

Our Prayer Diary



October 2025

O how I love Your law! It is my meditation all the day.
You through Your commandments have made me wiser
than my enemies: for they are ever with me. I have
more understanding than all my teachers: for Your
testimonies are my meditation. I understand more
than the ancients, because I keep Your precepts. I have
refrained my feet from every evil way, that I might keep
Your word.

Psalms 119 vs 97-101

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

Canisbay Church took part in Scotland's *Doors Open Days* festival on 20th and 21st September. Heavenly Father we give You thanks for all those who visited our historic Kirk, for all the interest they showed and the lovely comments about the beautiful sanctuary. We had people from all over Britain and further afield. One lady from Canada told us how her grandmother was supposed to sail on Titanic but took ill and couldn't go! We are very grateful to all who helped in the church and in the hall with the teas. Many enjoyed a time of fellowship and refreshment. Loving God we give thanks for all Your goodness.

Thursday 2nd

A regular contributor was pleased recently when an old favourite hymn of theirs was sung at the church morning service. *I need thee every hour, most gracious Lord; No tender voice but Thine can peace afford. I need Thee, O I need Thee; Every hour I need Thee; O bless me now, my Saviour; I come to Thee.* The truth of it remains relevant in these days when our church is very different. Jesus Christ is the same, yesterday, today and for ever as the writer to the Hebrews says.

Friday 3rd

This coming Sunday (5 October) is *Harvest Thanksgiving* in Pentland Parish. Donations of non-perishable goods will be gratefully received at the Harvest Table for the Food Bank. Lord of the harvest, thank you for Your generosity to us. We thank you for the food that is grown and ask Your blessing on those who grow it. When we have plenty food we ask that we will be prompted to share our excess with those who don't have enough. Thank you for Food Banks, and may all those who are in need be able to access provisions from them.

Saturday 4th

4 Paws would like to share this true story with us. *"I recently travelled down to Aberdeen with Ember Buses. My driver to Inverness was Paul and my driver to Aberdeen was Matthew. How could a girl not feel safe on board with two such stalwart Christian names in charge?"* Heavenly Father we thank you for public transport drivers, for their dedication to the job and bringing their passengers safely to their destination.

Sunday 5th Harvest Thanksgiving service in each PP church

Gracious God, we thank you for Your goodness that never fails, for new mercy that rises with each morning and grace that holds us through the night. We thank you for neighbours who embody Your kindness, for communities where the last are lifted up and the overlooked are seen. Thank You for Jesus, who showed us that true power kneels to wash feet, and that real glory is found among the lowly. For all this, and for what we dare to hope for still, we give You praise.

Monday 6th

October is *Breast Cancer Awareness Month*. Heavenly Father we bring before You all those who have received a breast cancer diagnosis. We ask for Your healing to be poured out upon them. We remember too all the family members journeying through this illness with their loved ones. Please encourage people to attend when invited for Breast Scanner appointments.

Tuesday 7th

'Let your speech always be with grace, as though seasoned with salt, so that you will know how you should respond to each person.' Colossians 4 verse 6. Lord I often struggle to say the right words and convey the meaning of what I want to say so others will listen to what I have to say, in the same way as I listen to them.

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

As war intensifies in Ukraine and the Middle East, let us pray for all the civilians who lose their lives in those merciless conflicts. We pray that a peaceful and acceptable solution for all is found in the near future. *'The troubles of the past will be gone and forgotten.'* Isaiah 65 verse 16.

Thursday 9th

A regular contributor often thinks of blind or visually impaired people who miss out on things, e.g. reading a novel or taking a walk in the countryside among the beautiful wild flowers and birds our Lord created for us to enjoy. Healing God, give all visually impaired people other things to enjoy and help them in their daily lives. They have two dear friends in mind - one whose eyesight is not as good as it used to be and the other who is going into hospital on the 24th of this month to have her eyes properly investigated.

Friday 10th

Gracious God, we pray for those who work as carers in people's homes and in the community. Caring for service users who have a wide variety of needs must often be a thankless task and the increasing number of people requiring care is not matched by the numbers available to carry out the work and so extra demands are having to be put on the workers. Move the heart of more to come forward as carers and encourage the carers to find satisfaction in the knowledge that what they do is properly appreciated.

Saturday 11th

4Paws is noticing the nights drawing in. Because of this they are asking everyone to make sure you and your pets are well prepared for oncoming winter. Heavenly Father, help us to be ready for the changing weather.

Sunday 12th

God of justice, truth, and faith, we pray for those facing injustice, give them strength and hope. We pray for teachers and leaders, guide them in truth and honesty. We pray for those who feel discouraged, remind them that You are near. We pray for the church, that we would rest in Your justice.

Monday 13th (Final day for contributions to November Prayer Diary)

The first school term of this academic year has now ended. The pupils are well into their studies. We pray that no child will be bullied; school days should be a fulfilling time for everyone. We also pray for all those who will be sitting certificate exams in May. Their school year will be very demanding but we pray that they don't get discouraged and that in the end their efforts will be rewarded. *'Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength.'* Isaiah 40 verses 30 and 31 (NIV). Dear Lord support teachers too in their hard and demanding work.

Tuesday 14th

Restoring God, we confess that we have trusted in ourselves more than in You. We have looked down on others, measured worth by appearances and turned away from the lowly and the poor. Forgive us for the times we have hoarded abundance rather than sharing it. Forgive us when we have been slow to believe that Your Spirit is for all people. Renew our hearts, restore our sight, and send us out as people who bear Your mercy to others.

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

Lord, we are very much aware of the wars in Ukraine, Gaza, Sudan and so many other places that are on the brink of conflict. It is truly heart-breaking to see all the people that are the innocent victims of hostilities. Ordinary citizens, of all ages, seem to suffer the most in these conflicts; the suffering of the citizens in Gaza is unprecedented in recent times. The daily pain, desperation and fear they are enduring is beyond our comprehension. Father, we pray with all our hearts that world leaders, who have the power to influence and direct change, expedite their authority to minimise further loss of life. May international justice prevail upon all those responsible for the cruelty brought upon so many innocent families and peace be restored to all sectors of society wherever they live.

Thursday 16th

A regular contributor was thrilled to hear recently about encouraging signs in some churches in the UK where there has been a marked increase in the number of young people who have begun to attend their local church. There are similarly encouraging signs in France with young adults coming forward for baptism. God is certainly at work! Praise Him! There is truly nothing that God cannot do!

Friday 17th

'Love us Lord in deed and in truth and not merely talk about it'. 1 John 3 verse 18. We must live in Love, if we are silent, be silent out of Love. If we speak, speak out of Love. When we act, act out of Love. Heavenly Father grant me the gift of Your Love so that whatever I do or say I may do it out of Love.

Saturday 18th

Heavenly Father we give thanks for all the Blythswood Shoeboxes that have been filled over the years and pray for all the people who have enjoyed the contents of the boxes they opened. Bless all those who are filling boxes at this time of year. We also pray for all the coordinators, people who check the boxes and the lorry drivers who drive to foreign countries with the filled boxes.

Sunday 19th

Heavenly Father, every day we thank You for the blessings and privileges we enjoy. Thank you for all the physical, emotional, and spiritual gifts You bestow. We praise You for our homes, our surroundings, our jobs, and our abilities, but all around we acknowledge there are those less fortunate than ourselves. We pray for all who bring physical healing - surgeons, doctors, nurses, carers and all the health professionals who work around them. Strengthen and encourage them all.

Monday 20th

Generous God, we thank You for the rain that refreshes, for the harvest that feeds, and for the Spirit that fills Your people with life. We thank You for the quiet ways You restore us: strength in our weakness; peace in our fear; companionship in our loneliness. Thank you for the mercy that lifts the humble, and for the justice that gives the last their place at the table.

Tuesday 21st

Lord Jesus, when You were here on earth You spent your time and energy with outcasts, strangers and those despised by society. Help us to do the same and may we always approach others with Your love. Empower us with Your grace and mercy so that everything we do and think and say may be for the encouragement and support of all we meet.

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

Bronwen, a member of our congregation at Orlig and sometimes at Cannisbay spends much of her time looking after burned children in Africa. She asks for prayers for them. One of these children, Letty, turns seven years old today. She was born with a club foot that remained undiagnosed until Children of Fire started helping her; she was burned at eighteen months old in a paraffin stove explosion. Briefly she was returned to her biological family and there was abused at just over three years old. Now she goes back and forth to hospital and courts and legally there is no progress, not even in getting her a birth certificate. But Letty reads very well, the best reader in four generations of her family where most members are illiterate. She is a caring little girl who thinks she should be renamed Milly Molly Mandy after one of her favourite literary characters. Letty wants her birthday to be a rowing boat party on Zoo Lake in Johannesburg, amid the ducks and geese splashing beneath the fountain. Letty is learning ballet and she is a great swimmer. She is very fond of cats and dogs and watching little bugs on flowers. Pray for her future please, for health, happiness, love, education and safety.

Thursday 23rd

As we now experience longer dark nights we pray for those who are alone and lonely and dread the long spells of darkness. Loving God be with all who feel this way and help them to know that You are always there with them. Prompt us Lord to visit or phone so that they feel less isolated.

Friday 24th

4Paws advises that Roger Caras wrote the following words. *'Some of our greatest historical and artistic treasures we place with curators in museums; others, we take for walks.'* Father God, we give thanks for the companionship and faithfulness of our four legged friends.

Saturday 25th

Today at *Castletown and Community Free Church* there will be a Coffee Afternoon from 2.00 - 4.00 pm. Do come along if you can. You will be assured of a warm welcome. Donations received will go towards *Blythswood Shoebox Appeal* and *Rheumatoid Arthritis*.

Sunday 26th

Merciful God, we admit that we often give up too quickly, don't always prioritise prayer, and lose heart when justice feels far off or disconnected. We rely on our own strength, seeking solutions to our own problems and forget to look to You. Forgive us when we avoid Your work of shaping us. Forgive us when we hear Your Word and choose not to live it out. Write Your grace on our hearts again, and renew us in the joy of following You.

Monday 27th

Heavenly Father, across our nations, both Scotland and the wider UK, we pray for all suffering disabilities of any kind. Make everyone more loving and supportive so that despite any limitations, all Your people may achieve full and enriching lives. May singing praise to You and offering gratitude, help alleviate anxiety and concern.

Tuesday 28th

Today at the Guild we will welcome retired vet *Mr Frank Stephen* as our guest speaker. Frank sadly lost his lovely wife to Alzheimer's. Today we remember all those suffering from this and all types of dementia. We pray for them and those who care for them. Heavenly Father be with those whose lives are blighted by this cruel condition, give patience and understanding to all, that we may help them to feel loved and included.

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

G H Montgomery penned the following words: '*We need to be loved and we need to give love. When we are thwarted in this, we suffer terribly.*' Dear Father, when things seem to be going wrong and I lose faith in myself I give thanks for the love of those around me. Thank you for placing people in my life who look out for me and love me. Through their love for me I am reminded of Your love for all of us.

Thursday 30th

Heavenly Father we give thanks that many churches continue to collectively celebrate and acknowledge the impact of the work carried out in Christ's name through *CrossReach*. We give thanks for all the charities who can be at the crisis point with practical help whenever they are needed. May we, as far as possible, continue to finance *CrossReach* and all the causes nearest to our hearts with meaningful gifts, our time and our talents.

Friday 31st

James Jennings wrote '*If a man's Bible is coming apart, it is an indication that he himself is fairly well put together*'. Heavenly Father encourage us to spend more time reading Your word. Give us a passion to get to know it. Thank you for Bibles in many translations. May we learn from The Bible and go on to spread Your word to those around us.



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 month issue is Monday 13 October.

We continue to need your prayers! Thank you!

If you would like to make an online donation to Pentland Parish, please scan the adjacent QR code; *alternatively* visit www.churchofscotland.co.uk and navigate to the *Donate to the Church* page. Either way, at Step 1 on the page, select *Donate to a Congregation* and enter **PENTLAND PARISH**, then follow the instructions to complete the donation.

