

Our Prayer Diary



September 2024

Let the words of my mouth and the
meditation of my heart be acceptable to
you, O Lord, my rock and my redeemer.

Psalm 19 verse 14

Sunday 1st

Dear Lord, we give thanks for the fact our beautiful Flow Country has been granted UNESCO World Heritage Site status. We pray for all the people who worked so hard and have been very active in this campaign. We pray for the earth that is alive with Your glory; may we cherish and never take for granted the beauty and bounty You have gifted us. We ask that You will strengthen, restore and inspire our hearts that we will always respect and protect Your bounteous Creation.

Monday 2nd

This prayer was on an information sheet issued by Dirleton Parish Church. It has been slightly adapted. *God our Father we give thanks for the wisdom, skill and generosity of men and women in days gone past, who have made the churches in our grouping the place of prayer and worship it is today. As the church of the past has nourished the faith of generations of people, and brought comfort and hope to all, we pray that in our day the message of the Good News of Jesus Christ will give us vision and hope. We ask this through Christ our Lord. Amen.*

Tuesday 3rd

Heavenly Father we ask that you will give wisdom and strength to all who work in Care Homes, both in Caithness and further afield. We thank you for Your presence among staff and residents in the Care Homes. We also ask Your blessing on all who visit and provide entertainment for the residents.

Wednesday 4th Prayer Time at Canisbay Church Hall at 2.00 pm

Caring Father, we give thanks for the work of others who enable us to have clean water and to dispose of waste appropriately. Please nudge those areas of Britain where waste is being allowed to flow into our rivers!

Thursday 5th

Loving God, we give You thanks for the skill of surgeons and the dedication of nurses and doctors. We all know someone who has benefited from their healing touch. We think also of the paramedics, ambulance drivers, air ambulance crews and all who contribute to looking after our health and well being.

Friday 6th

Heavenly Father, there are signs that our wildlife is returning in some areas but disappearing from others. Where there is loss, it is often the actions of humans or climate changes caused by humans. Please help us to consider our actions and make decisions that will help improve the environment You gave us as well as the native creature inhabitants.

Saturday 7th

Gracious God, God Save the King. We were inspired that the King made time to travel to Southport to meet emergency workers and the families of the children killed in the recent dance club tragedy. Keep each one safe, dear Father. Continue to heal and strengthen each member of those families who need it.

Sunday 8th

Heavenly Father, we come before You as Your people. We come with the dust of the world on our feet, acutely aware of strife, both within and without. We seek Your cleansing power, Your presence, Your promptings, Your peace. We come in response to Your invitation, knowing that You will work within and among us. We offer You ourselves, open, expectant, ready for new life to take root within us, and to become more like Jesus.

Monday 9th

Canisbay church is open daily for visitors between April and October. Father God we give thanks to the people who each morning open the church and close it again in the evening. From reading comments in the visitors book we know that folk appreciate the opportunity to come in and spend time in the church on a day other than Sunday. *“In every place where I cause my name to be remembered I will come to you and bless you.”* Exodus 20 verse 24 NIV (abridged)

Tuesday 10th

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.” These words were written by Barack Obama, 44th president of the USA.

Wednesday 11th Prayer Time at Canisbay Church Hall at 2.00 pm

Loving God we give You thanks for all the positive outcomes and success stories from treatment that has been provided by doctors and nurses in NHS hospitals in the Highlands and beyond.

Thursday 12th

Father God, please forgive me if I haven't spoken with You for sometime. My life was relatively easy until, over a short time, things have seemed to be going wrong. There is such a lot to be anxious about affecting my family, close friends, the wider community, etc. *[Pause and think of one person in each category.]* Loving God, put your arms around each one of them. Keep me caring and praying for them.

Friday 13th

Heavenly Father, we pray for people who have to drive long distances, as part of their job, on busy and sometimes treacherous roads. We think of refuse collectors, carers, postmen and doctors. We ask that You will protect them in their travels and keep them safe. Our life without them would be difficult.

Saturday 14th

Heavenly Father, within Pentland Parish we have doctors' surgeries in both Canisbay and Castletown. We pray for all the doctors, nurses and other staff members of both surgeries as they care for patients in the surrounding areas. We pray that they may always be guided by Your hand in their work. We ask that You grant them the strength and patience to deal with the demands of their profession.

Sunday 15th

Loving Father, we lift up before You the young, the vulnerable in every community, and all in positions of trust. We remember all who tend earth and animal, sustaining our existence through food, and those who nourish our emotional lives, in friendship, family, companionship, laughter, and joy; we give thanks.

Monday 16th

Thank you Lord for being with us in our darkness, Your light continuing to shine through trouble, turmoil and tears. Break through where shadows still linger, into our doubt and disbelief, our flawed commitment and weakness of will. We ask that You will illuminate all through the radiance of Your love.

Tuesday 17th

Heavenly Father, as the nights draw in and the weather begins to turn autumnal, we pray for those who dread the thought of dark nights and cold days. Many feel more isolated with curtains drawn and less sunshine. Make us aware of those we could help with a phone call or a visit. Be with all who become depressed and unhappy at this time. Bless them with Your peace and comfort in such times of difficulty. Help them to feel Your presence such that they may know they are never alone.

Wednesday 18th Prayer Time at Canisbay Church Hall at 2.00 pm

4Paws asks us to enjoy our time of impending autumn with all our playmates - two and four pawed. She goes on to share some words written by Barbara Woodhouse the British dog trainer and author. *“The eyes of a dog, the expression of a dog, the warmly wagging tail of a dog and the gloriously cold damp nose of a dog were in my opinion, all God-given for one purpose only - to make complete fools of us human beings.”* Father, please bless all the animals that give such comfort and joy to their humans - from dogs to cats, rabbits, hamsters, parrots and more. Each animal created by You is a gift - help our pet to know how much they are cherished.

Thursday 19th

Caring Father, I pray that if anyone receives a cancer diagnosis, they will put their trust in You. Over the course of this century major advances have been made, and continue to be made, in the treatment of cancer. Let the afflicted have Faith! Bless them with courage and hope, such that they may find solace in your loving embrace. *‘Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; He will neither fail you nor abandon you.’* – Deuteronomy 31 verse 8 NLT

Friday 20th

The archery session was going well. Inspired by their trainer, an Olympic medallist, the young people were showing huge progress, that is all except Megan. Her aim was getting worse. The arrows fell short of the target or flew over it. She was aware of a movement behind her. Trainer Dave said nothing. He fitted her arrow into the string, pulled it back and it flew forward and landed in the centre of the target. *You have been set a challenge by a regular contributor - find the bible edition of this story in Isaiah chapter 57.* Loving God, thank you for dying for me. Help me to understand how much You love me.

Saturday 21st

Living God, we ask that You would hear our prayer for peace amongst the nations and for ending of conflict in Ukraine, Israel and Gaza. Inspire world leaders to follow the paths of peace such that the dividing wall of hostility can be broken down, restoring harmony to the commonwealth of nations. We ask that You would pour out Your Holy Spirit and inspire in us hope that peace will be renewed.

Sunday 22nd

Heavenly Father we give thanks for Your gift of the sun, shining low on the horizon, and warming the shortening autumn days. In its rays gardens and parks become blazes of colour, trees and earth preparing to rest, rejuvenate, restore for next year. We give thanks for a season's gifts, welcome nourishment for body and soul, and acknowledge the movement of time in phases of life and death.

Monday 23rd

Almighty God, Pentland Parish is situated on the coast. You have made the sea and all that moves within it. We thank You for the harvest of the ocean. We know that a fisherman's life can be dangerous and we ask that You will be with all who go to sea, giving them wisdom as they navigate the waters and guide them all safely back to shore.

Tuesday 24th

This afternoon at 2.00 pm Pentland Parish Guild will hold its first meeting of the session at Canisbay Church Hall. A warm welcome will be extended to all who wish to come along. The speaker is Mr Ben MacGregor who writes under the pseudonym of *Ralph* in the local weekly newspaper. Heavenly Father, we ask Your blessing on all Guild members and the projects they support at home and abroad. Guide and inspire all who plan for the future, and encourage those who deal with the day to day tasks which make it all possible.

Wednesday 25th Prayer Time at Canisbay Church Hall at 2.00 pm

We pray for those who are 'at war' with their neighbours. Grant understanding and a desire for kindness, friendliness and empathy to all concerned. We pray a blessing over each person and every household and ask that each one will be filled with Your peace, and experience Your love and forgiveness.

Thursday 26th

Life doesn't have to be perfect to be wonderful. *'Oh come, let us sing to the Lord, let us make a joyful noise to the rock of our salvation.'* Psalm 95, verse 1 ESV. Heavenly Father help us to enjoy each day, drawing from it as many positives as we can.

Friday 27th

Macmillan Cancer Support provide services for people living with cancer at every stage of their cancer experience. They deliver emotional, practical, physical and financial support. Every year, on and around the last Friday in September, *Macmillan Coffee Mornings* are held throughout the UK to raise funds for this very worthwhile cause. Heavenly Father, we pray in support of those individuals and organisations who are hosting a *Macmillan Coffee Morning* within Caithness. Please be with them in their caring endeavour and gladden the hearts of all who attend.

Saturday 28th

Caring Father, we pray for low income households who are facing another long and difficult winter as the cost of energy is set to rise in price. Let us not forget that some families are still struggling with debts built up last winter. We ask that You keep under Your protection all who suffer as a result of debt. Help them through their time of darkness, and give wisdom and compassion to all who seek to help.

Sunday 29th

Heavenly Father we pray for all those who regularly month by month send prayers for the Pentland Parish Prayer Diary. We thank them for the time and effort they put into this. Without their contributions there would be no Prayer Diary. We also ask your blessing on all those who read the Diary.

Monday 30th

We pray for all new babies born, whether known to us or not. We ask that they will be healthy and learn to know You. Help new parents to overcome their fears of parenthood and to pass on their life knowledge wisely. Guide them with Your wisdom as they watch over their precious bundle every step of the way on the journey into adulthood. May the Holy Spirit be a shield around them, keeping them safe in Your loving care. Jesus said *"Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."* Matthew 19 verse 14 NIV



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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 October issue is Monday 23 September.

We continue to need your prayers! Thank you!

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