



*Prayer  
In Your  
Pocket*

...stillness  
...conversation  
Prayer is.... ...song  
...action  
...breath  
...silence

Let love be genuine; hate what is evil,  
hold fast to what is good;  
love one another with mutual affection;  
outdo one another in showing honour.  
Do not lag in zeal, be ardent in spirit, serve the  
Lord. Rejoice in hope, be patient in suffering,  
persevere in prayer.  
Contribute to the needs of the saints;  
extend hospitality to strangers.

*Romans 12:9-13 (NRSV)*

Gracious God,  
we praise you  
for your limitless love,  
for the way that Jesus  
taught his disciples  
how to pray,  
and for your Holy Spirit  
that inspires our prayers today.  
Help us to be open to each  
sign of your grace.  
Help us to be ready to spend  
time in your presence.  
Guide and enrich our praying  
as we journey  
ever more closely to you.  
Amen.

*Michaela Youngson*



*Jesus taught his disciples to pray....*

Our Father in heaven,  
Hallowed be your name.  
Your kingdom come,  
Your will be done on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power and  
the glory are yours, for ever and ever.  
Amen.



Lord, guide me in all the decisions  
I will face today, large and small.  
Help me to weigh the effects they will have on others;  
grant me courage in those which are difficult  
and I would rather avoid.  
Give me time to think before I act.  
In all that I say or think or do this day,  
inspire me with your love and lead me into your truth.  
Amen.

*David Walton*



O God,  
when I feel like a motherless child,  
a long way from home,  
help me to remember,  
with all believers,  
that we are always and everywhere  
held safe in your embrace,  
sheltering us and your world-wide family under the wings  
of your everlasting mother-love. Amen.

*Pauline Webb*



Loving parent  
of all humankind,  
make the roof of my house wide enough  
for all opinions;  
oil the door of my house  
so that it opens easily  
to friend and stranger;  
and set such a table in my house  
that my whole family  
may speak kindly and freely around it.  
Amen.

*Prayer from Hawaii*  
*Source unknown*

# *Dancing through creation*



Dynamic God,  
dancing through creation,  
you dare us to be different  
You grant us a glimpse of your kingdom:  
where creation is liberated  
nations are healed  
and people are reconciled  
to one another and to you.  
Save us from making your vision a daydream.  
Lead us by your Spirit to do your will  
that here and now  
your earth and your people  
may know healing,  
wholeness and hope.  
Amen.

*Caroline Ainger  
Methodist Relief & Development Fund*

Let my heart never cease to worship you, O God.

Let my spirit be forever permeated  
with your presence.

Let me always hear the voice of your angels.

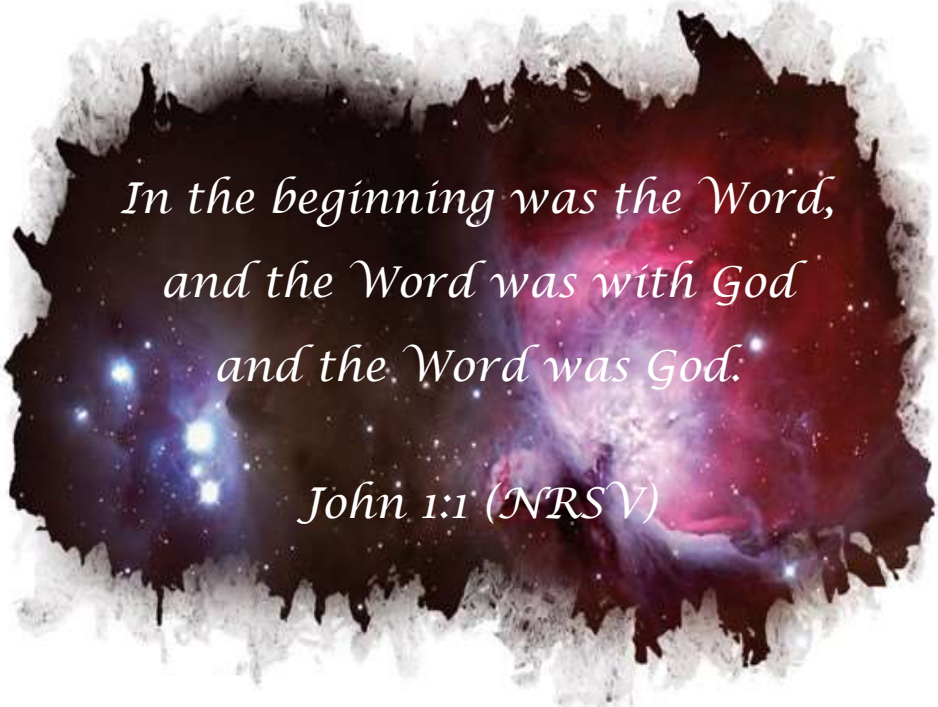
Let my soul be eternally lifted up  
into the courts of your praise.

Amen.

*Gregory of Nazianzus, 329-89*







*In the beginning was the Word,  
and the Word was with God  
and the Word was God.*

*John 1:1 (NRSV)*

God, great Three in One  
You began a conversation  
and through your Word the world was born.  
Help us to find ways to talk naturally of you  
and all that we believe of your love.  
Through our words may your Word be known,  
and may our lives be signs of your grace  
Amen.

*Michaela Youngson*

The Spirit helps us in our weakness;  
for we do not know how to pray as we ought,  
but that very Spirit intercedes with sighs  
too deep for words - Romans 8:26 (NRSV)



## **An African Prayer**

Jesus, our hero incomparable  
who goes before us in our fight against unjust  
international trade,  
hear us as we commit ourselves to create an egalitarian,  
tender and caring world during our lifetime.

Grant that the hearts and minds  
of the powerful leaders of this world  
will hear our cry for justice  
and be tuned to think the way God thinks  
about your oppressed,  
and often disregarded, poor of this world.

Jesus, our hero incomparable,  
you are our bed-rock,  
the grinding stone  
upon which our mothers ground millet,  
the source of our life-giving and life-sustaining energy,  
grant that instead of wars,  
conflicts and rumours of wars,  
peace, harmony and fair play  
will prevail within and without our borders.  
Amen.

*Jonathan Gichaara, Kenya*





*In love  
all your works  
have begun*

Ancient of Ancients,  
creation dances with the rhythm of your love.  
Bringer of Peace,  
our hearts yearn for your gentle caress.  
Counsellor of Wisdom,  
inspire our minds to discern your presence.  
Direct us in the paths of your justice and mercy.  
Encourage us to see signs  
of new life in your world.  
Find us when we lose our way  
and guide us back to your open embrace.  
Hear this and all our prayers.  
Amen.



*Michaela Youngson*

Grant to us, O Lord, fullness of faith,  
firmness of hope and fervency of love.

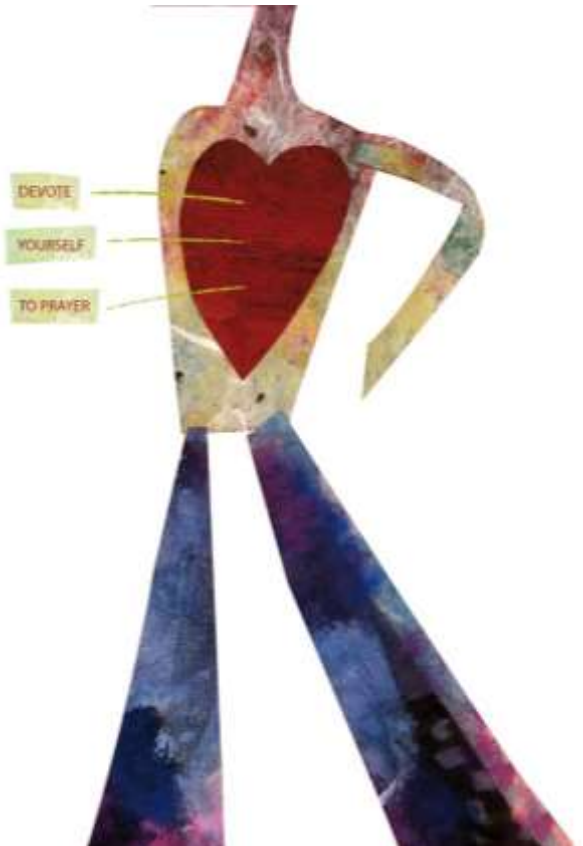
For the sake of the gospel  
may we sit loosely to our wealth  
and daily embrace you in the poor of the world.

As we rejoice in your generosity  
so may we give ourselves in the service of others;  
through Christ our Lord. Amen.

*Thomas More, 1478-1535*

Devote  
yourselves to  
prayer,  
keeping alert  
in it with  
thanksgiving.

Colossians 4:2 (NRSV)



Lord, before ever you made us, you loved us.  
Nor has your love ever slackened, nor ever shall.

In love all your works have begun,  
and in love they continue.

In this love our life is everlasting,  
and in this love we shall see you  
and be glad forever. Amen.

*Julian of Norwich, 1342-1416*



Knit my soul to your own, O Christ,  
so that I may never be separated from you.

Only in you am I a person fully alive.

Only in your light can I see and only in your  
strength can I pursue my way.

To you I come, O wisdom without end.

In you I rest, O mercy without limit.

To you I give all praise,  
O crown of all majesty.

*Mechtild of Magdeburg, 1210-1280*

**May God's breath  
cleanse and empower us.  
May God's strength  
lead us in times of temptation.  
May God's guidance  
help us to seek for alternatives.  
May God's sensitivity  
make us tread lightly on creation.  
Amen.**

*Malini Devananda  
Sri Lanka*



Liberator God,  
free us from despair:  
when we feel the weight of the world  
    closing in on us,  
when people oppress us  
    with their expectations and demands,  
when we feel  
    ‘got at’ on all sides  
and don’t know which way to turn,  
when we feel deserted and betrayed by friends,  
when in false judgement  
    people wash their hands of us,  
when we feel that even you have deserted us,  
when we begin to doubt ourselves  
    and your love,  
give us a sense of perspective  
    and a sign of your presence;  
a green shoot,  
    springing from a thorn bush  
    a glimpse of resurrection.

*Stella Bristow*

