

Prayer

Casting all your Care upon God, for he careth for you

Come, heavy souls, oppressed that are With doubts, and fears,
and carking care. Lay all your burdens down, and see There's one
that carried once a tree Upon his back, and, which is more,
A heavier weight, your sins, he bore. Think then how easily he can
Your sorrows bear that's God and man; Think too how willing he's
to take

Your care on him, who for your sake Sweat bloody drops, prayed,
fasted, cried, Was bound, scourged, mocked and crucified. He that
so much for you did do,
Will do yet more, and care for you.

Thomas Washbourne

To help you pray

Lord, thank you

For your presence here and for this opportunity to pray. I bring
before you: Your promise of peace; Thank you for the beauty of the world and the
kindness of people; For your love towards me and those whom I love. Thank you for
sending Jesus and after he was raised from the dead and went to heaven you sent the
Holy Spirit. Help me to show my gratitude in deeds as well as words.

Lord I am sorry.....

For the times I have been unkind (especially to ...). I am sorry for being selfish and I
regret not being able to forgive Why have I forgotten that you love me?
Thank you for your promise to forgive anybody who is really sorry for what they have
done. Forgive me for what I have done.

Lord I am troubled...

I am anxious and worried for myself because... and for others.... I am especially
worried about Help me to trust your love and that you will carry our sorrows.
Please teach me to act and speak in the way that you want. Give me the wisdom to
know when not to interfere. Calm my fears and take this burden from me: all things
are in your hands.

Lord I pray for ...

My family ... and friends ... My neighbours at home, at work, the ones I like ... and the
ones I find it hard to like ... I pray for those who are ill.... Those who are troubled ...
and those who mourn.. I pray for those who are involved with disaster ... or war ... or

who are oppressed ... Bless them, Father, in their various troubles. Show me how I can help.

Heavenly Father, thank you for this time of rest and quietness. Thank you for the blessings you have given me.