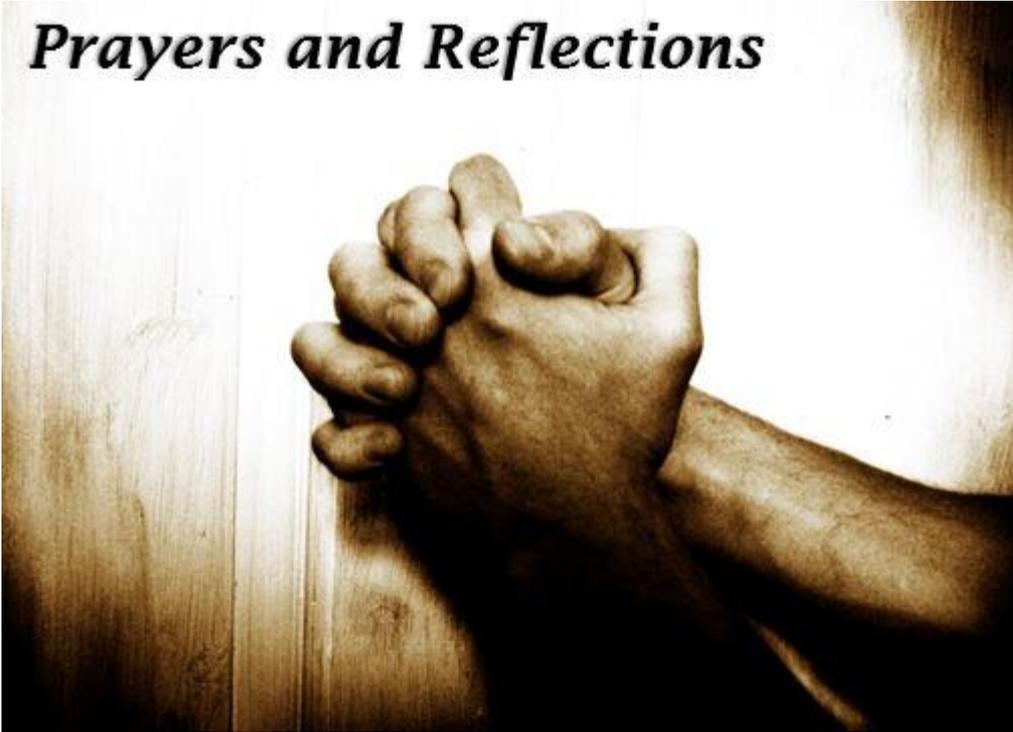


# The Parish of Neston

*Prayers and Reflections*



# Introduction

## A Guide for Daily Prayer and Worship

We hope that this booklet will assist you in your daily prayer time. It can be used in conjunction with Sunday's Prayer and Action leaflets.

Prayer and Action will also direct our minds to items or people to include in our prayers, through its news of activities within the ongoing life of our Church, and its current list of those who are sick or bereaved.

We have included two approaches – some simple set daily prayers based around the themes of Thankfulness, Generosity, Wisdom, Guidance, Protection, Provision and Rest together with an associated Bible passage. You may wish to look up the Bible passage and explore its context.

There is also a memory aid, based around our 5 fingers to help those who prefer to use their own words as some people find it helpful to create their own 'prayer items' to complement that provided: in particular to focus on family members, or other topics of interest on a regular, though not necessarily daily, basis. Topics or areas of concern may arise at any time, as we hear of news locally and around the world. We have also listed particular subjects and groups to pray for, e.g., All who work in the Health Service etc.

The Parish Prayer is printed on the last page.

Our Christian life is a pilgrimage. We are challenged to become more and more Christ-like, continually assessing our progress. In that respect, we hope and trust that this booklet will encourage us to move forward on our journey of faith.

Many resources are available to help our spiritual growth, such as Bible Reading Fellowship publications. If you want more information then approach one of the Ministry Team. However, as you use this booklet, be encouraged that you will be joining many other members of the congregation as, around the Parish and beyond, we engage in daily prayer.

*Bless, O Lord, the work of Your Church in this place.  
Here may Your Presence be known, Your Name be Praised,  
Your Gospel Proclaimed, Your Grace received.  
So may Your people be united in love,  
bound together in fellowship,  
and joyful in Your service.  
Through Jesus Christ Your Son our Lord. Amen*

Dear Father

Help us in our daily journey of prayer and Bible reading. We ask that You will guide all our prayers, continue to encourage us and others who are perhaps starting on this journey for the first time, and keep us from being distracted. We ask this in Jesus' name. Amen

*"Every time we pray, our horizon is altered, our attitude to things is altered, not sometimes but every time, and the amazing thing is ....that we don't pray more." Oswald Chambers. 1874 – 1917*

## Sunday

### Thankfulness

#### Prayer

I love you God and open my heart to you. Thank you for sending salvation through Jesus, which is the name above all names. Let every word that I speak and every thought that I think be pleasing to you. Let my entire life be my act of worship. I dedicate all that I am, and all that I do, to you. Help me to live according to your ways. Living an upright life is how I express my deepest gratitude to you.

#### Bible Reading

“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God.”

*(Ephesians 2:8)*

## Monday

### Generosity

#### Prayer

Thank you, God, for yet another day. Help me to live in line with your Word. Show me who I can help today. Let this person feel your love through my actions. Let them experience your presence. My mind, ears, and eyes will stay open to receive your direction all the day long. Let me pass your blessing to another person today.

#### Bible Reading

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

*(2 Corinthians 9:6-8)*

## Tuesday

### Wisdom

#### Prayer

God help me to live in a way that pleases you. Give me wisdom in all that I do. Guide me in everything that I say. Give me strength to stand against temptation. Help me to see others alongside myself and to be considerate of their needs. Let your light shine through me for others to see.

#### Bible Reading

For wisdom is more precious than rubies, and nothing you desire can compare with her.

*(Proverbs 8:11)*

## Wednesday

### Guidance

#### Prayer

Thank you for another breath, another day of life. Thank you for making a way for me to have life and to live life to its fullest potential! Lead me and guide me throughout this day. Be a lamp to my feet and a light to my path. Order my steps. Guard my heart. Direct my mind. Guide my mouth. And as always, let my life be pleasing to you.

#### Bible Reading

“I can do all things through Christ, who strengthens me.”

*(Philippians 4:13)*

## Thursday

### Protection

#### Prayer

God protect me. Guard my family. Keep us safe. Keep us healthy. Remove calamity from my household. Your presence provides a place of refuge for me. As I trust in you, I find stability from your promises. Give me the confidence to move forward with my day knowing that you are standing guard, encircled around me.

#### Bible Reading

God is our refuge and strength, a very present help in trouble.

*(Psalm 46:1)*

## Friday

### Provision

#### Prayer

Thank you for supplying what I need to live. Give me everything I need to accomplish your will for my life. Provide resources, opportunities, ideas, directions, relationships, and wisdom. Enable me to be a conduit of your blessing. Give me everything I need, so that I may be able to help those less fortunate than I. Let me be a beacon pouring out your generosity to the world.

#### Bible Reading

The generous will prosper. Those who refresh others will themselves be refreshed.

*(Proverbs 11:25)*

# Saturday

## Rest

### Prayer

God, grant me rest. Bring me peace. Give me a time of refreshing. Rejuvenate my mind. Restore my body. Awaken my soul. Let me and my family rest in your shadow knowing that you are overlooking our lives. You have ordained for me to work, and also have declared that I rest from that work. Provide for me a calmness and freedom to be able to relax and celebrate your presence with family and friends.

### Bible Reading

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

*(Matthew 11:28)*

And for those who prefer more flexible ways to pray daily

## The five fingered prayer (Hold up your hand)



**Thumb** (people who are close to you) These are your close friends and family, often the first you think about when you pray. Give thanks to God and ask his protection on your family, friends, and other members of the congregations.

**Pointer** (people who point the way) These are leaders in your life, such as teachers and clergy. Offer God your thanksgiving for them and ask him to help them in their important work.

**Tall Finger** (people in authority) The important people in the world need prayer too. Ask God to give wisdom to our Queen and her family, government, military, and police.

**Ring Finger** (people who are struggling) This is your weakest finger. We should remember others who are sick, live in poverty, or are treated badly. Pray for our N.H.S. and Care Homes. Pray that Jesus would give them new strength.

**Little Finger** (your own needs) God wants to hear your needs too, especially when you put others first. Pray for your own growth in mind, body, and spirit.

**You may also wish to consider any of the following to add to your daily prayers –**

Clergy and Ministry Team  
Congregations, Sunday Clubs,  
PCC Trustees, and all parish groups  
Church volunteers

Schools, youth organisations, nurseries and playgroups  
Local community groups and events  
Uniformed organisations

All who work in the Health Service  
Hospitals, care homes, hospices  
All the emergency services  
Volunteer rescue services

County and Town Councils  
Local charities and societies  
Key workers in our community

Bishop(s) and those serving in the diocese  
Cathedral  
Local churches and ecumenical groups  
Mothers' Union  
Christian Aid

World leaders  
Armed Forces and their families  
Persecuted Christians  
Natural disasters  
Melanesia; Aru and Boga in the D.R. of Congo

Family and friends  
Sick  
Bereaved

## Parish Prayer

Father we thank You, for the gift of Your Son Jesus Christ to be the way, the truth and the life: for His victory on the cross and for the outpouring of Your Holy Spirit on Your people.

Forgive us our unfaithfulness, complacency and lack of love.

May we be receptive to the working of Your Holy Spirit to revive in us the new life of Christ; to restore our energy and love and to give us a clear vision of the way ahead.

So, may we offer living worship to Your glory and a faithful and lively witness to all.

Amen