

WEDNESDAY 21st

Dear Lord, You are the God of peace and love in Whom we place our trust. Give us a peaceful heart that rests in You and a loving spirit that pours forth Your love to others.

THURSDAY 22nd

Loving Father, You are the God of hope and joy in Whom we stand secure. Give us a spirit of devotion that worships only You so that we may be a worthy witness that points to Jesus, for in Him is all peace, comfort, rest, hope, joy and love. Lord, we place our trust in You.

FRIDAY 23rd

Saviour God, in Your Word we are upheld and in Your arms we find safety and protection. When the world seems to press into our lives harder than we can bear, we know we are never holding on alone. You remind us to be strong and courageous, to rely on You for strength, and not to fear.

SATURDAY 24th

Heavenly Father, we thank You for Your strength. You are all powerful, all knowing, all present. When we face changes in our lives, we pray that You would always be two steps ahead, preparing the way, showing us the doors that are open. We pray that You would be always near.

MENTAL HEALTH

'I remember my affliction and my wandering, the bitterness and the gall.... Yet this I call to mind and therefore I have hope: because of the Lord's great love, we are not consumed, for his compassions never fail.' Lamentations 3:19, 21-22

SUNDAY 25th

Tender God, Your gentle and kind-hearted love waits for us in the darkness and shields us from the light when it feels too overwhelming. We remember today all those who live in the depths of depression. Continue to cherish us all when we find it so difficult to cherish ourselves.

MONDAY 26th

Dear Lord, for those whose lives are strained and stressed and whose hold on life is fragile, hear our prayer and pour out Your peace. For those whose families struggle to understand them, hear our prayer and pour out Your peace.

TUESDAY 27th

Loving Father, we pray for families and friends, nurses, doctors and therapists and all who seek to walk alongside the stressed and strained, the vulnerable and the fragile. Grant them patience and courage, we pray.

WEDNESDAY 28th

Almighty and Forgiving God, if we have judged those who struggle with mental illness, we have judged because we do not understand. Forgive us for making assumptions and forgive us for our impatience and indifference.

THURSDAY 29th

Dear Lord, comfort and relieve those who are troubled in mind and spirit. Bring them hope, peace and the consolation of a loving community. Protect and defend those living with mental illness from exploitation, addictions and abuse.

FRIDAY 30th

Precious Saviour, help us to identify mental illness as the disease it is, that we might have courage and wisdom in the face of ignorance and stigma. Inspire us as we seek to overcome fear, acquire knowledge, and advocate for compassionate and enlightened treatment and services.

SATURDAY 31st

Gracious Lord, You are always near to us, especially when we are weak, suffering and vulnerable. Reach out to those who experience mental illness. We pray especially for young people who are suffering at this difficult time. Lift their burdens, calm their anxiety, and quiet their fears. Surround them with Your healing presence that they may know that they are not alone.

OCTOBER

Prayer Diary



'He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.' Psalm 91:4

HARVEST

THURSDAY 1st

Almighty God, for the promise of harvest contained within a seed, we thank You. For the bread within a grain, for the apple within a pip, we thank You, God of Seed and Harvest. And we pray that the love that created this world might be expressed through our lives and be a blessing to others.

FRIDAY 2nd

Dear Lord, as we celebrate this season, we give thanks for the provisions of food and nourishment. Come sow a seed of hope within our souls we pray, that we might yield goodness, patience and kindness in abundance.

SATURDAY 3rd

Loving Father, at this harvest time we thank You for all the good things You give us. As we thank You for our food, we remember all those who do not have enough for even one proper meal each day.

ANXIETY

‘Cast all your anxiety on him because he cares for you.’ 1 Peter 5:7

SUNDAY 4th

Dear God, help us to appreciate and enjoy today without fretting. With You all things are possible and when we find it hard to banish the stranglehold of anxiety by ourselves, help us to free our hearts and minds and turn to focus on You instead.

MONDAY 5th

God of Wisdom, You know our every thought. Nothing is hidden from You. When we are tested with the challenges of life, You see the anxious thoughts that consume us. Help us to overcome the anxiety that controls us and that keeps us from enjoying life and from worshipping You as we should.

TUESDAY 6th

Merciful Father, thank You for the many blessings in our lives and for Your constant love. You are the One True God, worthy of eternal praise. You are beside us through these anxious times. We pray for those who are currently struggling with anxiety today and ask You to bring them Your comfort and Your peace.

WEDNESDAY 7th

God of Truth, You sent Your Apostles into the world without food, clothing or shelter, and they trusted You. We pray to have that same trust. Help us to stop worrying about having enough. Help us to realise that earthly possessions may distract us from following You.

THURSDAY 8th

God of Love, You will not forsake us and You will always provide. Help us to trust in Your goodness so that we can focus on following Your will. Help us to focus on loving others, to shine Your light for those around us and to live as an example of Your amazing grace and love.

FRIDAY 9th

God of Power, You have given us such beautiful examples in nature of the way You provide for Your creation. Help us to learn by the examples You’ve put in front of us and when we let anxiety take hold, remind us that You provide for the wildflowers and the birds and that we should not doubt that You will provide for us.

SATURDAY 10th

God of Hope, hear the cry of those praying for the easing of their anxieties. May they feel the peace that the Holy Spirit provides. May they feel Your love surrounding them. Give them hope and ease the anxiety that is gripping their mind. Give them the strength to leave the anxiety at Your feet so they are able to live their life according to Your Holy will.

GOD’S GLORY

“For I consider the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.” –Romans 8:18

SUNDAY 11th

Loving Father, we pray that Your glory will be revealed to us and in us. We pray that we may experience Your glory and when we pray may miracles, signs and wonders occur in the Church and in our own personal lives.

MONDAY 12th

Lord, thank You that Your glory appeared in the upper room on the Day of Pentecost, and sat on the head of each person there. When we pray together in the Spirit, we pray for Your glory to be revealed to us too so that we may be obedient to Your word.

TUESDAY 13th

Servant God, thank You for giving us the ability to manifest Your glory here on earth. Help us to believe when we pray. May we remember that Jesus told Martha that if she would believe, she would **see** the glory of God.

WEDNESDAY 14th

Father God, we pray that we will come to know the hope of Your calling, which is the hope of Your glory. We pray that we will understand the riches of Your glory and to understand what it means to walk in Your glory.

THURSDAY 15th

Loving Father, help us to prepare our spirit to receive Your glory. Take away strife, worry and division and help us to increase the love in our hearts so that Your glory will increase in us as our love increases.

FRIDAY 16th

Father God, Your glory looks for a dwelling place and the Holy Spirit builds a temple in every believer. We thank You for the promise that we are Your temple from where we can proclaim the Good News to all who listen.

SATURDAY 17th

Loving Father, we pray to know and understand Your glory. We pray for Your glory to be in us and for us to walk in Your glory. May we honour and welcome others for Your glory as You have welcomed us and as we eat, drink and go about our daily lives, may we glorify You for all things.

TRUST

*‘Trust in the Lord with all your heart and lean not on your own understanding’
Proverbs 3:5*

SUNDAY 18th

Dear Lord, teach us to trust in You and to be patient. If our faith is struggling and we feel far from You, help us to find strength and encouragement from Your promise to ‘soar on wings like angels’, to ‘run and not grow weary’ and to ‘walk and not be faint.’

MONDAY 19th

Merciful Father, help us to be people who stand firm and trust in You wholeheartedly. We pray for You to develop that deeper trust in us.

TUESDAY 20th

Lord our Provider, help us to do what the Bible says, to cast all our burdens on You and to let You be our full sufficiency. In times of trouble, help us to trust You with our whole heart and not lean on our own understanding, or rely on ourselves.