



**Nathan Haddock**  
**Books**

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Dedicated to all those who have helped to bring this book about and to all who read it.

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**GOD'S SOLUTION TO WORRY, ANXIETY, AND FEAR**  
Nathan Haddock  
With Biblical insight and practical help to bring us to peace during difficult times

# Introduction

When we learn a new language, we copy what others have written or said. We read and hear their sentences, repeat them, and eventually master them. We take what others are teaching us and copy it until we are confident to take those words and break out, using them in our own way.

Lessons are a springboard to doing something that, in time, can come quite naturally. We may struggle to learn to drive but, once learned, we rarely think about it, we just do it. Prayer is like that. It may be a struggle to start with. We may need someone to show us the ropes, but then we can break out and pray on our own in a completely natural way.

Sometimes, having learned a language or learned to drive, we start to pick up bad habits or forget things we've been taught. It can be useful to have a refresher lesson or return to the highway code or

textbook to remind ourselves. We may now be confident about everyday French but might need reminding of a few business phrases. We might be a great driver when popping into town but might need a lesson or two on motorway driving. With prayer, it's easy to get into bad habits. We can be great at asking God for things but not so great at thanking Him when He provides. We might be great at praising God when everything is going well and not very good at seeking Him out when times are tough. It's always good to be reminded of the whole realm of different ways that we can pray. It's always good to have a refresher lesson.

I hope you will find this series a useful resource in both your private and public prayer lives. Please do sign up here, to be kept in touch with future books and resources. If you have suggestions of other areas of prayer that you would like to be covered in future books please do let me know at [NathanHaddockBooks@gmail.co.uk](mailto:NathanHaddockBooks@gmail.co.uk)

# Doing God's Will

Plant in me, O Lord, a heart that beats according to Your will.

Let me live my life on Your path.

Let me follow You closely day by day.

May I grow to love You more.

May I grow to serve You.

May I strive to be who You desire me to be.

Amen



Father, help my ways come in line with Your ways, and my thoughts  
come in line with Your thoughts.

May all I do be according to Your will.

Amen



Father, help me not to judge.

Help me not to think more of myself than of others.

Help me always to have a servant heart and to bring love, peace, grace, and mercy to all whom I meet.

Amen



O Lord, awaken in me desires that are in line with Your will.

Help me to put those desires into action for Your glory.

Remove from me any desires that are not of You and help my life to be pleasing in Your sight.

Amen



Father, we like to think of ourselves as so advanced, so self-sufficient, so much better than those who have gone before us.

We have made science God, and yet we are still just as dust.

With all the advances in medicine, hygiene, technology, and nutrition, we still all suffer and die.

With all the advancements of entertainment, sport, computers, and pasttimes, we are still bored and lonely.

With the advancements in travel, industry, and farming, we continue to pollute Your planet.

With the advancements in communications, we know each other less and less.

Help us Lord, to have Your priorities in our world and in our lives.

Help us to advance Your Kingdom.

Help us to grow our characters, help us to be good stewards of what You have given us.

Help us to share Your provision and help us humbly to know our place in Your creation.

Amen



Lord Jesus Christ, help me to follow Your ways, to seek Your truth,  
and to live a life that is worthy of You.

Thank you that You are the way, the truth, and the life.

In Jesus' name.

Amen



Lord, I come to You, weak and feeble.

Nothing in my hand to offer except that which You can do through  
me.

Fill me, use me, grow me in Your service.

Speak to me so that I can speak to others.

Fill me that I may fill others.

Give me light that I may bring light to this dark world.

Give me peace so that I may be Your peace to those around me.

Amen



Lord, like a lump of clay in the potter's hand, I submit to You.

Mould me as You will that I may be useful in Your sight and in Your service.

Amen



Lord, You have given to me all that I have.

It is Your right to take it all back.

I surrender it to You as a token of my love and thankfulness.

I place everything that I have at Your disposal to do with as You please.

Amen



Lord of my life;

help me to live it for You and You alone.

Lord of my heart;

help me to be pure and holy, help my heart to be set on You, help me to be full of love for You and for those around me.

Lord of my mind;

help my thoughts to be pure, and help me to engage with You, help me to be useful in Your service.

Lord of my eyes;

help me to see You and see Your world as You see it.

Help me to see what is needed in each situation, help me to focus on You.

Lord of my ears;

through the noise and disruptions of this world, help me to hear You.

Help me to seek out and hear that still, small voice.

Help me to tune in to what You have to say.

Lord of my mouth;

help my words to be uplifting, encouraging, challenging, inspiring, and thought-provoking.

Speak through me to those around me and help me to refrain from impure talk.

Lord of my hands;

help me to be employed in Your service, doing Your will, guided by Your purposes.

Lord of my feet;

set me on the right path, keep me from stumbling, and guide me according to Your will.

Amen



Lord, I want You to be part of every aspect of my life; my personal life, my family life, my work life, my friends, my church, every part Lord.

Help me not to exclude You from any area, however small.

I know I can hide nothing from You, and I want to be as open and honest with You as I can.

Come fill my life in every part, I pray.

Amen



Lord, help me to keep all my thoughts in control.

Help me to keep them in line with what You would have me be thinking about.

Help me not to dwell on things that are unhelpful but help me to focus on things that are pure, loving, kind, and true.

Amen



Lord, help me not to be dominated by my thoughts but with Your help to dominate them.

Amen



Lord, may these questions be constantly on my lips this week...

What do You want to show me in this situation?

Who do You want to be for me right now?

What can I say and do in this circumstance to best serve Your purposes?

Amen



Lord, help me to see life through God-tinted glasses.

Help me to see all the things for which I have to be thankful.

Help me to see those around me as You see them.

Help my heart to respond to the things to which Your heart responds.

Help me to see You at work and help me to get involved.

Help me to see wonder in the mundane, sense in the suffering, hope in the darkest of places, and joy amid the despair.

Help me to see as You see and respond as You would have me respond.

Amen



Lord, help me to seek that which is in Your heart for me today.

Help me to desire what You desire

To act as You would have me act

To love unconditionally

To give generously

To serve wholeheartedly

To worship continually

To praise unreservedly and

To always put You and others before myself.

Amen



Lord, I long...

To be better.

To be more like You and less like me.

To be more patient and less fractious.

To be more caring and less selfish.

To do more good and less bad.

To be more wise and less foolish.

To be more disciplined and less disorganised and lazy.

I know I can only do these things through You in my life.

Therefore, I look to You and ask for Your help in all things.

Amen.



Lord, in our walk with You, help us to find favour in Your eyes as Mary did.

Help us have faith like Elizabeth and righteousness like Zachariah.

Let us be honourable like Joseph and have wisdom and perseverance like the wise men.

Lord, give us a childlike faith like the shepherds and patience like Simeon.

Most of all Lord, give us humility, purpose, vision, strength,  
determination,

holiness, compassion, love, integrity, servant-hood, and Godliness  
like Your Son Jesus Christ.

Amen



Lord, may my thoughts be pure and good in Your sight.

May my words follow those thoughts, may my actions be based on  
them and may my life be built upon them.

In Jesus' name.

Amen



Lord, please disturb us with the things that disturb You.

Give us righteous anger and the means by which to make a difference.

Amen



Lord, show me a glimpse of Your plans for tomorrow, so that I can get involved and play a little part.

Thank you.

Amen



Lord, to You be all the glory, more of You and less of me.

Let me not get in the way of what You want to do in and around me this day.

Help me to walk in humility, speak blessing into the lives of others,  
show mercy, and act graciously.

Amen



Lord, You gave up everything to become nothing for us, help me to  
give up anything you ask for others, and for You.

Lord, You came with a mission and a purpose, to save us from our  
wrongdoing and to restore our relationship with Your Father, help  
me to have purpose and a vision in my daily life.

Lord, You humbled Yourself and came as a baby, help me always to  
be humble

and to think more of others than I do of myself.

Lord, help me to follow Your example and be more like You in all I  
do and say.

Amen.



My heart is laid before You, O Lord, my God.

My life is an open book for You to read.

You know all things, my God and my King.

Take my life and use it for Your purposes.

Grant me what I need I pray and fashion me into Your likeness.

Amen



O Lord, keep me focused on You today.

Keep my mind far from that which is unwise for me to think about.

Help me to keep every thought captive to You and aid me to set my mind on all that is peaceable, pure, and good.

In Your Holy Name, I pray.

Amen



This day may Your words be on my lips, O Lord.

May I speak life, encouragement, challenge, comfort, and salvation into all whom I meet.

Amen



Today I choose to trust You;

Lord, help me to trust You more.

Today I choose to forgive my debtors;

Lord, help me to forgive completely.

Today I choose to walk with You;

O God, help me not to lag behind or run ahead.

Today I choose to serve You and others;

Help me, Lord, to serve well.

Today I choose to show those around me grace and mercy;

Lord, flow through me.

Today I choose to be a light in the darkness;

help me, Lord, to shine brightly for You.

Amen



Today is Yours; You made it.

You have given us this day; help us to make the most of it.

May we serve You as a sign of our thankfulness for all that You have  
given us

and will give us this day.

Amen



Today Lord, let You be my first thought and my last thought.

Help me to acknowledge You at all times.

Let Your words be constantly on my lips, and may You fill my heart and my mind.

May I surrender my day to You so that I can truly live today in victory.

Amen



Your light, O Lord, has shone into the darkness of my life.

Help that light to shine through me into the lives of those around me,

into their innermost being.

May they see You in that light and see your light reflected in me.

Amen



Let me not hope for things that will not come to pass.

Let me not pray for things that are not Your will.

Let me not think of things that will do me harm.

Let me not do things that will cause me to transgress.

Let me not work at things that are not according to Your plan.

Let me not desire things that are not good and wholesome.

Let me not treasure things that are of this world.

Let me not speak of things that are not good and right.

Amen



Faithful Lord, find us faithful in the small things.

Help us not to run before we find our feet.

Let us establish ourselves on solid rock.

May storms never find us wanting.

Through the soil and upwards towards the light, may we grow stronger, grow taller, and grow deep roots.

Fruit will come after pruning, after weeding, a bounteous harvest it will produce, in Your time, O Lord.

Amen



Today, I choose to set my thoughts on the things of God.

I choose to refrain from worry, from doubt, from unhelpful thoughts, and instead, I choose to focus on those things that are good, pure, and noble.

Help me, Lord, as I keep every thought captive to You.

Teach me how to think and help me to be alert and disciplined in what I choose to dwell upon from this moment forward.

Amen

# Confession

Lord, when did we become so selfish, so uncaring, so unfeeling, so as to let our neighbours starve and die, to suffer needlessly when we have so much and more than enough.

Forgive us, Lord, and help us to change.

Help us to be better neighbours, help us to provide for the poor and the sick, for the prisoner and the homeless and for all who have need.

Amen



Father, forgive me.

I let You down each hour.

I thank you for Your grace and mercy that saves me and gives me so much that I don't deserve.

Amen



Lord, the reality is that, just like the disciples and those around You during Your earthly life, we would have denied You, we would have been fearful, we would have worried, we would have hurled abuse, we would have asked for You to be crucified.

Father, forgive us.

Help us day by day as we continue to struggle.

Help us not to deny You, help us not to doubt You, help us not to desert You.

In Jesus' name.

Amen



Father forgive them, for they knew not what they did.

Father, forgive me that I would have been, and am, no better.

Forgive me for denying You, for deserting You.

Forgive me for not understanding, for not doing as You ask.

Father remove my sins from me, I pray, and blot out my transgressions.

Amen



Father, forgive me that I often only have in mind human concerns and not the concerns of God.

Help me to be more focused on You and what is on Your heart, rather than my selfish desires.

In Your precious name, I ask.

Amen



Father,

forgive us for our apathy, our laziness, and our indifference.

Forgive us for our lack of care, concern, and compassion.

Forgive us that we do not love others as we should.

Forgive us that we do not counter the evil in the world with more good.

Help us to change, help us to act, help us to go forth as You would have us go forth

into Your hurting world to be the light, love, and the Good News that You would have us be.

Amen



Father, when I do wrong, please forgive me, for I do not always know that which I do.

I do not know the full consequences of my actions.

I do not know the eternal ramifications.

I cannot fully understand the pain it causes You or the price Your Son had to pay.

I am truly sorry.

Amen



Lord, for all that I should have thought, and did not think; forgive me.

Lord, for all that I should not have thought, but did think; forgive me.

For all that I should have said, and did not say; forgive me.

For all that I should not have said, but did say; forgive me.

For all that I should have done, and did not do; forgive me.

For all that I should not have done, but did do; forgive me.

Lord, I am truly sorry, and ask for Your undeserved forgiveness.

Amen



For those who suffer because of our destruction of this planet;  
For those children who work so that we can get a bargain;  
For those who suffer and die to provide us with all we want;  
Forgive us for our selfishness, O Lord, and help us all to change our  
ways.

Amen



Forgive me my daily ingratitude.

I wake each morning to a treasure trove renewed.

My sight is worth more than rubies, my mind more than a king's  
ransom.

Is not my life more precious than a country's riches?

Yet I fail to give You thanks, O God.

Forgive me, that I have become dulled to all that I receive from You  
each day!

Awake my senses and stir my gratitude for everything You provide  
for me.

Thank you, thank you, thank you.

Amen



Forgive us, Lord, for all the pain and suffering we put You through  
upon the cross.

Help us to realise that our sin causes You real pain.

Help us to see that all wrongdoing has real, tangible consequences.

Help us to make better decisions.

In Jesus' name.

Amen



Lord, I lift up my voice to You and cry for mercy.

I have wronged You in so many ways and have wronged my neighbour too,  
forgive me.

Help me to turn from my evil ways and to walk in Your path of righteousness.

Amen



Lord, for the times when I have let You down, let others down, and let myself down; please forgive me.

For the times when I have not done what I should have done and have done things that I know are wrong; please forgive me.

Thank you for Your forgiveness and the restoration that You bring.

Amen



Heavenly Father, I come before You, begging for Your forgiveness.

I have wronged You.

I have let You down.

I have let myself down.

I have let others down.

Please forgive me.

I am truly sorry and turn my back on what I've done.

Help me not to do it again.

Remove temptation from me.

Give me strength of character.

In Jesus' name.

Amen



I cry out to You, for mercy, O Lord.

I've fallen, and I have let You down.

I throw myself at Your feet.

Please forgive me.

Please restore me and show me the right way forward.

Amen



I fool myself, convince myself that I would have been different.

I would have believed, no matter what.

I would have never denied Him.

I would never have jeered, mocked, or spat, not I.

I would have been different.

I would have stood by Him, I know I would.

They must have been mad.

After all they'd been through.

After all they'd seen.

How could they desert Him in His time of greatest need?

No, Not I.

*Denied Him?*

No, Not I.

I would have been right by His side, fighting His cause.

I would have been different.

I would have stood by Him.

I know I would.

I would have understood straight away and realised exactly who He was.

I would have asked all the right questions and carried out His commands.

I would have walked on water.

*Sink through lack of faith?*

No, Not I.

I would have been different.

I would have stood by Him.

I know I would.

Father forgive them, for they knew not what they did.

Father, forgive me that I would have been, and am, no better.

Forgive me for denying You, for deserting You.

Forgive me for not understanding, for not doing as You ask.

Thank you Father, for Your grace and mercy.

Help me always to be humble.

Help me not to judge others, but to deal with the plank in my own eye.

Help me to stand by You, just as You stand by me.

Amen



Lord,

forgive me for my lack of focus.

Forgive me for the times when I forget about You and Your call on my life.

Help me to place You at the very centre of all that I do, to acknowledge You in all things, and to give You the thanks and praise that You deserve.

Amen



Lord, forgive me, that my security sometimes lies in things other than in You.

I find my worth in what I do rather than in You.

I find comfort in bricks and mortar, in my job, in my position, and my possessions instead of in the fact that I am unconditionally loved and accepted by You.

Lord, forgive me.

Help me to find all that I need in You.

Help me place my trust in eternal things and not in things that will perish.

Help me to put my focus on the right things.

Lord, I ask for Your forgiveness and Your help.

In Jesus' name.

Amen



Lord, forgive me.

I have wronged You and wronged those around me.

I am truly sorry.

Forgive my sins, help me to turn from my wrongdoing and restore me, I pray.

Amen



Lord,

forgive us for we know not what we do.

We know not what pain we cause You.

We know not the transgressions we commit.

We know not the true consequences of our wrongdoing.

Lord, forgive us and grant us Your unmerited mercy.

Amen



Lord, I can give You no less than everything;

for this is what You deserve.

Nothing that I have should I keep from You;

yet, I do keep things to myself.

I do think of things as mine and not Yours;

Help me to clearly see that everything is Yours.

Help me to know deep within that everything comes from You;

and nothing is mine to possess.

Amen



Lord, I confess that I have not spent time with You as I should.

I have not served You as I ought.

I have strayed from Your path and gone my own way.

Father, remove my sins from me, I pray, blot out my transgressions.

For the sake of Your dear Son, my saviour, Jesus Christ.

Amen



Lord, today I have let You down.

I have fallen short of that which I should have been.

I have said things that I shouldn't have and not said things that I should have.

I have thought about wrong and unhelpful things and have not served You as I should have.

At times I have disobeyed You and done what I know is wrong.

Lord, I am sorry.

I thank you that Your grace is sufficient for me.

I am so grateful that You are a merciful God and that You still love me unconditionally.

Help that grace, mercy, and love spur me on in the future.

Help me as I serve You tomorrow.

May You be glorified in me.

Amen.



Lord, we have so much, and yet we give You so little thanks, please forgive us and change us.

Lord, You gave up everything for us, and yet we offer You almost nothing in return.

Please forgive us and change us.

Lord, You bless us continually, and yet we often fail to bless those around us.

Please forgive us and change us.

Lord, You give us the wonderful gift of free choice, and yet we continually use it for our own selfish ways.

Please forgive us and change us.

Lord, You continue to forgive us unreservedly, and yet we fail to forgive those who wrong us.

Please forgive us and change us.

Lord, You give us all we need, and yet we stand by as others starve.

Please forgive us and change us.

Lord, we know that without You we cannot change, and any good in us is only because of You.

Please continue to forgive us and change us.

Amen



Lord, we thank you for the sufficiency of Your grace.

We thank you for Your restrained hand of mercy.

Help us in every decision we have to make to be wise in Your eyes, and always choose what is right.

Thank you for Your word and Your guiding Spirit to help us every step of the way.

Amen



May the children who will go to bed hungry tonight;  
May the families with nowhere to lay their tired heads;  
May the millions of people with no clean water to drink;  
Forgive us for our greed and gluttony.

Lord, forgive us also.

May the many who suffer abuse at the hands of others;  
May the neglected, lost and lonely in need of a friend;  
May the homeless and those lacking hope who need a hand up;  
Forgive us for turning a blind eye.

Lord, forgive us also.

For those who suffer because of our destruction of this planet;  
For those children who work so that we can get a bargain;  
For those who suffer and die to provide us with all we want;  
Forgive us for our selfishness.

Lord, forgive us also.

Amen



Lord, we want to change, but we need Your help.

Help us not just to be sorry, but in our repentance to change our ways.

Prevent us from making these same mistakes over and over again.

Show us the steps we need to take each day to change our ways.

Help us to simplify our lives so that others reap the benefits.

Help us not to judge our actions by those around us, but to judge ourselves by what You would have us do.

Amen



Lord, when we pray, help us to be honest;

honest with You, and honest with ourselves.

Search us and show us our wrongdoings, so that we can be repentant before You.

Give us a glimpse of how You see us, so that we can live in that light, empowered, and encouraged.

Amen

# Help in Doing The Right Things

Lord, give me wings to fly above the gossip, the back-biting, the pettiness, and the mud-slinging.

Help me not to sit in judgement but to show a better way.

Help me to keep my words pure, encouraging, and uplifting.

Help me to speak words of blessing, that others may see in me a difference that can come only from You.

Amen



Lord, help me to desire only that which is good.

Help me to want only that which You would want.

Help me not to confuse my needs for my wants.

Help me to look to the simpler life, not being distracted by those desires which are not from You.

Amen



Father God, help me not to fall into the traps of the evil one.

Help me to see them, to avoid them, and to stay well clear.

Lead me not into temptation but lead me into Your loving arms each day.

Amen



Lord, be my constant reminder this week.

Let me take every opportunity to do the right thing, the good thing, the encouraging thing, the kind thing, the Godly thing.

Remind me to make the most of each day and try and allow people to see You in me.

Help me to be open to Your prompting and give me the confidence to act upon it.

All this for Your glory, Lord.

Amen



Lord, help me to deny myself and take up my cross this day.

Forgetting all else, help me follow You as closely as I can.

Help me not to deviate from the path set before me, but for You to be my focus and my goal.

Amen



Lord, I start each day with good intentions.

I want to do what is right.

I want to look to You in all things, I want to serve You, I want to speak with You throughout the day.

But then life happens, and all my good intentions seem to go out the window.

I reach the end of the day and know I have messed up again.

I have forgotten You and Your ways.

Thank you that You understand, and pour out Your forgiveness, grace, and mercy upon me.

Lord, I long to do better.

Please help me to make progress day by day.

I want more of You in my life, and I want to be more like You.

Amen.



Lord, this day, in my life...

May truth triumph over lies;

May obedience conquer disobedience;

May giving overpower greed;

May joy replace all sorrow;  
May thoughtfulness win over selfishness;  
May mercy shroud judgement;  
And may peace cover all discord.

Amen



Lord, today I choose to trust You, help me to trust more.

Amen



This new day is a wonderful opportunity;  
help me Lord, to make the most of it.  
May I seize every opportunity that comes my way to be the good in  
this world that I can be.  
Help me to serve You and those around me.

May I show those around me the love that You have shown me.

Amen



Father, help me to give of my best today in all that I do.

Help me to focus, to work hard, and to glorify You.

Keep me humble and draw me to You at all times.

Amen

# Drawing Near To God

Refreshing Spirit of God blow through me.

Revitalise me in every part.

Stir me to action.

And draw me to Yourself.

Amen



Lord, in the quiet come.

Fill this place with Your presence.

Fill my mind with Your thoughts.

Help me to focus on You now.

Help me to know Your will.

Amen



Dear Lord, help me to be devoted to You this week.

Give me a passion for Your Word.

Help me to read it with Your Spirit as my guide and put what I learn into practise.

Amen



Dear Lord, help me to be more like Jesus.

Give me His mind so that my decisions are wise and so that my thoughts are centred on You.

Give me His heart, so that I would have love and compassion for those I meet each day.

Give me His passion, that I would always want to speak of You and reach out to those who are lost.

Give me His faith, that, even when things are at their toughest, I would trust You and give You all the glory.

Thank you for Jesus, and thank you, Jesus.

Amen



Dear Lord, help me to make small steps towards You each day.

Help me not to look to my circumstances but to Your perfect provision.

Amen



Dear Lord, help my focus to be on You today.

I commit my whole day, in every part, to You.

Please direct my path and guide my plans.

Help my thoughts to be measured and my words and actions to always be under Your control.

Amen



As sunflowers turn to follow the path of the sun, may I follow You this day, O Lord.

Amen



Lord, constantly bring me back to You this day.

Though I wander off on my own, draw me back into Your loving arms.

Help me to have You as the focus of my day, no matter what may occur.

May my closeness to You be evident to all, and may they see You in me.

Amen



Lord,

draw me to seek You;

and in seeking You, to find You;

and in finding You, to know You;

and in knowing You, to love You;

and in loving You, to serve You;

and in serving You, to serve others;

and in serving others, to love others;

and in loving others, to share You;

and in sharing You, to help others seek You;

that in seeking You, they may find You;

and in finding You, they may know You;

and in knowing You, they will love You...



Lord, I choose to see Your hand at work today in my life.

Help me to see You more.

Amen



Lord, I choose to walk with You today.

I choose to stick by Your side, not deviating to the left or to the right.

Help me not to lag behind or run ahead.

Lord, I choose to allow myself to be carried by You through the difficult times, help me not to struggle.

Thank you that You are always close to me, even when I don't recognise it.

Amen



Lord, I thank you that You are my shepherd;

Help me to surrender myself to Your leading.

Lord, You tell me that I lack nothing;

Help me to differentiate my needs from my selfish desires.

Lord, I thank you that You make me lie down in green pastures;

Please help me to truly rest.

Lord, I thank you that You lead me beside still waters;

Help me to drink deeply from all You have for me.

Lord, I want to thank you that You lead me along the right paths;

Help me always to follow obediently.

Lord, when I walk through the shadow of the valley of death;

Help me to trust You so that I will not fear but will feel Your presence  
with me.

Lord, I thank you for all You prepare for me;

Help me always to be thankful;

Even when I don't feel like my cup is overflowing.

Lord, help me to hold onto the promise that Your goodness and love  
will follow me

all the days of my life.

Lord, I so look forward to living with You, in Your house, forever.

Thank you, Lord.

Amen



Lord, please constantly remind me of Yourself today.

As I feel the sun on my back, remind me of the warmth with which  
You have welcomed me into Your family.

As I feel the wind on my cheek, remind me of the gift of Your Holy  
Spirit to guide and comfort me.

As I feel the rain on my face, remind me of Your constant refreshing  
that I receive each day.

As I feel the cold of night, please let it be a chilling reminder of the  
sacrifice You made for me on the cross.

Help me to walk with You and, Lord, be never far from my mind this day and always.

Amen.



O Holy God, the more I seek You, the more I desire to seek You more.

Help this desire never to wane.

Help me to continue to seek You day by day, on all subjects, in all ways.

Amen



O Loving Father, give me...

Perseverance to seek You;

Patience to wait for You;

Ears to hear You;

Eyes to see You;  
A voice to proclaim You;  
Feet to do Your will;  
Hands to serve You;  
A heart to love You;  
Wisdom to understand You;  
Faith to follow You;  
And courage to be like You;  
In Jesus' precious name I ask.  
Amen



Seek, and You will find.  
Pray, and You will be answered.  
Listen, and You will hear.  
Give, and You will receive.  
Lord, teach me to seek, so that I may find You.  
Teach me to pray, so that I pray according to Your will.

Help me to listen with great patience and perseverance, so that I hear Your voice.

Let me give generously, not so that I receive, but so that others are blessed abundantly.

In Jesus' name.

Amen



Today, Lord, I choose not to walk the road of fear.

Today, I choose not to walk the road of doubt.

Today, I choose not to walk the road of selfish ambition.

Instead, today, Lord, I choose to walk by Your side.

Amen



Why would I leave the presence of God?

Why would I wander from the pathway He has set before me?

With God by my side, I need nothing more.

God, may You be my focus, now and forevermore.

Amen



O Lord, our hope is in You.

O Lord, You created us, You wanted us to be.

You desired fellowship with us, and yet, so often, we hide from Your presence.

Help us to be eternally grateful for the life You have given us, and seek You at every opportunity.

Amen



Father, help me to seek and love You for who You are alone.

Let me not seek You for fear of death and hell, or love You for the reward of heaven, but to seek and love You simply for who You are and that alone.

Amen



You are my hiding place, my comfort, and my protector.

In You, I find my security; in You, I feel safe.

Engulf me in Your loving arms and hold me close.

Let me know You are there and draw me closer.

In You, I place my trust this day and forever.

Amen



Every day, Lord, You beckon me closer.

Help me to hear Your call and to act upon it.

Amen

# Forgiveness

Lord Jesus, You know how betrayed I feel.

How let-down and disappointed, I am.

Thank you that You understand what that feels like.

Thank you that You are with me in this.

Thank you that I know that the future is bright with You.

Help me to hold onto that through this most difficult of times.

Bring me to a place where I can forgive and move on.

In Jesus' name.

Amen



Lord, today I choose to forgive.

Whatever happens to me, whoever wrongs me, I choose to forgive them.

I know I have been forgiven so much, so in return, I choose to forgive.

Amen



Father, I know that forgiving others is what You call me to do.

I know that forgiving others is good for me, especially in the long run.

However, I'm struggling.

I find it so hard.

I don't want to forgive.

I still have so much hurt, anger, and disappointment.

I want to do the right thing, but I need Your help.

Please bring me to a place where I can forgive and move on, released.

Amen



Forgiving Lord, we thank you for Your grace and mercy.

We thank you that You forgive and remember our sins no more.

You do not count our endless faults against us, and give us a clean sheet each day.

Lord, we thank you.

Amen



Lord, to err is human, to forgive Divine.

Therefore, I need Your help.

I cannot do this on my own.

Help me to forgive.

Amen



Lord,

You have forgiven me completely.

Help me to forgive all those who have wronged me.

Help me to live with an attitude of forgiveness.

May my first thought be of love, grace, mercy, and forgiveness and not defence, revenge, hate, and judgement.

In Your loving name, I ask this.

Amen



Lord,

You know all things.

You know what has been going on, and how hurt I have been.

Today though, I choose to forgive.

I choose to forgive \_\_\_\_\_ for all they have done to me.

Please restore our relationship and help me to want the best for them.

Help me to continue to forgive them in the days to come until I can truly say that they are completely forgiven.

Thank you that You continually forgive me.

Amen



Lord, You know how much I've been hurt.

Help me to forgive.

I know I will not be able to do it without You.

Bring me to a place where I can forgive and want the best for those concerned.

In Your name, I ask this.

Amen

# Guidance

Bring the light of Your wisdom into this situation Lord.

Give us the courage to carry it out, the discipline not to err from it,  
and the strength to continue with it.

For Your name's sake.

Amen



Lord, I am sheep on a hillside, aimless, wandering, head down, and  
with little purpose.

Be my shepherd, give me instruction, guide me, protect me, and lead  
me in Your ways, that I may hear Your voice, follow You, and be  
used in Your service.

Let me know something of my worth to You and Your plans for my  
life.

Amen



Dear Lord, this day, be a pillar of cloud ahead of me, to show me the way, to guide me in all situations. Give light to my path, and to help me know that You are with me in all things.

For Christ's sake.

Amen



Dwell in my heart Lord, and with every beat stir me to action.

Be in my hands, Lord, and may every action be for Your glory.

Live in my mind, Lord, and let every thought be under Your control.

Move my feet, Lord, and give guidance to my every movement.

Amen



Father, help me to be discerning.

I long to do the right thing, but so often do not know right from wrong.

Help me to know Your will more and more.

Give me the strength to choose to do the right things.

Help me to know Your will, and act accordingly.

For Your sake, I pray.

Amen



Father, I acknowledge before You that You know what is best for me in every situation.

I pray that You would lead me in the way that is best.

Please do what is best for me, even though I may not understand it.

I give You control of my life, to do with it as You see fit.

Amen



Father, I pray for all those who need guidance today.

May they have a wonderful revelation of the knowledge of Your will  
in their lives.

Set their feet on the path that You wish them to tread.

Give them all they need to follow that path.

May they know Your presence with them as they walk it day by day.

In Jesus' name.

Amen



Father, guide my eyes to see as You see today.

Give me the honour of acting on Your behalf in all situations.

Speak through me to all I meet and let them see Jesus in me.

Amen



Guide our feet, today Lord, into the ways You want us to follow.

Give us the words to say in all circumstances.

Let our actions glorify Your name and let us shine as a light to the nations.

Amen.



Just as You led the Magi, using a star, to the place where You wanted them to be,

guide us, Lord, into the situations where You want to use us.

Amen.



Lord, I seek Your wisdom, and need it in so many areas.

Please help me to be wise.

Please help me not to rely on my own knowledge, on my own mind, but to look to You, and to gain real wisdom in the situations that I face day by day.

Please stop me from making unwise decisions, and always set my feet on a level pathway that leads me to where You want me to go.

Amen



Lord, in the quiet, come.

Fill this place with Your presence.

Fill my mind with Your thoughts.

Help me to focus on You now.

Help me to know Your will.

Amen



Lord,

in fear, I come before You.

It is Your wisdom that I seek.

I fully acknowledge that I can't do this on my own. I'm not strong enough; I'm not wise enough, please help me.

In everything I face today, be my guiding light.

May every word that comes from me today, be pleasing in Your sight.

Speak through me and let me not hinder what You want to do.

I am frail and faltering, but You are strong, and Your ways are perfect.

Let me never give up when You want me to press on, and let me never press on, when You want me to give up.

Carry me today, Lord, for I know that in Your arms, is the best place to be.

Thank you, my Saviour and my Friend.

Amen



Lord, reveal to us Your wisdom to know how best to respond in every given situation.

Help us not to be wise in our own eyes, but to always look to You for the best way forward.

Amen.



Lord, teach me to seek, so that I may find You.

Teach me to pray, so that I pray according to Your will.

Help me to truly listen with great patience and perseverance, so that I hear Your voice.

Let me give generously, not so that I receive, but so that others are blessed abundantly.

Amen



Father, I need wisdom, and wisdom can come only from You.

Help me as I seek Your answers.

Help me to be still and give You the time and the space You need.

Help me to listen, help me to quieten myself, help me to hear Your voice.

Grant me that wisdom that I so desperately need.

For the sake of Your Son, my Saviour.

Amen



There is a time to speak out and a time to hold your tongue.

There is a time to leap into action and a time for thoughtful consideration.

There is a time to give answers and a time to keep your own counsel.

The real wisdom lies in knowing which is which.

Lord, reveal to us Your wisdom to know how best to respond in every given situation.

Help us not to be wise in our own eyes, but to always look to You for the best way forward.

Amen.



Father of all goodness, Father of all grace, smile down upon us this day.

Lighten our load and direct our steps.

Give us all that we need, not all that we want.

Help us to look to You in all the circumstances we face, knowing that You will never let us down.

Amen.



Father, direct our steps, give light to our path, and wisdom to our minds.

Help us to walk in step with You every day of our lives.

Help us, Lord, to keep every thought captive to You.

We desire to do Your will, but we acknowledge that we are weak and feeble.

Strengthen us, train us, and guide us.

Shelter us under Your wing in times of difficulty, equip us, and send us out in times of service.

We thank you, Lord, for all You give us, and we praise You for who You are.

Amen.

# Hearing God

Every day, Lord, You beckon me closer.

Help me to hear Your call, and to act upon it.

Amen



Help me to actively listen for Your voice, to hear and to understand,  
O Lord.

Help me to focus on You, and You alone.

Help me to refocus on You often and acknowledge You in all I do.

Help me to seek Your guidance, and to give You the glory throughout  
this day.

Amen.



Lord, give us time to stop, and spend with You.

Help us to quieten ourselves and put the busyness of the day behind us.

Let us focus on You and give us ears to hear Your voice.

Amen.



Lord, I long to hear Your voice.

Help me to be still, to quieten and focus my mind, and to wait patiently.

Remove from me all distractions and help me to truly listen.

In Your holy name, I ask.

Amen



Lord, quieten my heart, so that I can truly be still.

Still to be with You; still to listen for Your voice; still to discover Your will.

Amen



Lord, teach me to hear Your voice.

Draw me into Your presence and open my ears.

Help me to listen attentively for that still, small voice.

Help me to block out the thunder of this world, and tune into Your voice alone.

Help me to find the time to be still and wait.

Help my heart to resonate with Your words, and help me be obedient to that which I hear.

Amen



Grant me persistence in prayer.

Grant me the patience to wait for Your answer, Lord.

Give me stillness and ears to hear Your voice.

Grant me the strength to resist going it alone.

Give me wisdom to discern Your leading.

Grant me thankfulness for all You do.

Amen



Dear Lord, grant me this day the patience that I need to wait, the focus that I need to listen, the quiet that I need in which to hear.

Give me the time I need to be still, the concentration I need to keep my thoughts on track, and the resolve I need to truly seek You this day.

May I listen with hearing ears, seek with seeing eyes, and find You  
with a thankful heart.

Amen

# In Times of Trouble

Father, as night comes, I pray that You would draw close to all those that find this a difficult time.

For the lonely, for the ill, the separated, the anxious, those who struggle to sleep, the vulnerable – bring them all Your peace O Lord. Help them to rest in You, to cast all their burdens onto You, knowing that You care for them.

In Jesus' name.

Amen



Lord,

for those who face death this night, bring peace to their minds, release to their bodies, and hope to their souls.

Welcome them into Your loving arms and bring comfort to those they leave behind.

Amen



Lord, incline Your ear to me and hear my prayer.

Save me from my troubles.

Let not the floodwaters overwhelm me.

Let not death have its victory.

I place my life in Your hands and ask for Your saving grace.

Amen



Where there is emptiness, Lord fill me.

Where there is sadness, Lord give me joy.

Where there is anxiety, Lord may Your peace prevail.

Where there is tiredness, Lord may I rest in You.

When I feel lost, Lord give me vision.

When I feel down, Lord lift my spirits.

When I feel confused, Lord bring Your clarity.

When I feel lonely, Lord let me know You are near.

Amen



Lord, where there is a faltering smile, You see the pain beneath.

When there is anger over small things, You see the entire cause.

When a tear rolls, You know each reason.

Where people reach out for help, You feel their desperation.

You, O God, know all things.

You see the end from each new beginning.

You hold the solution to every problem.

You have the answer before the question has been asked.

You go before us.

You stay by our side.

You watch our backs.

You soar above us.

You know our deepest desires.

Our every need You provide.

You know our hearts, O God.

Every motivation, every thought, is not hidden from You.

We welcome You to take Your place.

We ask You in to see what You see already.

Let us hide nothing from You.

Lord Jesus, King of all, reign in us.

Amen



Lord, I don't understand why things go wrong.

I don't understand illness, and suffering, but I trust that You do.

I trust that You are in control.

I trust that You are just, and good, and loving.

I trust that, in Your wisdom, You allow things to happen, that You could prevent by Your power.

Help me, Lord, to trust You more!

Amen



In this school of suffering, Lord, teach me Your will.

Help me learn that which I can learn through no other situation.

Give me endurance and help me to trust You through this most difficult of times.

I seek to do Your will, despite my suffering, help me not to be found wanting.

Amen



Carry me Lord, when I am weak.

I stumble and fall without You by my side.

I hold Your hand day by day, but sometimes I need to lean, and  
sometimes I need You to hold me up.

Thank you that You will never let go.

Hold me tight and restrain me from leaving Your side.

As we walk, help me to look for Your leading.

Help me to be Your hands, Your feet, Your voice.

As You carry me, let people see Your strength.

As You set me down, let praise and thanks be on my lips.

May people look at me and see You!

Amen



Day and night, I cry out to You, my Lord.

Do not hide Yourself from me.

Come and rescue me from the troubles I have made.

Help me to see You more.

Help me to know Your will.

Pour out Your mercy upon me, for I need it more than ever.

Amen



Dear Lord, I am dreading this day.

Whichever way I look at it, I don't want to face it.

But, face it I must, and therefore, I will choose to face it with You.

Help me to have confidence and assurance that all will go well.

Guide me in all that I do, so that the best solution for all that lies ahead is assured.

In Jesus' name, I pray.

Amen



Born in the squalor of a cattle shed, hunted for Your very life,  
displaced,

becoming a refugee in a foreign land, and yet rising to change the  
entire history of the world.

Lord, help us not to look at our disadvantages, but to look to our  
potential in You.

Help us to realise that it matters not where we are at present, what  
matters most is what You have in store for us and the ability that  
You have placed within us  
to achieve great things.

Help us to be positive, and not to be dragged down by our  
circumstances.

Help us to look for You and expect great things from You continually.

Amen



Creator God, sustainer, healer, protector, we look to You.

Touch our lives in exactly the way we need it right now.

Keep us from every peril and bring us to wholeness.

May we look to You for all our needs, knowing that You will never let us down.

Through Jesus, our Saviour, we pray.

Amen



Even when I'm going through the most difficult of situations;

Even when You feel far away;

I know that You are with me, right by my side.

I know You are my protector, my deliverer, You are all that I need.

You carry me in times of difficulty.

You deliver me from all evil.

You set my feet on a solid pathway and will lead me home.

Thank you Father,

Amen



Father, I run to You today, into Your loving arms.

I need Your touch;

I need Your security;

I need Your comfort.

Help me to rest in You;

To stay by Your side, and to receive from You, all that I need.

Amen



Father of light, shine Your light into my life, to dispel all shadows.

Let the shadows of confusion, the shadows that bring fear, and the

shadows of temptation flee from me.

Let Your light shine in every area of my life, bringing openness, clarity, and freedom.

Amen



Father, I am at the end of my tether.

I do not know where to turn.

My life seems pointless.

All is darkness; it's hopeless.

I need Your touch.

I need You in my life.

I need You to reach down and help me.

I need You now more than ever before.

I throw myself on Your mercy and grace.

I know I deserve nothing, but I know that You will hear my cry and respond.

Help me, Lord Jesus, I pray.

Amen



Father, I look to my circumstances, and I see a mess;

I look to my feelings, and I see confusion;

I look to my finances, and I see a lack;

I look to my friends, and I see hurt;

I look to myself, and I see weakness.

However, if I turn and I look to You, my Father;

I see hope, grace, and mercy.

If I look to You, precious Jesus;

I find strength, inspiration and healing.

If I look to You, ever present Spirit;

I find peace, joy and comfort.

If I look to Your Word;

I see truth, purpose and wisdom for the journey.

Help me to focus on You this day, O Lord.

Amen



Heartbroken, I come before You, Father.

I give You all the pieces, knowing You will treat them lovingly.

I trust You.

Be all I need of You right now.

Everything has gone wrong.

Mend my heart, loving Father, and set me on the right path once again.

Amen



Heavenly Father, I feel like my life is in crisis.

You know what has been going on.

You know my reaction to it.

Help me to feel a little more in control.

Help me to trust You, that things will work out for the best.

Help me to know Your peace in the meantime.

Amen



I look to You in the darkest days.

I look to You, Lord, for I have nowhere else to turn.

Please hear my prayer and be all I need of You.

I need You now more than ever before.

I trust that, once again, You will honour Your promises to me.

Carry me, O Lord I pray, and, in time, set my feet back upon the right path once again.

Amen



I am staring death in the face.

My body is weak, and I'm not long for this world.

Father, I place myself in Your hands.

I know a place has been prepared for me, and I long to take up that place.

Father, keep me in Your perfect peace and bring me into Your heavenly kingdom.

Amen



I stand on the edge Lord.

Only darkness is before me.

Hopeless, helpless, weary, lost.

There seems no way through, no way out.

I'm at the end of my tether; I have no place to run to.

You are my last chance.

Shine Your light into my darkness, I urge You.

Be my hope, and my help, in this time of greatest need.

Carry me, hold me, may I know Your love.

I place myself into Your hands.

Amen



I struggle not to worry.

I have so many things buzzing around my head that concern me.

I know You call me not to worry, but I find that hard.

Help me to hand my worries over to You, and to leave them in Your,  
more than capable, hands.

Help me to be disciplined in what I think about.

Help me to recognise a worry immediately and hand it over to You.

In Jesus' name.

Amen



Lord, I'm tired of being in pain.

I'm tired, and I am struggling.

I long for Your healing.

I pray that You give me patience.

I ask that You relieve me of this pain and bring me back to full health.

For the sake of Your Son, I ask.

Amen



Life is closing in around me, and I do not have the strength to cope.

Be my strong tower, O Lord, my great God.

May I run to You for safety and protection.

May You keep everything that is pressing in on me at arm's length  
and give me the space I need in which to breathe.

Give me a new perspective, and a fresh outlook, so that I can face  
the world again  
with You right by my side.

Thank you, Lord.

Amen



Life is tough, Lord; it's busy, stressful, relentless.

You are my only refuge; You give me my only rest.

Help me take time out to spend with You.

Renew my strength day by day and help me to journey on with You.

Amen



Look down on me, O Lord, for I need You.

My troubles just seem to multiply.

My grief is almost overwhelming.

I have no hope but You.

So, in You, I will put all my trust.

For no one who puts their trust in You will ever be let down.

Remember me and look at me through Your eyes of unfailing compassion, and rescue me.

Amen



Lord, I am exhausted, weary, and lacking motivation.

Please be all I need of You this day.

Give me energy and strength, and show me the path that I should tread.

Help my tiredness not to be a barrier to what You want to do through me today.

In Jesus' name.

Amen



Lord, for all those affected by terrorism, we pray...

Justice for the dead;

Healing for the injured;

Strength for the helpers;

Wisdom for the leaders;

Hope for the frightened;

Peace for all affected;

Unity in response;

Solidarity for the communities;

Love for the ostracised;

Restraint in blanket judgement;

Mercy for the tainted;

Grace for everyone.

Lord, in Your name, we pray.

Amen



Lord, for those who are hurting;

please bring Your comfort.

For those who are worried or fearful;

please bring Your peace.

For those who are too busy and stressed;

please bring Your rest.

For those who are lacking;

please bring Your provision.

For those who are torn;

please bring Your guidance.

For those who are ill;

please bring Your healing.

For those who are lonely;

please bring Your presence.

For those who are pained;

please bring Your relief.

Lord, I know You can be all things to all people;

today may that be very evident in the lives of those we know.

Amen



Lord, I am living under a dark cloud.

I feel hopeless and helpless.

I see no brightness in my future.

I have no energy or strength to carry on; everything is imperfect.

I turn to You as my only hope.

I don't know what else to do.

I cry to You for help.

Please, please lift me from this mire.

Help me to feel a little more normal again.

Give me glimpses of what life could be.

I need You now more than ever before.

In Jesus' name.

Amen



Lord,

I am struggling to find any peace in my life.

Help me to know Your peace that passes all understanding.

Help me to focus on You.

Draw me into Your presence and give me a Godly quiet in my heart.

Help me to rest in You.

Amen



Lord, I cry out to You at this, my time of need.

Please hear my prayer and help me.

Pour upon me Your great mercy and grace.

Be in my thinking and in my actions.

Help me to make wise and right decisions.

Bring me through this time of trial, for Your glory.

In Jesus' name, I ask.

Amen



Lord, I have no strength left, no capability to go on, no energy remaining for the fight.

Lord, it is all down to You now.

With all that I have left, I look to You and place myself in Your hands.

I am Yours, and I am trusting in You alone.

Amen



Lord, I have no words, I feel let down, I feel abandoned.

I trusted those around me, and they have failed me.

I know not where to turn.

I look to You as my refuge and my strong tower;

knowing that You will never let me down.

Allow me to rest in You, and please renew me completely now.

Amen



Lord, I know that when life is difficult, You are right there beside me.

I know when trials come, You will use them for my good and Your glory.

I know that when suffering comes, You have a purpose for it, and I will grow through it.

Lord, let me never forget these things.

In the midst of my struggles, constantly remind me, and help me to trust You without fail.

Amen



Lord, I need Your help!

I don't even know what I need, but I trust that You do.

Help me in whatever way is necessary.

Thank you.

Amen



Lord, I'm in a right mess.

I can't undo the past, but please guide me to the best course of action for the future.

Help me to apologise where I need to and to make amends where possible.

Help me to learn from my mistakes and build a better future.

Amen



Lord, in my times of temptation, be my strength.

In times of frustration, be my peace.

In times of sadness, be my comfort and, in times of loneliness, be my companion.

Lord, in times of darkness, be my light.

In times of need, be my provider.

In times of fear, be my strong tower and, in times of helplessness, be my hope.

More than anything else Lord, help me to be these things for those around me,

in their times of need.

Amen



Lord, in the midst of today's storm, be my anchor.

Amid today's busyness, be my peace.

In all of today's conversations, be my voice.

In all of today's weariness, be my strength.

Lord, today, be all I need of You, as I falteringly serve You with all I have.

Amen



Lord, let not this night be any longer than it needs.

Let not this suffering take away my joy.

Let not my anguish extinguish all hope.

Be my light in the darkness, and fan into flame that which was once just embers.

In You, I place my trust.

Amen



Lord, protect me from the evil one.

Send Your angels to look over me, to guard me, and protect me.

Give me courage, help me to fight well.

Give me all that I need in the battle against evil.

Help Your love and goodness in me, to always overcome.

Amen



Lord, be my firm foundation today.

So that, though the earth may crumble, I will not fall.

Be my rock, be my security, be my solid ground;

That I will always stand and stand for You.

Amen



O Lord, my faith is in You.

O Lord, my God, You know me, and You know my heart.

You know my struggles, my weaknesses, my opportunities,  
and my fears.

Help me to trust You in all things.

Help me to surrender every part of my life to You today, and for always.

Amen



Lord, I know that I can't do it all on my own, in my own strength.

Please be all I need of You today, in every area of my life.

I praise and thank you, Lord.

To You be all the glory today and forever.

Amen



Reach down, O Lord, reach down Your hand and rescue me.

For I fear I am drowning, drowning in the fears and worries of this world.

Reach down, and draw me into Your strong tower, draw me to Yourself, and grant me Your peace.

Raise me up stronger, stronger to journey on, stronger to serve You, and to bring You the glory You so deserve.

Amen



Lord, tomorrow is a big day for me, and I'm worried and anxious.

Help me to trust that You are in control.

Help me to know Your peace, and to rest in Your presence.

Help me to hand tomorrow, and all that happens, over to You.

May I rest in peace this night.

Amen



Thank you, Lord, that You are all that I need.

Though people let me down, and friends desert me, You are all that I need.

Though health deteriorates, and youth fades, You are all that I need.

Though finances crash and earthly securities fail, You are all that I need.

Though trouble comes, and storms grow up on every side, You are all that I need.

Though darkness surrounds me, and death draws near, You are all I need.

Thank you, Lord, that You are all that I need.

Help me never to forget that, and always to be thankful.

Amen



Turn Your ear towards me, Lord I pray.

Hear my plea, let it not fall on deaf ears.

Answer as I call, O Lord, and give me Your attention.

Amen



Whatever this day brings, Lord, I ask that I would know Your presence with me at all times.

Amen



When evil whispers in my ear, may I reply, in Jesus' name, be gone.

Amen



When hardship comes, the Lord is near.

He has all the tools in his arsenal to protect me, to guide me, to comfort me, and to keep me safe.

Nothing does he lack.

As I look to him, I see that I require nothing more.

He is my all in all.

He is my God.

Amen



When I feel lost, give me vision, Lord.

When I feel down, lift my spirit.

When I feel confused, bring Your clarity.

When I feel lonely, let me know You are near,

When I stray, will Your hand guide me safely back.

When I stumble, will You pick me up.

When I think of all You have done for me, my God, I can but fall at  
Your feet in praise.

You are an amazing God, that You would think of me, is beyond my comprehension.

May all praise be to You, my Lord, and my God.

Amen



When temptation comes, may I stand firm in Christ, my Lord, and God.

When things are difficult, and things are not going my way, when I feel sad or down, when life is getting on top of me, please give me a sense of the incredible love that You have for me.

A love that never changes.

A constant love that never ends.

Help me to feel loved by You at all times, no matter what is happening in my life.

Help me to know that I am loved and to live as Your beloved.

Help me to show that love to others around me.

Amen



Where there is emptiness;

fill me, Lord.

Where there is sadness;

give me joy.

Where there is anxiety;

may Your peace prevail.

Where there is tiredness;

may I rest in You.

When I feel lost;

give me vision, Lord.

When I feel down;

lift my spirits.

When I feel confused;

bring Your clarity.

When I feel lonely;

let me know that You are near.

Amen



Here I am, Lord.

I look at myself, broken-hearted, crushed, desolate, despondent,  
grieved, wretched, sorrowful, despairing.

Here I am, Lord.

I look around me, sad, fearful, confused, grief-stricken,  
disappointed, worried, helpless, without hope.

Here I am, Lord.

I look to You, joyful, forgiven, hopeful, at peace, victorious, valued,  
loved, redeemed.

Here I am, Lord.

This day, and forever, I choose to look to You.

Amen



Lord, who conquered the grave, Lord, of all victory, grant us victory  
this day in all our struggles.

May we be victorious, for Your glory.

Amen.



Inspire us, Lord, in all we do this week.

In the mundane and boring;

be our encouragement.

In the difficult and taxing;

be our guide.

In the tiring and tedious;

be our strength.

In all things;

may we glorify You.

Amen.



Calm for the worried mind  
Peace for the anxious heart  
Strength for the weary days  
Direction from my crooked ways  
Lord, I ask.

Hope for the helpless hours  
Joy for the sad and lost  
Truth for those led astray  
Light for the darkest day  
Lord, I ask.

Health for the frail and ill  
Comfort for all who grieve  
Faith for those who doubt  
Provision for those without

Lord, I ask.

Amen

# Praise

Through the darkest night;

I choose to praise You, Lord.

Through the pain and the suffering;

I still know that You are good.

Through the heartache and the grief;

I will declare that You are God, that You are my God.

Amen



Father, I praise You that You know the end for the beginning.

Before my birth, You knew the day of my death.

You know every hair on my head, and You know every breath that I will take.

It is humbling to think that nothing is hidden from You, You know all things.

Help me always to approach You with humility and to seek You for those things, that to us, are unknown.

Amen



Let us take no glory from the one who deserves it all.

Let our lives point to Him and let He be praised forevermore.

Amen



I will praise You, O God, with all that I have.

I will tell of everything You have done for me.

How great are Your works, how wonderful is Your creation?

I am amazed that You have done so much for me.

I am truly humbled and forever grateful.

Amen



Apart from You, O Lord, I am nothing.

With You, O Lord, I am a saint, a child of the King, a fellow co-worker with God.

Apart from You, O Lord, I am dying in my sin.

With You, O Lord, I am completely forgiven and justified.

Apart from You, O Lord, I am just one person against the world.

With You, O Lord, I am part of the worldwide church, Your body.

Apart from You, O Lord, I have no hope, no significance, no security.

With You, O Lord, I have all that I need.

Thank you, O Lord, thank you.

Amen



Blessed are You, O God, who has revealed Yourself in nature, and granted me a love of it.

Amen



God of glory, sat upon the throne of Your kingdom, You deserve all my praise.

May my life be an offering to You, accept my humble praise.

Amen



O Lord, I praise You.

You are so loving, so merciful, and so gracious.

I give all the glory to Your name, for You are so worthy.

I praise Your holy name.

Amen



Let everyone shout their praise to God.

With thanksgiving, worship His holy name.

Make a joyful noise that is pleasing to God.

Stop and realise, deep down, that He is Your God;

that He made You;

He knows You, and You belong to Him.

We are all the children of God, adopted into His family.

Praise His name.

Amen



Praise be to God, who has stooped down and rescued us.

He has shown us such favour; He has forgiven us so much.

Glory be to Him. His love knows no limits; His mercy knows no end.

All praise is due His name.

Amen



Praise God, for His faithfulness is never-ending, and His love will always surround us.

Praise His name, for He is sovereign over all things, and His justice is perfect.

Praise God, for He humbles Himself for our sake, and pours out His blessings on all His children.

Praise God, I will say it again, Praise God, for He is always worthy of our praise.

Amen



Worthy are You our God, let Your praise be ever on our lips, and thankfulness constantly be within our hearts.

Amen



The God of Adam, the God of Moses, the God of St. Peter, and St. Paul, is my God.

The God who created, the God who sustains, the God who came to earth, and died for me, is my God.

Praise be to His name.

Praise be to my God.

Amen



The King of Kings has risen to glory. His death and resurrection have bought for us, a period of grace and a gateway to eternal reconciliation with the Father.

Thank you, Jesus.

Amen



The Lord is alive, He has risen, and He lives.

The Lord is my salvation; in him shall I put my trust.

He has conquered death and is preparing a place for us.

I will live with him forever.

Praise His name.

Amen



The Lord is good, and the Father of love.

Everything He does comes from this.

In Him is no evil.

Place Your trust in His hands, for He will never let You down.

Amen



The Lord is my great protector.

Everything that I need He will provide.

Each day He gives me from His bounteous supply.

He sends the rain to refresh; He sends the grain to fill me. He provides for me in every way.

I never go without, because He is with me, watching over me at all times, providing everything I require.



The Lord is perfect, and His ways are just.  
He roars with compassion and mercy.  
His paths are straight, and His ways are true.  
You, Lord, are my light in the darkness.  
My hope in the mire.  
My faith amidst the doubt.



The Lord, my God, is the Lord of all the earth.  
He owns everything within it.  
Nothing is outside of his authority.  
He created it, and he sustains it.  
Nothing is beyond his touch.



The Lord, my God, is the perfect judge.

He rules with integrity and honour.

All praise be to Him, who has shown us grace, and mercy unending.

His love knows no bounds, and his care never ends.



The silence of creation shouts of Your glory.

The heavens and the earth speak of Your creativity.

Who can understand the complexities of our universe, and not fail to  
see

Your hand at work?

To God, be all the glory.



Through You, O Lord, I see all things.

To God, be the glory in all things.

In our waking and our sleeping;

in our doing and our being;

in triumphs and our failings;

in our busyness and our rest;

in our enjoyment and our boredom;

in our work and in our play;

in our words and in our silence;

in our good times and in our bad times.

To God, be the glory in all things.



To You, I will speak words of praise.

To You, I will give all the glory.

In You, I will find my eternal refuge.

In You, I will put my trust.

With You, I will journey forwards.

With You, I will find perfect peace.

O Lord, my God, I thank you.



Today I will praise the Lord, for He is so worthy.

I will centre myself on Him, and give Him all the glory.

I will be thankful in all circumstances, for in doing so, I enter the presence of God.



Who has shown me love unending?

Who has forgiven my every fault?

Who has shown me favour undeserved?

Who has died so that I may live?

You, O Lord.

You, O Lord, show me inexhaustible kindness.

You, O Lord, created and sustain me.

You, O Lord, provide for my every need.

You, O Lord, pour out Your grace and mercy upon me.

I will, therefore, praise You.

I will, therefore, give You all the glory.

I will, therefore, serve You with my life.

I will, therefore, be forever thankful.



Who is there like You, O Lord?

So kind and compassionate, so loving and merciful, so wise and so willing.

I praise You, Lord, with all I have.

Thank you, that You are here, thank you, for all You have given me, thank you, for all You will do this day.

Amen



Who, O Lord, is like You?

Who is so powerful, and yet so loving?

No one can match Your mercy and Your grace.

Is there anyone who is so just?

There is no-one above You; there is no one more worthy of all praise.



Worthy, oh so worthy.

Lord of all, I worship Your holy name.

May Your name be lifted high.

May You receive all the praise due Your name.

Amen



You are all I need, O Lord, but my heart is greedy.

I always want more.

Help me to be content.

Help me to distinguish between what I need and what I want.

Thank you, that You always provide for me, help me not always to want more.

Amen



You, my God, are my ever-present help.

You are my hiding place, my comfort, and my protector.

In You, I find my security; in You, I feel safe.

Engulf me in Your loving arms, and hold me close.

Let me know You are there and draw me closer.

In You, I place my trust, this day and forever.

Amen



You, my Father, fill my life with good things, and much more besides.

You have never let me down.

You lavish grace upon me, a grace I don't deserve.

You, O Lord, look down on me, You see all that I do, You know my heart.

You know the best of me, and the worst of me, and yet You still love me unconditionally.

Thank you, Father.

Amen



May Your praise be on my lips today, Lord, and Your love be in my heart.

Let me be a fragrant offering to You through my words and actions, and may all that I do bring You glory.

Amen.



Father, help me to praise You today, in the good things, and the difficult things.

In the good things help me to be thankful, and in the difficult things give me wisdom, give me patience, discernment; give me courage, give me all that I will need to serve You in those times.

Amen



You are the eternal God.

You were not created, You have always been.

You have no limits, constraints, no beginning, and no end.

You are not constrained by time or space.

You are the King of all kings, all thrones are but footstools to Your own.

You are sovereign, and Your reign will never end.

You hold all the cards.

You know all things.

You are perfect in every respect.

You don't make mistakes, and You regret nothing that You have said or done.

All Your ways are good.

You are love, and everything You do stems from that.

In You, there is no evil.

You are self-sustaining and sustain all things.

You need no help.

You are just, and all Your ways are perfect.

You know all things; nothing is beyond Your knowledge.

You are all-powerful; there is nothing that You cannot do.

You are unimaginably creative, everything that is and will be is put in motion by Your hand.

Everything You do succeeds, You have never failed, You can never fail.

What You start will always be accomplished.

You are eternally full of joy, contentment, love, peace, grace, mercy, hope, kindness, compassion, patience, and understanding.

You have perfect sympathy and empathy.

You have at Your command a heavenly army to do Your bidding.

You answer to no one, You are completely in control, completely in charge.

And therefore, I will place my trust in You!

To You, I will speak words of praise.

To You, I will give all the glory.

In You, I will find my eternal refuge.

In You, I will put my trust.

With You, I will journey forwards.

With You, I will find perfect peace.



The Lord, my God, is the Lord of all the earth.

He owns everything within it.

Nothing is outside of His authority.

He created it, and He sustains it.

Nothing is beyond His loving touch.



When I think of all You have done for me, my God, I can but fall at  
Your feet in praise.

You are an amazing God, that You would think of me is beyond my  
comprehension.

May all praise be to You, my Lord, and my God.



More precious than gold is Your love for us.

More desirous than diamonds is Your touch.

More sought-after than pearls is hearing Your voice.

More coveted than all things is knowing You, Lord.



Holy is The Lord, the living God, creator of Heaven and Earth, worthy of all our praise.

Holy is The Lord, the God of love, overflowing with grace and mercy.

Everything we have is His.

Holy is The Lord, God of light, creator, and sustainer of life.

We owe Him our all.

Holy is The Lord, saviour of us all, sacrificed in our place.

Holy is The Lord.



Holy is the Lord, set apart and yet closer than a brother.

Who can comprehend His ways, the works He chooses to do and not to do?

Lord, You are above all things, and Your wisdom, power, and sacrifice humble me.

Holy is the Lord, and great are His ways.

Who am I to question Him, who am I to doubt His wonderful acts?

May His praise be on my lips forever.

# Thanksgiving

Lord, for all the little things that I so often take for granted, I thank you.

For the big things that You give me each day, for my life, my friends, my family, my work, my home, my church, I give You so much thanks.

Help me always to have a thankful heart and to let You know just how thankful I am for all You have done for me and for all You have given me.

Amen



Lord God, today You have answered me in a wonderful way.

I will mark this day and remember.

I will remember this day and rejoice.

I will rejoice and be thankful for what You have done for me.

Amen



Lord

You made an unimaginable, incomprehensible sacrifice for me, and yet I have nothing to offer You.

I throw myself on Your grace and mercy, trusting in Your love, trusting in Your compassion.

Father, I thank you.

Amen



Because of His great love;

He created.

Because of His great love;

He sustains us.

Because of His great love;

He showed mercy.

Because of His great love;

He gave us grace.

Because of His great love;

He sent his Son.

Because of His great love;

He died for us.

Because of His great love;

He rose again.

Because of His great love;

He sent His Spirit.

Because of His great love;

He prepares a place for us.

Thank you O Great God of Love

Amen



To You, O Lord, I can bring nothing.

So with my empty hands, I cling to You.

With a humble and contrite heart, I thank you.

Amen



Father, I thank and praise You that You are full of love, grace and mercy;

for I need them each and every day.

Amen



O Lamb of God, sacrificed for me, I thank you.

O Loving Father, who gave up his only Son for me, I thank you.

O Holy Spirit, comforter, inspirer, empowered, and friend, I thank you.

Father, Son, and Holy Spirit, three in one;  
creators, sustainers, champions of all that is good and pure, upright and holy, I thank you.

Amen



O Lord, You created me.

You wanted me to be, and for that, I thank you and praise You.

I am eternally grateful that You wanted fellowship with me and that You gave me life and breath and so much more.

Amen



A Brand-new day, what an incredible blessing.

Lord, help me to make the most of it, help me always be thankful for every day that You give me.

Amen



Creator God, who gave us our very breath, we acknowledge that without You,

we are nothing, but that with You all things are possible.

We are but dust, and yet in Your great mercy, You have chosen to use us in Your great plans.

We thank you that You have deemed us worthy.

Help us to be faithful in what You ask us to do, and to humbly give

You all the glory that You so rightly deserve.

Amen.



Creator of the Universe, and closest friend, my mind cannot  
comprehend

why You are mindful of me.

I am but dust, but You hold me in such high regard.

I am worthless, yet I am Your treasure.

Thank you, Father, that You pour out Your love on me.

Thank you, that You have given me life, and so much more besides.

Amen



Father God, we thank you that there is no one like You;

who loves me unconditionally, undeservedly, unreservedly, and  
unceasingly.

Amen



Father God, we thank you for Your great love for us, shown especially in creation and in sending Your Son.

Jesus Christ, we thank you for giving up everything for us, for living to show us, for dying to save us, and for rising to defeat our greatest adversary.

Holy Spirit, thank you for revealing these truths to us, and for Your guidance,  
counsel and comfort.

Amen



Father of love, thank you for Your grace and mercy.

Thank you for Your joy and peace.

Thank you that You constantly lavish good things upon me.

Thank you for friends and family and all they mean.

Amen



Father, there is so much in this life, but very little that I actually need.

Thank you that You provide for my needs, and, in many ways, my wants as well.

Thank you that You also know the difference between what I need, and what I simply want. Help me to learn that difference.

Amen



Father, we thank you for the miracle of the empty tomb.

We thank you that You died for us and that You rose again victorious.

We thank you that You ascended into heaven and are interceding on our behalf.

We thank you, Lord, for all that You have done for us and all that You continue to do for us day by day.

Amen



Father, I thank you for the amazing gift of light, by which we see all things.

Thank you for the invention of electric light, which prolongs the days and brings safety and comfort.

Thank you that You bring light into our darkness.

Help us to make the most of it, and always be thankful.

Amen



Father, I want to thank you today for all the faithful men and women who have passed on the baton of faith down through the years.

Some I have known, and they have personally passed that baton onto me.

Others are unknown to me, but their faith has trickled down over the centuries.

That baton has continued to be passed on from generation to generation.

Lord, I thank you that You know who they were and that their faithful work never went unnoticed by You.

Help me to be faithful in passing on the baton of faith to those around me.

Take my small offering, and cause the ripples to spread out for generations to come.

Amen.



For friendship and relationship, I thank you Lord.

For kind words and laughter, I thank you Lord.

For sharing and compassion, I thank you Lord.

For tenderness and closeness, I thank you Lord.

For empathy and connection, I thank you Lord.

For conversation and understanding, I thank you Lord.

For hugs and comfort, I thank you Lord.

For faithfulness and forgiveness, I thank you Lord.

For sincerity and sensitivity, I thank you Lord.

For trust and warmth, I thank you Lord.

For loyalty and love, I thank you Lord.

For truthfulness and gentleness, I thank you Lord.

For openness and honesty, I thank you Lord.

For generosity and affection, I thank you Lord.

For friendship and relationship, I thank you Lord.

Amen



I am often ungrateful; I am always unworthy, I am surrounded by things for which I should be thankful.

I am surrounded by things I take for granted every single day.

Lord, You provide so much for me.

You give me everything that I need, and so much more.

My life is full of wonderful things.

Full of things that bring me joy, bring me comfort, bring me fullness,  
bring me entertainment, bring me more than I could ever imagine.

I thank you Lord, for all that You give me day by day.

Amen



I live, O Lord, for You sustain me.

I have my being, only in You.

Thank you, for the life You have given me.

You cause me to sleep and to wake.

Without You, I am but dust.

Thank you.

Amen



In times of plenty, and in times of want, we thank you, Lord.

May we always remember those with less than enough, and give to them out of generous hearts.

Amen



Lord, I thank you, that we are fearfully and wonderfully made.

Thank you that You created us and sustain us.

Amen



Lord Jesus, we thank you that You will return.

Thank you that this time, it will not be as a baby but as a triumphant King.

Keep us watchful and waiting in a state of preparedness.

Amen



Lord of all creation, we thank you for every breath that You allow us.

We thank you for all the good things that You give us.

We thank you, that You are with us, on our side, in all we face.

Amen



Lord, even though I have little money;

I thank you for all the riches You have given me.

Even though I am tired;

I thank you for the strength I find in You.

Even though I am sad;

I thank you for Your joy, which can never be taken away.

Lord, even though I am grieving;  
I thank you that You are the great comforter.  
Even though I hunger;  
I thank you that You provide for all my needs.  
Even though I am worried;  
I thank you that You are in control of my life.  
Amen



Lord, give me a continuously thankful heart.  
When I stop and think, I know that I have so much to be thankful  
for, and yet it is so easy for me to forget.  
It is so easy for me to focus on my troubles and my worries, on the  
things that I haven't got, and to forget all the things that You provide  
for me each day.  
Thank you that You meet every need that I have.  
Help me always to be thankful.  
Amen



Lord, I am not worthy.

Lord, I am not worthy.

I deserve death, and yet You give me riches.

I deserve judgement, and yet You give me mercy.

Lord, I am not worthy.

You lavish grace upon me, a grace I don't deserve.

You fill my life with good things, and much more besides.

I am often ungrateful; I am always unworthy.

Give me an attitude of thanks, grant me a repentant heart.

Amen



Lord, I do so much that displeases You, breaks Your heart, and causes You pain.

Please help me to make better choices.

Help me to look to You for direction.

Most of all, thank you for Your grace and mercy that You show me each and every day.

Amen



Lord, I thank you that You know me better than I know myself.

You know what I struggle with, and what is on my mind.

I thank you that You understand, even when I am doubting You.

Amen



Lord, help me to give all my struggles to You each day.

Help me to talk to You about them, and seek Your wisdom for the answers.

Amen.



Lord, I want to thank you for colour, for texture, for contrast, and all the things that captivate my vision each day.

We live in a world of such splendour and variety, help me to be constantly appreciative of all around me.

You are such a creative God, and I want to be used by You to create Your Kingdom here on earth.

Amen.



Lord, let me live a life full of thankfulness.

Help me to remember that everything I have comes from You.

Thank you that You bless me in so many ways, ways I see, and ways I don't see.

Thank you for all the ways You help me and all the things You do that I don't recognise as Your intervention.

Help Your praise be constantly on my lips, as I remember all You have done.

Thank you, Lord.

Amen



Lord, there is so much that You do each day that we know nothing about.

You guard and protect, and send us angels in various forms.

You help, guide, and answer our prayers, and yet we seldom acknowledge it.

Forgive us for not seeing Your hand at work as often as we should.

Give us eyes to see You more clearly, and accept our thanks for all that You do, whether seen by us or not.

Amen.



Lord, we thank you this day, that we have a roof over our heads;  
food in our stomachs;  
purpose in our lives;  
clothes to wear;  
money to spend;  
friends for companionship, and above all, You to watch over us.  
Amen



Lord, I have no real idea about what it meant for You to give up  
everything and come to us.  
I can only imagine.  
But I do know that it was a massive sacrifice.  
Humbling Yourself, and becoming human, You came to show us God.  
You came, simply for us.

You gave up all the glories of heaven to be born amidst the stench of a stable.

Help me to understand a little more, and to be forever thankful.

Amen



New friends are a blessing from God; old friends are a double blessing.

Friends who fire You up, and draw You closer to God, are one of the greatest blessings God can give You.

Thank you, Father, for these kinds of people. Help us to be these kinds of people towards others.

Amen



Thank you, Lord, for all You have done.

Thank you, Lord, for all You continue to do.

Help me, Lord, to always have a thankful heart.

Help me to enter Your gates with thanksgiving.

Lord, You have given us so much.

Lord, we have so little to offer You.

Accept our all, as a token of our thanks.

Amen



Thank you, Lord, that You make all things new.

You are the God who works all things for the good of those who love

You.

Help us to trust that promise, in the bad times, and celebrate it in  
the good times.

Amen



Thank you, Lord, that You love and care for all You have created.

Thank you that You love and care for me.

Amen



We have so much for which to be thankful.

Today I am thankful for all those Christians, down the ages, who have faithfully passed on the baton of Christianity so that we can believe.

I am thankful for all those who have studied and translated the Bible so that we can read it in our mother tongue.

I am thankful for all those who have gone against the odds and continued to believe in extreme circumstances.

I am thankful for those who brought Christianity to the shores of our country.

Thank you, Lord, for these people, please help me to be as faithful.

Amen



Whether I cross the seas or climb to the highest height, You are there, O Lord.

Whether I go to prison or am stuck at home, You are with me, right by my side.

Thank you that You go before me, to prepare the way, and stay with me to help me through.

Thank you that You never leave me.

Amen



You, O Lord, look down on me, You see all that I do.

You know my heart. You know the best of me, and the worst of me,  
and yet You still love me unconditionally.

Thank you, Father.

Amen



Lord Jesus, may all I do this day, be a fitting tribute to all You have  
done for me.

Amen



Thank you, Lord, that You are all that I need.

Though people let me down and friends desert me, You are all that  
I need.

Though health deteriorates and youth fades, You are all that I need.

Though finances crash and earthly securities fail, You are all that I need.

Though troubles come and storms grow up on every side, You are all that I need.

Though darkness surrounds me and death draws near, You are all I need.

Thank you, Lord, that You are all that I need.

Help me never to forget that and always to be thankful.

Amen



Lord of all kindness, Lord of all grace, thank you for Your every blessing.

Thank you that You love and care for all You have created.

Thank you that You love and care for me.

Amen



Lord, we thank you for the sufficiency of Your grace.

We thank you for Your restrained hand of mercy.

Help us in every decision we have to make to be wise in Your eyes and always choose what is right.

Thank you for Your word and Your guiding Spirit to help us every step of the way.

Amen



How wonderful it is to be in Your presence, O God.

I come with thanksgiving for all You have done.

How powerful You are, and yet how good are Your ways.

You love me unconditionally, and in that, I am humbled.

I rest in You, knowing that that is the best place for me to be.

You are my protection, and You are my very great hope.

Each day You renew me; I am never left wanting.

You are enough, O Lord.

I praise, and thank you.

Amen

# Serving God

Father, I come before You today and surrender before You once again.

Take my life and use it for Your purposes, take this day, and use me in Your service.

I surrender to You completely.

You are my God, and I am Yours.

Amen



If You call me I will go, if You lead me I will follow, if You show me I will learn, if You rebuke me I will turn, if You speak I will hear, if You beckon I will draw near.

Amen



Father, help me this day to be an example to others.

Help me so inspire them, encourage them, challenge, and guide them in the way that You would have them go.

May You use me to speak in word and deed to all whom I meet this day.

Amen



Lord, use me today as a channel for all You have in store for those around me.

Help me to show them Your love, Your peace, Your hope, Your mercy, Your grace, and Your joy.

Give to me, so that I can give to others;

fill me to overflowing, so that I can fill others.

May I be Your mouthpiece;

may I be Your hands;

may I be Your feet on this earth today.

Meet others through me;

help others through me;

heal others through me,

and provide for others through me.

Use me as You desire, in Your service, this day.

Amen



Lord, today I will pick up the cross of Christ.

I will willingly walk alongside You wherever You lead me.

You will be my guide, and I will be Your servant, Your hands and feet on earth.

I will do this in Your strength, and for Your glory.

Amen



Lord, this day, manifest Your presence in my life, so that others see You in me.

Guard my lips, so that people hear You through my words.

May my actions glorify You this day, and bring help and healing to others.

Today Lord, use me in Your service, may I be pliable clay in Your hands.

Amen.



Lord, make me Your instrument today;

An instrument of Your peace, love, healing, renewing, mercy, grace, acceptance, tenderness, care, hope, and forgiveness.

May I be Christ to all whom I meet, today and forever.

Amen



Lord, give me the opportunity to speak of You today, and when that opportunity comes give me, also, the words to say.

Amen



Help us Lord, to serve You, and You alone this day.

Help us to give what we can, and worry not about our lack.

Help us to find our strength in You as we follow Your path, and may, in all things, Your will be done in our lives.

Amen



Help me Father, not to hide Your light today.

Let it shine through me to those around me.

Let them see You in me;

let them hear You through me;

let them experience You in me.

Help me to reflect You today in all that I do.

Amen



Father, I pray that You would bring fruit in my life.

Fruit in my actions;

fruit from the seeds of what I say;

fruit in my very life.

Where I need pruning, do not spare the blade.

Where I need water, where I need food, when I need care, tend to me, I pray.

For Your harvest and for Your sake, I pray.

Amen



Father, I ask that You fill me with Your power this day.

May I not serve You in my own strength, but help me to rely on You.

May You shine through in all that I do.

And may I come to the end of this day renewed, satisfied, and having done my best in Your service.

In Jesus' name, I pray.

Amen



Dear Lord Jesus, thank you for this new day, and all that it will bring!

Please show me Your plans and how I can be involved with them.

May my life bring You, today, glory and honour, and may those I meet

see a little of You through me.

In Your holy name, I ask.

Amen.



Father of all goodness and grace, grant me all the gifts I will need this day in all the situations I will face.

Work through me to touch those around me, and may they see You in me.

Amen



Lord, I commit this day to You.

You know there will be things within it that I would prefer not to do; but I want to follow Your will.

So if You require me to do these things, help me to do them well, help me to do them with a joyful heart, and help me to do them to Your glory.

Amen



Lord, I don't want to be mediocre.

I don't want to be stuck in the crawler lane of life going nowhere.

I want to be free-wheeling downhill towards what You want me to be.

I want to live a life of radical Christianity.

I want to make a difference.

I want to change the world.

I want to attempt the impossible for You and succeed.

I want to see lives changed, and I want to bring You glory.

I know I can do none of this in my own strength, and with my own wisdom, but only by Your grace.

Help me to live the life that You want for me.

Help me to be obedient.

I choose to follow Your ways;

help me to follow them more closely.

Amen



Dear Lord, grant me this day, the patience that I need to wait, the focus that I need to listen, the quiet that I need in which to hear.

Give me the time I need to be still, the concentration I need to keep my thoughts on track, and the resolve I need to truly seek You.

May I listen with hearing ears, seek with seeing eyes, and find You with a thankful heart.

Amen.



Father, help me to thrive.

Sometimes, it seems to take all I have simply to get through the day.

It feels like I'm barely surviving.

Yet I know there is more to life than this and that You have promised me life in all its fullness.

Father, help me to thrive.

Amen



Father, I know the theory that You love me with unconditional love that surpasses anything that I could ever imagine.

Please help me to feel something of that love for me today.

I need to know what it means to be fully accepted and loved by You.

Help me to live in the light of that love today and always.

Amen



Father, I long to do the right thing, but find myself failing again and again.

Thank you for Your grace, Your mercy, and Your forgiveness.

I find myself in need of these more often than I would like.

Help me to make good decisions, and to have the strength of character to do what is right.

In Jesus' name.

Amen



Father, I pray that You would complete in me the work which You have begun.

The work both within, and the work without.

Give me the assurance that I need.

Keep me draw close to You.

Finish the task at hand, I pray.

Amen



Father, through my actions, and through my spoken word, may people encounter the Living Word, Jesus, Your Son, our saviour.

Amen



Father, may I be a blessing to all this day, and may all I do be pleasing in Your sight.

Amen.



Give me the strength of a mighty oak, to stand firm through all the storms of life.

Help my roots go down deep into You, so that I may sway but never topple.

May there be found comfort and protection on my branches, and may I bear fruit upon which others can feed.

May I stand out, upright and true, and be known for my strength and dependability.

May my branches be far-reaching, and may they provide shade to the weary, and protection to the vulnerable.

Amen



Grant, O Lord, that we shall not bind our hearts to earthly things that will not last, but shall bind our hearts to Jesus Christ.

Give us a love for those things that will not pass away, but that will last into eternity.

Amen



How wonderful it is to be in Your presence, O God.

I come before You with thanksgiving for all You have done.  
How powerful You are, and yet how good are Your ways.  
You love me unconditionally, and in that, I am humbled.  
I rest in You, knowing that that is the best place for me to be.  
You are my protection, and You are my very great hope.  
Each day You renew me; I am never left wanting.  
You are enough, O Lord.  
I praise and thank you.  
Amen.



I need Your motivation, Lord.  
I sit here with no drive to get on.  
I have things to do, but cannot stir myself to do them.  
Motivate me now, O lord.  
Motivate me to action, to get done what needs to be done.  
I want to do Your will and to accomplish that which You have  
purposed for me to do.

Amen



In all the busyness of this day, Lord, help me to make time for You.  
Help me to stay in the centre of Your will, and may You be my focus.  
In Jesus' name, I pray.

Amen



In this day Lord, I ask for more of You and less of me.  
I humble myself so that all glory goes to You.  
May You be in full control of my life.  
May my words be Your words, my actions Yours, and my thoughts,  
Your thoughts.  
Amen.



Lord, draw me nearer.

Help me to see You in my life and in the lives of those around me.

Reveal to me Your plans, and help me, as I follow.

Strengthen my faith at every turn, and equip me for all that You ask of me.

Amen



Lord, grant me boldness, that I would speak out, and act when You require me to.

Please help me never to shy away from the opportunities that You give me.

Amen



Lord, I ask that You would give me the victory over myself.

Help me be victorious over my earthly desires, my selfish ambition, my own human nature.

Give me victory in battles over lust, greed, covetousness, laziness, jealousy, pride, and other sins of the flesh.

Lord, bring victory in my life.

Amen



Lord, I have no words, but thankfully with You, You know exactly how I feel.

Be my voice today, help me to focus on You, knowing that You have my best at heart.

Thank you that You are with me, and You will be my comfort and help.

Amen



Lord, I have no words, please incline Your ear to the silence of my tears, the longing of my heart, and the confusion of my mind.

You know me, and You know my desires, bring me to a place of deeper relationship with You.

Amen



Lord, I know just enough, to realise I know not what is best for me, but fully acknowledge that You do.

I submit my will to Yours and ask that it be done.

Amen



Lord, I know that there is a hunger and a thirst within me that only  
You can satisfy.

Give me spiritual food to eat, and life-giving water to drink, but do  
not fill me;

so that I will always seek You for this spiritual refreshment.

Amen



Lord, I long to know You better.

I don't just want to know about You; I want to know You.

Teach me more each day about Your character.

Strengthen our relationship.

Draw me nearer to You every step of the way.

Amen



Lord, I surrender myself to You today.

May You use me in all situations that I face.

May my voice, be Your voice, my feet, Your feet, my hands, Your hands.

Use me as You will.

Help me not to get in the way of what You plan today.

Thank you, Father, that You will use me today.

Amen



Lord, in quietness, I come before You.

I give You all the busyness, frustrations, and worries of this day.

Help me to focus on You and You alone.

Help me to actively listen for Your voice, to hear, and to understand.

I am willing and ready to serve You and to put into action in my life whatever You ask.

For Your glory, Lord, I pray.

Amen



Lord Jesus Christ, help me follow Your ways, seek Your truth, and to live the life that You desire for me.

Thank you that You are the way, the Truth and the Life.

Amen



Lord, for protection of the minds, bodies, and spirits of all we know, we pray.

Fill all those we know with Your life-giving Spirit.

Where there is confusion, bring clarity, where there is fear, bring peace, and where there is pain, bring relief.

We place all who we know and love into Your all-loving, and all-powerful arms this day.

In Jesus' holy name, we pray.

Amen.



Lord, help me to close the gaps.

Help me to close the gap between an event, and my right reaction.

Help me to close the gap between being wronged, and forgiving.

Help me to close the gap between doing wrong, and asking forgiveness.

Help me to close the gap between being knocked down, and getting back up again.

Help me to close the gap between Your righteousness, and my sinfulness.

Help me to close the gap between my plenty, and others want.

Help me to close the gap between Your generosity, and my selfishness.

Lord, help me to close the gaps.

Amen



Lord, lead me not into temptation and help me not to put temptation into the paths of others as well.

Amen.



Lord, lead me not into temptation this day.

Let me be strong, give me integrity, help me not to succumb to the tests, and trials that I will face today.

Help me to look to You, knowing that You are more than enough.

Amen



Lord, let me not hope for things that will not come to pass.

Let me not pray for things that are not Your will.

Let me not think of things that are not useful.

Let me not do things that will cause me to transgress.

Let me not work at things that are not according to Your plans.

Let me not desire things that are not pure and wholesome.

Let me not treasure things that are of this world.

Let me not speak of things that are not good and right.

Amen



Lord, save us from arrogance and self-importance.

Let our arrogance not close our ears, and our self-importance not put ourselves first, rather than You or others.

Help us always be humble, and to respond to others in love, as if we were responding to You.

Let Your kingdom come on earth and in our lives.

Amen



Lord,

show me what You want to do today and grant me the privilege of being involved.

Use me as You desire and grow my faith through the experience.

Amen.



Lord, walk before me as my leader.

Lord, walk beside me as my friend.

Walk behind me as my protector, walk above me as my King, and walk beneath me as my light and guide.

Amen



Lord,

we want to change, but we need Your help.

Help us not just to be sorry, but in our repentance to change our ways.

Prevent us from making these same mistakes over and over again.

Show us the steps we need to take, each day, to change our ways.

Help us to simplify our lives so that others reap the benefits.

Help us not to judge our actions by those around us, but to judge ourselves by what You would have us do.

Amen



Many say that I am a fool to believe.

They say that science has replaced my God.

They say that religion is outdated, and faith is for the weak.

But I know in my heart what is true, and I will trust in God.

He has not let me down; His promises never fail me.

You have my heart, O Lord, and I will follow on.

Amen



May my life serve as an act of worship for You today, O Lord.

May all my achievements be to Your glory.

May my words be scented with the aroma of You.

May my actions be righteous in Your sight.

May my thoughts be made captive to You.

May Your Spirit be working in and through me.

May Your peace rest upon me and all whom I meet.

Thank you for the honour of being Your fellow worker today.

Amen

