

Prayers from the Church of Scotland Website

Seventh Sunday after Pentecost – 19th July 2020

The Faith Nurture Forum would like to thank Hannah Sanderson, Church of Scotland Congregational Learning Development Worker, for her thoughts on the seventh Sunday after Pentecost.

This material was written before the outbreak of the COVID-19 pandemic. Please add your own prayers to reflect the current situation across the world.

Approach to God

Holy trinity, I come to You as Your child.
Not hesitant,
not fearful,
but full of giddy expectation of what I will learn from You today,
what fun we will have journeying together.
I run to You like a chick seeking shelter under Your wings,
comfort me with Your tenderness,
nourish me with what I need to grow strong
and protect me with Your fierce love.
I have come here today to worship You
with my sisters and brothers in Christ. You made me to praise You,
may my whole life be a song of adoration. Amen

Confession

I confess Lord that sometimes I feel lost
Find yourself in me.
I confess Lord that sometimes the questions are too many
Concentrate on how much I love you.
I confess Lord that sometimes the answers don't come
I have the answers, don't worry about that.
I confess Lord that sometimes I know what is right and don't do it
I know, I forgive you.
I confess Lord that sometimes I don't even know what is right
That's ok, my Spirit will guide you.
I confess Lord that sometimes I listen to other people more than I listen to You
Humans tend to do that. Thank you for saying sorry. Please keep trying.
I confess Lord that sometimes it is easier to be moral than it is to be holy
Look to my Word, it will be a lamp to guide you.
I confess Lord that sometimes I want to give up – what difference can I make?
You are the difference, you are my plan to love the world.
I confess Lord that sometimes my choices don't match my words
I will give you new strength every morning.
I confess Lord that sometimes Your mystery scares me
Fear and awe is probably the correct response.
I confess Lord that sometimes I forget that You are a God of action
Don't worry, I will remind you.
I confess Lord that sometimes I feel lost
I have found you, I am with you and I love you.

Intercession

Lord you ask us to pray to You.

I know that You see all,

know all so what would be the point in keeping back any thoughts or feelings?

Help me pour them all out to You.

Jonah says his prayers rose to You in the holy temple.

Like David, we ask that our prayers be like incense before You.

**Let my prayer be counted as incense before You
and the lifting up of my hands as an evening sacrifice.**

Lord, I pray for everyone I know who has lost a positive self-image,

for those who loathe themselves,

hurt themselves,

starve themselves,

drug themselves.

I pray for all those who stay in places and with people who wound them.

Holy Spirit help these people know who they are in You – beloved, forgiven, restored.

Help me to help them.

**Let my prayer be counted as incense before You
and the lifting up of my hands as an evening sacrifice.**

Lord I pray for a church that has lost a positive self-image.

I pray for Your people who see themselves as defeated, irrelevant, weak.

Holy Spirit help Your church believe that it is still the bride of Christ – radiant, spotless, holy.

Help me to be a hot coal of enthusiasm

and a spring of positive action.

**Let my prayer be counted as incense before You
and the lifting up of my hands as an evening sacrifice.**

Lord I pray for a planet that is bruised and bleeding.

Help us restore Your creation as the extension of Your glorious and holy self that it is.

Let me understand the responsibilities of stewardship You gave us Your people.

Let me view loving Your world as an outpouring of homage to You, our creator.

Let my choices be part of my daily worship.

Help me protect this inheritance for future generations.

**Let my prayer be counted as incense before You
and the lifting up of my hands as an evening sacrifice.**

Lord I pray for the redemption of society.

When I think about the damaging cultures I see all around me

I am angry and sad. Help me make a stand for Your ways in this world.

Help me be a force for good,

working hard to see Your kingdom come,

on earth as it is in heaven.

Make me an ambassador for inclusion

and a bringer of justice,

a carrier of forgiveness and a maker of peace.

May I be a voice for the silenced

and a defender of the weak.

Help me be a doer of righteousness.

**Let my prayer be counted as incense before You
and the lifting up of my hands as an evening sacrifice. Amen**