tea. The magnificent sum of £2,194.72 was raised for the work of the church, especially in Pentland Parish. It was a happy afternoon of friendship, fellowship and eating cake! We are very grateful to all those who gave so willingly of their time and talent, those who baked, those who set up and tidied the hall, those who served the teas, worked on the stalls and everyone who donated. Thank you.

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

During the month of May it is challenging and inspiring to reflect on the days recorded by Luke in his gospel and the early part of Acts. He tells us of the times which Jesus spent with his disciples and before he left them to return to God's side. There was much they had to learn in forty days! We know that the Holy Spirit was very involved in these training sessions. Loving Lord, please help each of us to be willing learners so that we might be increasingly of use to You as we progress in our faith and service.

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

Creator God, who crafted the earth and the wonderful ecosystem we live in, we confess that we have neglected our duty to care for Your earth. Human choices are robbing the planet of its life and climate breakdown has been at our hands. Give us the courage to support earth defenders and climate campaigners around the world and join their call for climate justice. Guide us, such that our individual actions and words speak for life in all its fullness.

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

Isaiah Chapter 53 verse 5 says '*... but he was wounded for our transgressions, crushed for our iniquities, upon him was the punishment that made us whole and by his bruises we are healed.*' Graham Kendrick has written a hymn with the title '*Jesus of the scars*'. Some of the words in the lyrics say '*When pain runs deep, and wounds cry out for answers, we come to You o Jesus of the scars.*' The scars that Christ received when he was put to death on the cross for our sins remain. God has shown his scars to us so we should show our scars to Him. Lord teach us to show our physical and emotional scars to God when we pray. Help us also to be mindful of those around us that might have scars that run deep but we cannot see them.

## **Tuesday 5<sup>th</sup>**

Gracious God, we give thanks to the RNLI crews who always do their utmost to rescue people at sea. The waters around Caithness and in the Pentland Firth in particular can sometimes be quite treacherous. We pray that the ferry captains, oil rig workers and fishermen all remain safe.

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

Jesus, You call us to love one another and share our good gifts with our neighbours. But too often we say “*Am I my brother’s keeper?*” We hold tight to what is ours. We do not listen to cries for justice. We tell ourselves that there is nothing we can do. Loving God, when we fail to turn our faith into action forgive us and help us.

## **Thursday 7<sup>th</sup>      *Together We Pray* in Canisbay Church Hall at 10.30 am**

Today people in Scotland have the opportunity to cast their vote for the new MSP candidates. Almighty God we bring before You the people who today will be elected to the Scottish Parliament. We ask that they will listen to their constituents and act fairly for them. We also ask that the Party Leaders would demonstrate wisdom and integrity as they make decisions for Scotland.

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

Time is an ‘Equal Opportunities’ employer. We are all given twenty-four hours each day. It is up to us how we utilise these hours. Father God, we often have good intentions for our day but sometimes it comes to night and we haven’t done what we had planned. Help us to keep on track and concentrate on the things we hope to achieve every day. May we use our time wisely in Your service and may all that we do be guided by You.

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

Castletown School is 150 years old this year. Loving God creator of all wisdom and knowledge, we come with hearts full of gratitude as we celebrate this great milestone. We give thanks for the dedication of teachers past and present. We think of all the pupils who have received their education here. We look to the future and hope it can be built on lessons from the past. May all who work and all who learn here be greatly blessed.

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

Loving God, during this *Christian Aid Week* help us to respond to Your word, to hear Your voice, to care for Your creation, and in one another see not a stranger but fellow souls, known and loved by the same Shepherd. Let us in our lives, in our actions, and in our care, reflect a glimpse of Your love, that all might see and all might know You better.

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

*'Ne'er cast a clout till May be oot'* was a saying often heard in rural Scotland many years ago. It is thought that it is May blossom that comes out during May that is being talked about, but we are not sure. We give God thanks for as the weather improves, the days lengthen and the sun shines more, and the birds delight us with their happy voices. Gracious God, we praise You for the promise of summer.

## **Tuesday 12<sup>th</sup>**

Lord Byron penned the words *"Always laugh when you can. It is cheap medicine."* Heavenly Father we give thanks for the times when we have the opportunity to laugh. It is indeed a good and cheap medicine. Thank you for the sound of children laughing. Laughter is a gift from You - it lightens the moment. Even in the hardest of times You give us opportunities for laughter that remind us we are loved and invited to delight in life.

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

Help us Lord, to glimpse the special in the ordinary, the great in the small, the sacred in the secular, the divine in the human. Even in the worst teach us to see the best.

## **Thursday 14<sup>th</sup>     *Together We Pray* in Canisbay Church Hall at 10.30 am**

This is Ascension Day. Risen and ascended Lord, we remember today how You left Your disciples and went back to the right hand of Your Father, Your work on earth complete. You left a small group to carry it on and the Church still carries that responsibility. Please help us to continue this work.

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

We remember the General Assembly taking place in Edinburgh at this time. Father God, we pray for strength and wisdom for the incoming Moderator, Rev Gordon Kennedy. We also ask that the voice of the Church may be used to speak up on behalf of people in Scotland who are struggling to meet their daily needs.

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

*Castletown and Community Free Church* will hold a Coffee Afternoon (2.00 – 3.30 pm) in their church today in aid of *Castletown Connections* and *The Scottish Bible Society*. A warm welcome awaits everyone – do go along if you can. Loving God, we thank you for the gift of friendship. May this event be filled with warmth and laughter. As those attending share coffee and food may they also share Your love.

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

Ascended Lord Jesus, we praise you. Once You lived a human life subject to the limitations of time: now You are the same yesterday, today and forever. Once You were limited to one particular place: now You are present wherever people turn to You. Once only those who met You face to face knew You: now Your divine love extends through all the world. Jesus, ascended Lord of time and space, love as wide as life, we praise and adore You.

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

As the days are getting longer and the temperature higher farmers and cattle breeders are very busy on their farms. It's thanks to their constant efforts that we have good quality food on our plates all year round. Caring God, we pray that the farmers will be rewarded for their hard work and their autumn crops will be abundant.

## **Tuesday 19<sup>th</sup>**

Living where we are, sometimes it is necessary for the Air Ambulance to take us to hospital. Dear God, we give thanks for the services of an Air Ambulance. Grant wisdom to the medical team, skill to the pilot and ground staff, and peace to the patient and their family.

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

Today sees the first group of visitors this year from a cruise ship booked to visit Canisbay Church. Dear Lord, we thank you for their presence in our community. May they feel Your rich blessing on their journey. We pray for the captain and crew of the Aidaluna and indeed all seafarers across the oceans. Grant them a safe passage wherever they travel. May all visitors to our county feel blessed and refreshed.

## **Thursday 21<sup>st</sup> *Together We Pray* in Canisbay Church Hall at 10.30 am**

Henri Nouwen, a Dutch priest, professor, writer and theologian, suggests we choose joy. *"Joy does not simply happen to us. We have to choose joy and keep choosing it every day."* *'The joy of the Lord is your strength.'* Nehemiah 8 verse 10 (abr) NKJV. Heavenly Father, when the journey of life brings joy and blessings help us to celebrate them to the full. When it brings moments of testing, support us in them through the knowledge of Your unfailing, undying love. Remind us that what we can't do, You can.

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

For several years we have been aware of the possibility of another world war. Perhaps we are being warned that we need to pray urgently that God's people will make regular prayer our necessity. Jesus told his disciples that he would return to this world at a time known only to God. There would be wars and rumours of wars, standards would be swept aside and life would be harder for many. More and more people would turn to God's teaching to share with others the urgency of believing that Jesus could return tomorrow. Heavenly Father, help me to live like that!

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

Many people reading this Prayer Diary will be pet lovers. Unfortunately, because of health issues or lack of money some desperate pet owners can't carry on looking after their beloved companions. Compassionate God we pray to ease their distress when they have to part from their four legged companions and we pray for all the volunteers who give their time and energy to work in Animal Rescue Centres. They do a tremendous job finding loving families to re-home animals in their care.

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

O God, on this Pentecost Sunday we remember how some of those who heard the apostles mocked them, and how some of Your people today are persecuted. We pray for Christians in Iran and North Korea, and many other places of persecution. We remember all who suffer for doing what is right, and pray for groups like Amnesty who plead for the rights of people to speak in freedom, and bodies who support Christians under pressure.

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

*4Paws* shares with us the following few sentences written anonymously: *Dog owners live longer*. Yes, really. A dog will capture your heart and also improve your heart health with all the increased fresh air and walking. All the best therapists have fur and four legs. Heavenly Father, the days are brighter now. Encourage us to go out walking. Even if we don't own a dog we will probably meet someone who is out with their dog. Through speaking to them it can uplift our spirits. Thank you for all our pets.

## **Tuesday 26<sup>th</sup>**

The Guild is having a break for the summer. However, we remember our Guild Projects and think especially of "*Bibles for Bairns*", a *Scottish Bible Society* initiative where children signed up to the project will receive a Bible and other Bible related gifts from their first to fifth birthdays. Caring God we give thanks for this project enabling children from an early age to know about You and Your love for them.

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

Across the area of Pentland Parish there are many family-run small businesses catering for local people and tourists. Loving God we bring before You the business men and women of our community. Grant them wisdom to make sound decisions and during times of challenge give them strength to persevere. May their businesses be a blessing to those working there and the customers, allowing them to serve with excellence.

### **Thursday 28<sup>th</sup>     *Together We Pray* in Canisbay Church Hall at 10.30 am**

Caring God, we remember all those who have lost loved ones, recently or some time ago. Be with them and surround them with Your love. *'He will wipe away every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.'* Revelation chapter 21 v 4.

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

There are many verses in the bible that have a deeper meaning than first imagined. This quote from Matthew 27:19 is one that may be overlooked unless we take time to examine it along with our own conscience. Pilate's wife sent a message to Pilate saying, *'Have nothing to do with that innocent man, for today I have suffered a great deal because of a dream about him'*. She sent this message to Pilate whilst he was sitting on the judgement seat deciding Jesus's fate. Pilate's wife knew that Jesus was innocent but literally turned her back on him. She stated he was innocent but did not encourage Pilate to release him. Lord, help us to help those who are being persecuted when we know they are innocent. Strengthen us so that we can intervene and help to set the innocent free.

### **Saturday 30<sup>th</sup>**

This is a five Sunday month. Tomorrow we will have a joint service in Canisbay Church at 12 noon. Following the service lunch will be served in the Church Hall. Father God, we thank you for this opportunity to have a time of fellowship over lunch. We remember that it is by your hand that all the food in raw ingredient form has been grown. We are grateful to the people who set up the hall, prepare the food and tidy up afterwards.

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

God of all the earth and all created things, You are Lord over the deep waters, over chaos, and over order. Meet us in our chaos we pray – when things are not going well - or when we feel out of step. In our worries and in our doubt we know You are never far from us. May we sense Your gentle hand and guidance when we gather in worship and when we raise our voices in adoration. Your presence, Your voice, Your breath creates life and love – may we sense it as we pray!



# The Church of Scotland

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**This prayer diary is produced monthly by and for**

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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:

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**Copy date for the June issue is Monday 25 May.**

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

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