

PRAYERS FOR TIMES OF SOLITUDE



And after Jesus had dismissed the crowds,
he went up into the hills by himself to pray.
When evening came he was there alone.

Matthew 14:22

O Sabbath rest by Galilee!
O calm of hills above,
Where Jesus knelt to share with thee
The silence of eternity,
Interpreted by love.

John Greenleaf Whittier (1807-1892)

Lord, teach me the silence of love,
the silence of wisdom, the silence of humility,
the silence of faith, the silence that speaks without words.
O Saviour, teach me to silence my heart that I may listen
to the gentle movement of the Holy Spirit within me
and sense the depths which are God, today and always.
Amen

A prayer of the 16th Century, from Frankfurt

PRAYERS FOR TIMES OF LONELINESS



Protect me, my Lord. My boat is so tiny, and your sea is so huge.

French traditional prayer

Jesus answered them, 'Do you now believe?
The hour is coming, indeed it has come, when you will be
scattered, each one to his home, and you will leave me alone.
Yet I am not alone because the Father is with me.

John 16: 31-32

Where can I go from your spirit?
Or where can I flee from your presence?
If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.
If I take the wings of the morning
and settle at the farthest limits of the sea,
even there your hand shall lead me
and your right hand shall hold me fast.

A prayer from Psalm 139

Lord, help me to remember that feeling lonely does not mean
that I am alone. You, who often sought solitude,
taught us that God our Father is always with us.
Help me to find a community and companions to share my
life when I struggle to feel your presence.
Please help me to understand your way and your love. Amen

A prayer from St Mary's Church, Wimbledon

PRAYERS FOR TIMES OF TRIAL



Keep awake and pray that you may not come into the time of trial; the spirit is willing, but the flesh is weak.

Mark 14:38

O Almighty and everlasting God, vouchsafe, we beseech thee, to direct, sanctify and govern both our hearts and bodies in the ways of thy law and in the works of thy commandments, that through thy most mighty protection, both here and ever, we may be preserved in body and soul through our Lord Jesus Christ, who liveth with thee, in the unity of the Holy Spirit, one God, now and forever. Amen.

Collect for the Eighth Sunday after Trinity

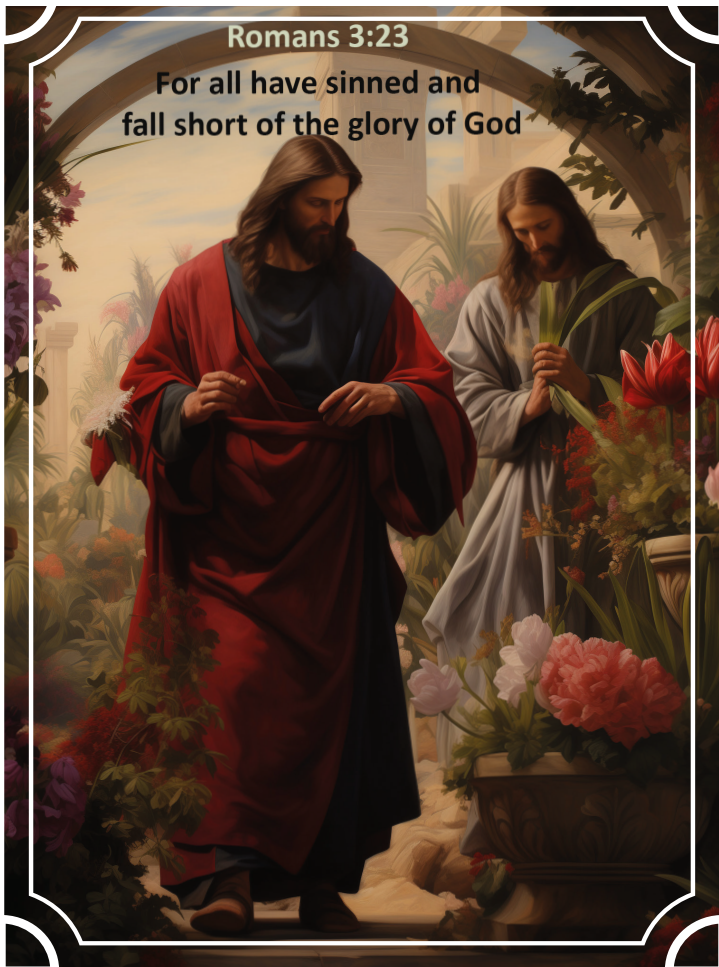
Lord Jesus, I have desires which lead me away from you. I need your help in this battle. Fill me with the power of your Holy Spirit to give me strength to resist. Help me to stay awake spiritually, to remember you live in me, and that you are greater than every power of darkness and sin that is in the world. Let my heart obey God's Word as you did when in the wilderness. Provide me a way of escape from temptation, to walk away from danger. Give me the clarity of mind to be obedient to your faithful deliverance. In your name, I pray. Amen.

A prayer from St Mary's Church, Wimbledon

PRAYERS FOR THOSE WHO FEEL BETRAYED

Romans 3:23

For all have sinned and
fall short of the glory of God



For if you forgive others their trespasses,
your heavenly Father will also forgive you.

Matthew 6:14

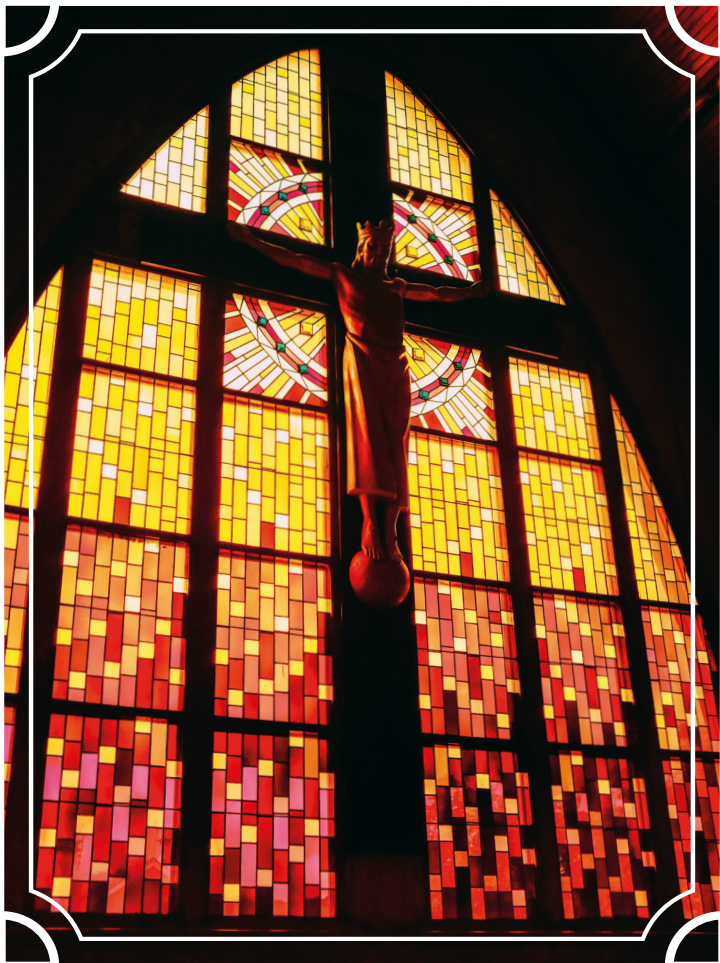
Loving God, You are merciful and forgiving.
Grant that those who are suffering the hurts of the past
may experience your generous love.
Heal their memories, comfort them,
and send them all from here renewed and hopeful;
in Jesus Christ our Lord. Amen.

A prayer from Common Worship

Dear Lord,
I feel so very betrayed and let down by someone I trusted.
I am so angry and hurt.
Please help me to cope with these feelings in a constructive manner.
I ask that You provide strength within me
so that I may choose to forgive,
and do right by You
and not succumb to negative feelings
that may lead me down a dark path.
I know there are many good people in my life.
Please help me to recognize them
and seek their counsel and friendship. Amen.

A prayer from St Mary's Church, Wimbledon

PRAYERS FOR THE BROKEN-HEARTED



What has come into being in him was life,
and the life was the light of all people.
The light shines in the darkness,
and the darkness did not overcome it.

John 1:1:3-5

Lord, do not abandon us in our desolation. Keep us safe in the midst of trouble and complete your purpose for us through your steadfast love and faithfulness, in Jesus Christ our Saviour. Amen.

A prayer from Common Worship

When my heart is overwhelmed with despair,
and my head is bent low with sorrow,
then come again to me Father.
Come again to speak solace to my anguish,
and courage to my fragile soul.
Come again to renew my faith that, through you,
I do not walk in darkness but have the light of life.
Come again to strengthen me and uphold me.
Come again to take my hand, and lead me to the rock that is higher
than I.

A prayer from St Mary's Church, Wimbledon

PRAYERS FOR TIMES OF JOY



By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things.

Galatians 5:22-23

Lord, help us to live like your servant St Philip, who trusted Scripture's promise that you are always at hand and that we need not have anxiety about anything. We come with hearts swelling with abundant love for you and your creation. Hear us, we pray. Keep us safe and may the joy of the Holy Spirit which filled the heart of St. Philip transform our lives and bring us peace. Amen

Adapted from a novena for St. Philip Neri – Patron Saint of joy.

Thank you, Lord, for the joy in our hearts and our lives. Help us to see this every day as a reflection of your love. Guide us to give thanks for the constant reminders of joy in the world and in everyone we meet. Holy Spirit guide us to find joy in our prayer and in every small task we do. Let us be a source of joy to others that they might share in this happiness. Amen

A prayer from St Mary's Church, Wimbledon