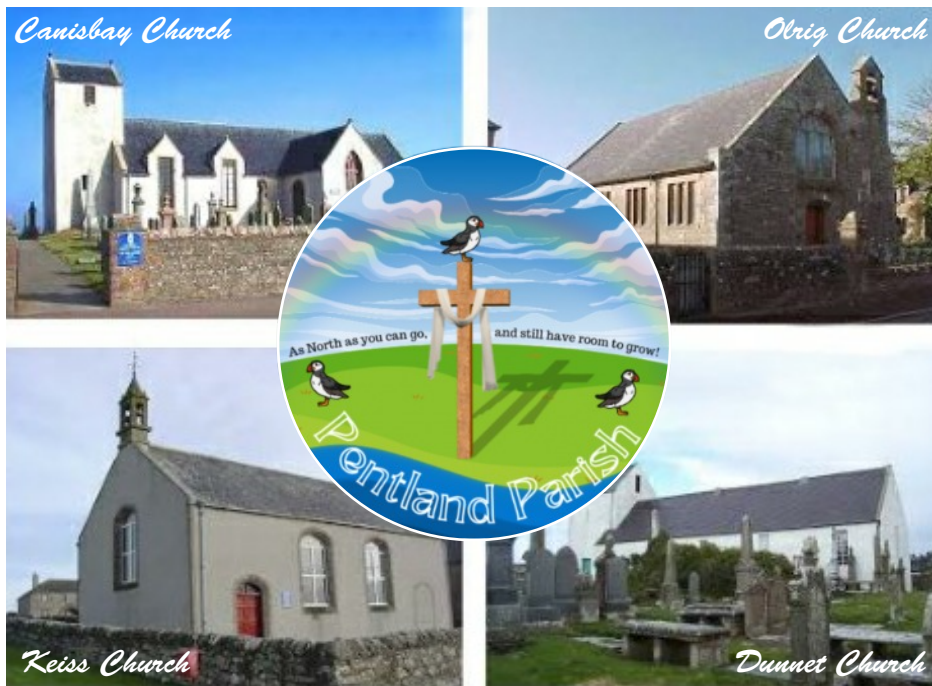


Our Prayer Diary



November 2023

'From where will my help come?

My help comes from the Lord...'

Psalm 121: 1-2 NRSV

Wednesday 1st Prayer Time at Esme's House - 2.00 pm

The Guild National Convener Rae Lind asked members and friends to pause for a short time of prayer one day last month. Here is her prayer, as relevant today as a few weeks ago. She started off by saying *"Please pause with me for prayer as we cry out to God for His mercy on the people of Israel and Palestine."* Psalm 13 begins with the question which many are asking - *"How long ..."* Its final verses speak of trust in God's steadfast love. We turn to Him in prayer.

God our Father, our sorrow is deep. We view with horror the unfolding events in Israel and in Palestine. There are no words and so we turn to You, believing in Your almighty power and presence. We pray for those who use power to cause suffering. We pray for those who have no power to use. We pray that You as the Fount of all wisdom, will grant wisdom to those whose decisions will affect world order. May the Prince of Peace move minds and hearts to work for peace and justice for all. Amen.

Thursday 2nd

We ask for Your blessing on all those taking a late holiday in our parish or passing through to Orkney. We pray that they will travel safely and find You in us when we meet them, whether it be at church, in the street, or in local shops or cafés.

Friday 3rd

Dear Father, let us pray for the lives lost when Storm Babet battered parts of the UK last month. The torrential rain and strong winds also caused disruption and heartache to the lives of many people whose houses were flooded, possessions ruined, and cars submerged. Many are still displaced from their homes. Heavenly Lord, please bring comfort to them, their families and friends as they now grieve and come to terms with their loss.

Saturday 4th

Gracious Lord, we pray that you will protect all those living on the edge of our society - uncared for, malnourished, or misunderstood. We ask that you will show us ways in which we can reach out and make a difference in their lives.

Sunday 5th

Get some animal therapy: spend time with your dog or cat and cherish their undivided loyalty and love. *The Godly care for their animals.* Proverbs 12 verse 10 NLT. Doris Day quotes *'I have found that when you are deeply troubled there are things you get from the silent devoted companionship of a dog that you can get from no other source.'* If you have access to BBC iPlayer 4 Paws recommends Songs of Praise - Harvest Service, and Pet Service.

Monday 6th

This insert was given by Esme. Thank you, Heavenly Father for the Harvest Thanksgiving Service led by Pentland Parish Guild Members last month. It was a real joy to share with many others, and people prepared very well for their contributions. I was very grateful for several friends who supported me in prayer for my share in the two sessions of prayers, since I had to pray without writing any notes as I have eye sight problems and can't see what I write down. It is all a challenge.

(We too were grateful to Esme for the part she played in the service - Ed)

Tuesday 7th

Lord we pray for the Presbytery meeting tonight and decisions that will need to be made. We pray for Your wisdom and Your will to be done. May people make the effort to attend so views can be representative of the whole of Presbytery.

Wednesday 8th Prayer Time Canisbay Church Hall 2.00 pm

Wednesday mornings at 8.00 am will see folk gather at Bellie Church in Fochabers for *'Pyjama Prayers'*. One of the people attending will be someone who receives our Prayer Diary each month. We think of our friends in other churches across Scotland and beyond as they draw near to God in Prayer. May they know courage, strength and peace from God as they go about their daily lives.

Thursday 9th

Loving Lord we have easy access to Your word. Sadly sometimes the Bible lies unopened on a shelf or in a drawer. Help us to realise what a treasure it is and encourage us to read it more often. Help us also to support those who are translating the Bible into other languages.

Friday 10th

Father we pray for all carers whether it be in the home or other Care-giving setting or hospital - unsung heroes who are doing so much behind the scenes to help and care for others. Very often in rural areas it is difficult to recruit carers and a lot falls to family members. Please renew their strength and give them times of rest. Sometimes good care is the last gift we can give someone - please let it be our best.

Saturday 11th

We are not always aware of how much we hurt each other. We say and do things without thinking. Teach us to think, Lord; to forgive others and, more difficult, to accept Your forgiveness. *For if you forgive other people when they sin against you, Your heavenly Father will also forgive you.* Matthew 6 verse 14.

Sunday 12th Remembrance Sunday

Gracious God, today people all over the country will observe two minutes silence and take time to reflect on the service men and women from two World Wars '*who gave their today for our tomorrow*'. Help us to wear our poppies with pride to show support for the service and sacrifice of our Armed Forces, veterans and their families.

Monday 13th

Lord there are so many natural disasters in the world - climate change is having a devastating effect. We are so sorry for not always treating your world with respect and care. Help us to be so mindful of what each of us can do to bring about positive change. If everyone made even a small lifestyle change it would in time make a big difference.

Tuesday 14th

Several people have asked for prayer following the terrible happenings in the Middle East. Lord, give wisdom to all political leaders so that peace prevails everywhere in our world. We pray for peace and an end to attacks on innocent civilians - some of them babies, children, women and elderly people in Israel and Palestine. We also think of all those who are suffering the effects of wars and conflicts which never appear in the media.

Wednesday 15th Prayer Time - Canisbay Church Hall 2.00 pm

We think of and pray for all parents who have lost babies in pregnancy or soon after birth. Like any kind of grief this is ongoing. May they find comfort for the feelings of loss that they still experience.

Thursday 16th

Be a 'glass-half-full' person. Always look on the bright side; it's good for you. *May our Lord Jesus Christ Himself and God our Father, who loved us and by His grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.* 2 Thessalonians 2 verses 16 and 17 NIV.

Friday 17th

Wonderful, life giving Saviour - You have created a world finely balanced between different species. Please, open our eyes and make us more aware of how we live and our effect on this planet.

Saturday 18th

We give thanks, Lord, for the work of all those who organise local community events and those who help run youth organisations. We thank You for their dedication in giving so freely of their time and talents. We appreciate that a lot of preparation goes into these activities; it is not just the time when something is actually taking place.

Sunday 19th Olrig and Dunnet Communion Services

Loving Father, we will praise You with gratitude in our hearts, and with our lips we will sing and praise Your Holy name. With our voices we will declare that there is no God like You. You are a faithful God to all that you created. You, Lord love us in a way that words cannot express. When we pray to You, You never ignore us and Your joy always brings us hope and strength. *This prayer was sent from the daughter-in-law of one of our faithful contributors.*

Monday 20th

Lord we pray for Ukraine; so many are still suffering, please let them know that they are not forgotten. We pray for all the war casualties and ask for aid to reach those in need and for Your peace to prevail.

Tuesday 21st

Father we pray for the peace of Jerusalem and that the Israeli governmental leaders will make wise and God-directed decisions. It must hurt You so much to see buildings bombed, families decimated and terrorists causing torture and death. We pray for courage, hope, peace, strength for the people - that You Father God would bring Your help with the trauma and fear impacting so many.

Wednesday 22nd Prayer Time - Canisbay Church Hall 2.00 pm

Jesus, thank you for dying on the cross for us so that we may come close to God. We cannot comprehend so much overwhelming love that can heal differences between communities and countries. Help us to not only know, but to share that love.

Thursday 23rd

A regular Prayer Diary contributor says '*When I get stressed, I repeat this line and concentrate on each word -* '

Be still and know that I am God,

Be still and know that I am

Be still and know

Be still

(repetition of Psalm 45 verse 10)

Friday 24th

Father God we pray for all those who don't know you - please send people to cross their paths and share the good news. Help us to have courage to share it too and help us to be sensitive in the way we share it.

Saturday 25th

Street Pastors will be out tonight on the streets of Wick. They are trying to recruit more volunteers to expand the service to Thurso, and maybe to more than once a month. Their biggest need is for female volunteers. Do you think you could help? Heavenly Father, we know that Street Pastors do sterling work patrolling the streets late at night, helping those who need it. You know who would make a good Street Pastor. Please speak to them and encourage them to go to the training sessions to see if this is something they might be able to do.

Sunday 26th Communion at Keiss and Canisbay

A dog doesn't care how much you earn. A dog doesn't care what car you drive. A dog doesn't care if you're young or old. A dog doesn't care if you're a bit overweight. A dog doesn't care if your jokes are cringe-worthy. A dog doesn't care about danger labels. A dog just wants to love you and spend time with you. Paws Crossed for successful health inoculations. Take care as you drive with it being dark for longer in the mornings and earlier at nights, and the possibility of icy pavements and roads. Stay strong and safe.

Monday 27th

We give thanks for the website that we have now in Pentland Parish and pray that it will help inform and promote the aims of Pentland Parish for the benefit of our collective community.

**Tuesday 28th Pentland Parish Guild 2.00 pm
Canisbay Church Hall**

Loving Lord, we pray for those who have prominent birth marks or are disfigured in any way and consequently find it difficult to appear in public. Please give them an inner beauty that shines out from them and gives them an attractiveness far greater than good looks.

Wednesday 29th Prayer Time - Canisbay Church Hall 2.00 pm
Father we long for revival - please let your Holy Fire fall afresh on us.

Thursday 30th

God is behind you in the past,
Beside you in the present,
Before you in the future,
God is above you to protect you,
Beneath you to support you,
Within you to sustain you,
Thus enfolded, armed and blessed,
Live today and every day with your hope
Firmly anchored in the Lord Jesus Christ,
And your confidence safely resting in God's love.



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PENTLAND PARISH CHURCH OF SCOTLAND

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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: neilbuchan007@btinternet.com or phone: 01847 821759

Copy date for the December issue is Monday 20 November.

We continue to need your prayers! Thank you!

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