

We thank you, Father, for the varied talents you have given to your children:
to some the gift of music or painting,
to others of writing or athletic skills.

Above all we thank you for the greater gifts
of understanding, sympathy and friendship,
which can bring help and happiness to others.

Show each of us what are your special gifts to us,
and enable us to use them for the benefit of our family and communities

Lord in your mercy

Hear our prayer

Lord, we confess that we ourselves are our own worst enemies.

We know there is too much of self in our lives:

self-righteousness and self-centredness,

self-indulgence and self-deception.

Save us, O Lord, from ourselves.

Save us from being self-righteous and self satisfied:

from pretending to be other than we really are.

Help us to recognise our faults and admit our mistakes.

Help us to recognise the faults in ourselves that we condemn in others
and are so quick to excuse in ourselves;

Make us honest men and women,

that we may serve you in sincerity and truth

Lord in your mercy

Hear our prayer

Lord, you have taught us to trust and not be afraid:

deliver us from fear of the unknown future,

as well as fear of the known,

fear of failure and poverty,

fear of sickness and pain,
fear of bereavement and loneliness,
fear of old age and fear of death.

Help us, Father, with strong faith and cheerful courage
to commit ourselves and all the days to come
into your safe keeping.

Lord in your mercy

Hear our prayer

Heavenly Father, in this age of noise and speed and restless activity,
grant us tranquillity:

the inner tranquillity of spirit which is theirs who trust
in your sovereign love and wisdom;

that as the life of the world surges around us,
we may yet be still and know that you
always want what I'd good and right for us.

Lord in your mercy

Hear our prayer

Dear Lord, thank you for one of the greatest of all your many gifts to us
— a sense of humour.

Teach us to value it and to use it.

In times of difficulty give us a sense of humour,
and things to laugh about.

Give us the grace to take a joke against ourselves
and to see the funny side of life.

Save us from annoyance, bad temper,
or resentfulness against our friends.

Help us to laugh even in the face of trouble;
and fill our minds with the love of Jesus

Lord in your mercy

Hear our prayer

Heavenly Father, we remember to our comfort
that you have in your special care
all broken, outworn, and imperfect minds.

Give to those who live with them
the understanding and loving Spirit of Christ;
enlighten those who are tempted to laugh at such illness
or regard it with shame;
and to all who are separated in this life by barriers of mind,
grant the peace and consolation of your Holy Spirit;

Lord in your mercy

Hear our prayer

Into your strong hands, our Father,
we commend this day our souls and bodies,
our homes and families, our friends and neighbours,
and all who especially need your help,
those known to us and those not.

Grant to each of us your all-sufficient grace,
and keep us in peace and safety.

Lord in your mercy

Hear our prayer

We thank you, Lord,
for those whose lives are dedicated to the healing of the sick
and to the relief of suffering;
and we ask your blessing upon their work in our hospitals,
nursing homes and clinics.

We pray for those engaged in medical research,
that cures may be found for those diseases and disorders

at present beyond man's skill and aid.

Lord in your mercy

Hear our prayer

Lord Jesus Christ, the great physician,
to whom in days of old the sick and suffering
were brought that you might make them whole:
let your healing work be done today.