

Our Prayer Diary



November 2025

Keep awake therefore, for you do not know on what day your Lord is coming. But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. Therefore you also must be ready, for the Son of Man is coming at an unexpected hour. *Matthew 24: Verses 42-44 NRSV*

Saturday 1st

The end of October saw the last of the daily openings of Canisbay Church for 2025. Caring God, we give thanks and ask Your blessing on those, who each day, opened the church in the morning and closed it in the evening. We also remember the other 'seasonal workers' who tend to cutting the grass and potting up lovely planters of flowers around our premises over the summer period. Bless also those who willingly do 'one-off' tasks in and around our churches when required.

Sunday 2nd

In Luke Chapter 19 Jesus is recorded as saying "*Take up your cross and follow after me.*" We are accustomed to think of Jesus carrying his own cross to Calvary and to concentrate on that but not to think of our carrying a cross. Jesus' words challenge us to reflect that we may be called on by God to carry life changing burdens which affect our own life or the lives of those dear to us. We can be sure that Jesus himself will walk alongside us giving us the strength to bear what lies before us. Gracious Lord, keep us faithful in praying for our friends and others known to us who are carrying their cross just now.

Monday 3rd

In October, a ceasefire deal was announced in the Israel - Gaza conflict. There have previously been times of hope and promises made but only our God has the power to make political leaders turn words into positive action. God of love and power, hear the prayers of your people worldwide and keep us faithful in praying until peace has been truly established and children can live peacefully in their families and their homes.

Tuesday 4th

A new national suicide prevention network has been launched in the UK. Losing a family member or a friend to suicide must leave many unanswered questions and have a devastating effect on families and friends. Healing God, comfort those families and help them find suitable answers to their questions and support them in their grieving and healing process.

Wednesday 5th Prayer Time at Canisbay Church Hall at 2.00 pm

4 Paws tells us that animals as well as humans benefit from hugs. They also ask us to take care of our pets during Guy Fawkes time and batten down the hatches for the oncoming winter weather. Gracious Lord, You see all the pets who are troubled by the noise of fireworks. May their owners make special provision for them, so they feel less frightened.

Thursday 6th

The Blythswood Lorry will be at *Castletown & Community Free Church* today from 11.15 am to midday to collect completed shoe boxes for distribution in Eastern Europe. Loving God we ask that through the Shoebox Appeal many lives will be changed for good. Bless all those who distribute the shoeboxes. We pray for them as they plan and prepare to give shoeboxes to those in need.

Friday 7th

The following are words spoken by Stephen Hawking: *"However difficult life may seem, there is always something you can do and succeed at."* Loving Father it is all too easy to write ourselves off as not being good at things. However, through You changes can be made. Please encourage us to try things and not give up at the first hurdle.

Saturday 8th

Today there will be a Soup and Sandwich Lunch in Mey Village Hall. These premises have in the past been used by Pentland Parish for worship and fund raising activities. Caring God, please encourage people to attend this community event. May the folk who go along feel blessed by the food they eat and the fellowship of being among friends.

Sunday 9th

Eternal God, we come before You in solemn remembrance of those who lived and died in service of their country. We give thanks for their lives, and pray that You would enable us to be worthy of the sacrifice made on our behalf. We remember particularly the fallen from our parish. May they rest in peace, and rise in glory. We ask that our prayers of remembrance inspire us to be peacemakers in our own time. *As is the custom there will be a Soup and Sandwich Lunch in Canisbay Church Hall today following the Remembrance Service.*

Monday 10th

Forgive me Gracious Father for the resentment I feel towards one or two people whose lives intertwine with mine. I am aware that my attitude spoils my witness and I see the urgency of having this dealt with. It is all too easy to justify ourselves and we forget the result of our behaviour. Help me dear Lord to cooperate with You as You work in my life. Hopefully my friends will see the difference and that the attempt of the enemy of God will be overcome.

Tuesday 11th

Almighty God, we fall silent on this day because we never wish to forget or return to days where every family, every community is touched by the plague of war and death. In remembering the sacrifices made on our behalf we ask that You inspire us to contribute to the change which our world so desperately needs. To that end, silence is not enough, it must be matched by our actions. Give each of us the strength and commitment, we pray, to strive for all that makes for peace, to heal the wounds of war and work for a just future for all humanity.

Wednesday 12th Prayer Time at Canisbay Church Hall at 2.00 pm

Loving Father we ask You to help with finding Care at Home Packages for people presently in hospital. Some of them would be able to return to their own home if a suitable amount of care was put in place. Encourage those looking for a job to consider a career in the Care Sector.

Thursday 13th

Today is *World Kindness Day*. There are many verses about kindness in the Bible, including Luke 6 verse 35 which says "*But love ye your enemies and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the highest: for he is kind unto the unthankful and to the evil.*" Obviously this verse relays what we should be doing every day and not just today. Lord, help me to remember these words.

Friday 14th

Tonight *Castletown & Community Free Church* will be hosting the *Tearfund Big Quiz* at 7.00 pm. All donations will support the '*Transforming Communities*' programme, helping local churches around the world lead their communities out of extreme poverty and into a sustainable future. Lord, bless all who will gather for this event. We pray for a fun evening and that funds raised will make a difference to those less fortunate than ourselves.

Saturday 15th

His Majesty the King has approved the nomination of Reverend Sarah Mullally as Archbishop of Canterbury. We pray and ask our caring Lord to give her the wisdom, strength and energy to carry out her future mission. We also pray that all Christian Church leaders encourage people of all denominations to work together and live on friendly terms so that we form a strong Christian community worldwide.

Sunday 16th Keiss and Canisbay Communion today.

Today is *CrossReach and Social Care Sunday*. Caring God, we pray for all the work of CrossReach; for the different projects across Scotland, the staff, the volunteers and for all those who give generously in support. We give thanks for all the lives that are touched and changed by the light of God's love. Today we think especially of a residential Recovery Service in Glasgow which supports people who are committed to living drug and alcohol free. We remember the families who struggle with the effects of addiction, as well as those who are trying to wipe drugs and alcohol out of their lives.

Monday 17th

Heavenly Father, we pray for all leaders and governments. May they hold fast to what is right and just, with policies, decisions and actions that make a fairer place for us all to live. We call on them to end the grandstanding and isolationist politics, enabling a better way to emerge where the hallmarks are grace, compassion, mercy and equity for all, with dignity recognised and celebrated, rather than despised and denigrated.

Tuesday 18th

'Imitate God, therefore, in everything you do, because you are His dear Children.' Ephesians 5 verse 1 NLT. Heavenly Father, please prompt us to pay a compliment to someone, or send an e:mail to give thanks for a job well done, or visit in person for a chat. Life is busy but encourage us Lord to always make time for these important little things.

Wednesday 19th Prayer Time at Canisbay Church Hall at 2.00 pm

Father God we remember all our local businesses. It is very easy to sit at home and make internet purchases. Across our four parishes there are many small enterprises. Help us to remember them when we are thinking of buying something.

Thursday 20th

Dear Lord, we pray for all the children who have been denied a happy and carefree childhood. We pray in particular for the children living in Gaza who have had no school education for two long years and for the thousands of Ukranian children who have been taken to Russia after having been seized by Russian forces during the attempted invasion of Ukraine. We pray for the safe reunification of those children with their families.

Friday 21st

A psychology expert has stated that 85% of what we worry about never happens, and of the events that do take place 79% are manageable, which goes to show how worry is almost always useless. Quotes in the Bible reinforce this fact and St Matthew's gospel says *"and which of you by being anxious can add one cubit to his span of life"* and *"therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day."* Lord we pray for those who suffer from anxiety.

Saturday 22nd

'The soul would have no rainbow if the eyes had no tears.' - Native American proverb. Heavenly Father we know You are with us in all our times of suffering. You provide us with energy to come through the sad times. We do feel the pain and shed tears but with You by our side we will one day *'see the rainbow'*.

Sunday 23rd Orlig and Dunnet Communion today.

Father God may our faith be strengthened by Communion and deepen our love for You. Help us to remember the great cost of our salvation. Sanctify the bread and wine, and let them be for us the body and blood of Christ.

Monday 24th

Last month we held *Harvest Thanksgiving Services* in Pentland Parish churches. Thanks to all who contributed to the Harvest Table; all donations (big and small) were gratefully received. The goods are now at the local foodbank. Loving Father, we pray for comfort for the clients who will access help from foodbanks, whatever circumstances have brought them there.

Tuesday 25th

This afternoon Pentland Parish Guild will meet in Canisbay Church Hall at 1.00 pm for a meal. All are welcome and feel free to bring a friend. There is no charge but donations towards the Guild projects will be gratefully received. Heavenly Father please bless all those in this country and abroad who are helped by the projects the Guild supports.

Wednesday 26th Prayer Time at Canisbay Church Hall at 2.00 pm

Father God we bring before you all our friends who used to be beside us Sunday by Sunday in the pews of the churches in Pentland Parish. Some have gone to care homes where we know they will be warm and well looked after. However they will no doubt be missing their previous home, friends and neighbours. We ask for Your presence with them and comfort them if they are lonely.

Thursday 27th

Most gentle God: we confess that we do not always feel like praising You. We lose sight of Your wonder in our lives and we forget Your goodness when times are hard. Forgive us when we dishonour You, and help us when we find ourselves struggling. Lead us gently onwards to brighter and better places, where we can regain a vision of Your glory.

Friday 28th

O God, You made us in Your own image and redeemed us through Jesus Your Son. Look with compassion on the whole human family and take away the arrogance and hatred which infect our hearts. Break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne.

Saturday 29th

Tomorrow is the fifth Sunday of the month, and as usual we will have a joint service in Canisbay Church at 12 noon. This will be led by members of Pentland Parish Guild. Loving God we give thanks for the Guild. Bless all the members who have taken time to prepare the service and those who will deliver it.

Sunday 30th

Today is the first Sunday of Advent. Loving Father, in this Advent season now stretched out before us we give You thanks for the promises that You make which are ours to take hold of: that the darkness has never and will never overcome the light, that the day is coming when the wolf will live with the lamb, and that the Prince of Peace shall reign.



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

Copy date for the December issue is Monday 17 November.

We continue to need your prayers! Thank you!

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