

St. John's and St. Columba's Strathpray

Let us pray for one another and for the world ...

Sunday November 21st

'Praise the LORD from the earth, you great sea creatures and all ocean depths, lightning and hail, snow and clouds, stormy winds that do his bidding, you mountains and all hills, fruit trees and all cedars, wild animals and all cattle, small creatures and flying birds, kings of the earth and all nations, you princes and all rulers on earth, young men and women, old men and children. Let them praise the name of the LORD, for his name alone is exalted; his splendour is above the earth and the heavens.' Psalm 148.



We pray for the congregations of Courthill Chapel, Kishorn; St. Donan, Lochalsh; All Saints Mission, Kinlochewe: Overseen by Cathedral Team.

.. for each other, that our eyes might be opened this week to the splendour of God's creation. Praise God from whom all blessings flow, praise Him all creatures here below. Praise Him above, ye heavenly hosts. Praise Father, Son and Holy Ghost. Amen.

Monday November 22nd

'Pray continually.' 1 Thess. 5.

This praying is not so much the saying of words, as the awareness of a presence. Brother Lawrence, the cook in a busy 13th century monastery, testifies that he was as conscious of God's presence when elbow-deep in potato peelings as he was when worshipping God in chapel. The God who came to this monk still comes to us if we have eyes to see him and ears to hear him.



We pray for those who enrich our worship through music. Loving God, give me a consciousness, as I work, of your presence in the room. The assurance, even in the maelstrom of the supermarket, of the love of the Lord who holds together the many strands that intertwine to make up my life to make them one strong, resilient whole. Amen.

Tuesday November 23rd

'Then Jesus got in the boat, his disciples with him. The next thing they knew, they were in a severe storm. Waves were crashing into the boat—and he was sound asleep! They roused him, pleading, "Master, save us! We're going down!"' Matt. 8.

'I for one certainly have my days of wondering about God. The evidence of my particular world at a particular time can cause me to conclude that God at best is rather inefficient, at worst vindictive and unkind. But I find this judgment about God happens at a rather superficial level of my life. It's a bit of me that wants him to know that I'm upset, that I feel I or someone I care about has been badly treated, that things feel very unfair.

The steam has to be let off in some way. Then I try to listen at a deeper level, and I realize I am in the presence of a God who also knows what it is to feel desperation, broken-heartedness and regret, and I realize that he understands, When this happens God, for me, is



no longer remote, but becomes the friend with whom I can walk not only in the evening breeze or the cool of the day, but also in the heat of the moment. (Michael Mitton – *A Handful of Light*)

We pray for children in the developing world dying of preventable diseases.

Lord, when floods of various kinds invade the safety of my world, remind me that you are a God who listens and who is never far from planting rainbows in darkened skies. Amen.

Wednesday November 24th

‘Where do you think all these appalling wars and quarrels come from? Do you think they just happen? Think again. They come about because you want your own way, and fight for it deep inside yourselves. You lust for what you don’t have and are willing to kill to get it. You want what isn’t yours and will risk violence to get your hands on it.’ James 4.



‘Everyone talks of changing the world, but no one talks of changing himself.’ (Leo Tolstoy)

We pray for the people and leaders of Myanmar.

Dear Lord and Father of mankind, forgive our foolish ways. Reclothe us in our rightful mind, in purer lives Thy service find, in deeper reverence, praise. Amen.

Thursday November 25th

‘And God said, “Let there be light,” and there was light. God saw that the light was good, and he separated the light from the darkness.’ Genesis 1.

‘When you light the lamps in the evening, you say to the darkness, “I beg to differ!” So – darkness does not have the last word.’ (1st century saying)
Whatever ‘darkness’ we’re in now, let’s remember that it doesn’t have the last word.

On Carers’ Rights Day, we pray for those caring for others in our community.

Lead, kindly Light, amid the encircling gloom, lead Thou me on; the night is dark, and I am far from home, lead Thou me on. Keep Thou my feet; I do not ask to see the distant scene; one step enough for me. Amen.



Friday November 26th

‘This, then, is how you should pray: “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”’ Matt. 6.

‘The Lord’s Prayer contains all possible petitions ... it is impossible to say it once through, giving the fullest possible attention to each word, without a change, infinitesimal perhaps but real, taking place in the soul.’ (Simone Weil)

We pray for international efforts to combat terrorism.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

Saturday November 27th



'Oh, blessed be GOD! He didn't go off and leave us. He didn't abandon us defenceless, helpless as a rabbit in a pack of snarling dogs. We've flown free from their fangs, free of traps, free as a bird. GOD's strong name is our help, the same GOD who made heaven and earth.' Psalm 124.

'We speak our words of praise in a world that is hellish; we sing our songs of victory in a world where things get messy; we live our joy among people who neither understand nor encourage us. But the content of our lives is God, not humanity. We are travelling in the light, towards God who is rich in mercy and strong to save. It is Christ, not culture, that defines our lives. It is the help we experience, not the hazards we risk, that shapes our days.'
(Eugene Peterson)

We pray for those worried about debt.

Let us, with a gladsome mind, praise the Lord, for he is kind: for his mercies ay endure, ever faithful, ever sure. Amen.

A poem for these grey November days:

I Worried by Mary Oliver

I worried a lot. Will the garden grow, will the rivers
flow in the right direction, will the earth turn
as it was taught, and if not how shall
I correct it?
Was I right, was I wrong, will I be forgiven,
can I do better?
Will I ever be able to sing, even the sparrows
can do it and I am, well,
hopeless.
Is my eyesight fading or am I just imagining it,
am I going to get rheumatism,
lockjaw, dementia?
Finally, I saw that worrying had come to nothing.
And gave it up. And took my old body
and went out into the morning,
and sang.

