

St. Mark's Chapel Prayers



**Short prayers
in a busy world.....**

Prayers for St. Mark's Church

**Enable this church to do your will;
Make it vulnerable
that it may speak with calm humility;
Make it outward looking
that it may care deeply;
Make it a community of peacemakers
and bridge builders;
In the midst of turbulence
let the church make space
for the hearing of your still small voice.
*Delia Shephard***

The following prayers, readings and meditations have been found helpful by Christians. Some of them were written thousands of years ago, yet they speak as meaningfully today as when they were first written. They express our feelings as we draw close to a God beyond time whose love never changes.

Introduction

Come now, turn aside for a while from your daily employment, escape for a moment from the tumult of your thoughts. Put aside your weighty cares, let your burdensome distractions wait, free yourself for a while for God and rest awhile in him. Enter the inner chamber of your soul, shut out everything except God and that which can help you in seeking him, and when you have shut the door, seek him. Now, my soul, say to God, 'I seek your face; Lord it is your face that I seek.' Amen.

Anselm (1033-1109)

Let the peace of this place surround you as you pray.
Let the hurry and worry of life fall away from you.
You are God's child he loves you and cares for you.
He is here with you now and always.
Speak to him thoughtfully and allow him time to speak to you.

Lord, thou knowest how busy I must be today.
If I forget thee, do not thou forget me Amen.

Sir Jacob Astley, at the battle of Edgehill

Prayers seeking God's forgiveness

Have mercy on me, O God,
according to your steadfast goodness;
In your abundant mercy blot out my offences.
Wash me thoroughly from my sin.
For I acknowledge my rebelliousness,
And my sin is always before me.
Against you only have I sinned,
And done what is evil in your eyes.
Purge me with hyssop
and I shall be whiter than snow.
Create in me a clean heart, O God,
and renew a right spirit within me.
Psalm 51



Lord Jesus, you were called the friend of sinners, be my friend, for I acknowledge that I have sinned. Forgive the wrong that I have done and the right that I have failed to do; my secret and my more open sins; my sins of ignorance and my deliberate sins; sins to please myself and sins to please others; the sins which I remember, and the sins which I have forgotten; forgive all these, for it was for me also that you died. My Lord and Saviour. Amen.

John Wesley 1703 - 1791

Prayers of thanksgiving to God

I praise you O Lord for all that I see of you in the work of creation, the earth, the sea and sky and everything that has breath. You are worthy to be praised and I know that your promises are true, that now I am only beginning to taste the glory that shall be revealed when you O God take power and reign.

Lord God I am surrounded by blessings and my heart is full of thanksgiving for all that you have done for me. I know that I am not worthy to be called your child and yet I give you thanks that you love me and gave your only Son Jesus Christ who died for me.

Lord God I thank you for all of your faithfulness to me and others who worship you in this place. I praise you that you are faithful, good and true and that you hate nothing that you have made. For your love and kindness to me and to all your children I praise your name. Now may the offering of my life and the words of my mouth be acceptable acts of thanksgiving and praise to you.

Lord Jesus Christ, fill me I pray with your light that I may reflect your wondrous glory.



Prayers for Church Unity

Lord Jesus you prayed that your people would be one. Forgive us Lord and take away the pride and arrogance which divides your church. Break down the walls which separate us; unite us with your bonds of love and accomplish your will. I pray that by the power of your Spirit your healing would work in the body of your church and through me, to bring about the purpose of your will.

Prayers for when we are suffering or troubled

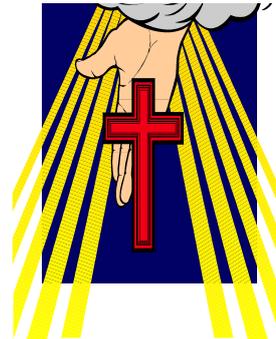
Lord, when I am feeling tired or strained,
help me not to take it out on other people. Amen.

Father, make us more like Jesus. Help us to bear difficulty, pain,
disappointment and sorrows, knowing that in your perfect working and
design you can use such bitter experiences to shape our characters and make
us more like our Lord. We look with hope for that day when we shall be
wholly like Christ, because we shall see him as he is. Amen.
St Ignatius, before his martyrdom in 107

Cast all your anxieties on him, for he cares for you *1 Peter 5:7*

What does the Lord require of you but to do justly
To love mercy and to walk humbly with your God.
Micah 6:2

Hands who touched the leper,
touch my wounded heart;
Hands who healed the blind man,
heal my aching soul;
Hands who cured the lame,
mend my disjointed life;
Hands who embraced all life,
enfold me in your peace.
Lord, merely touch and heal, cure and forgive



This is my prayer to thee, my Lord;
Give me strength lightly to bear my joys and sorrows;
Give me the strength to make my love fruitful in service;
Give me the strength never to disown the poor or bend my knees before
insolent might.
Give me the strength to raise my mind high above daily trifles.
And give me the strength to surrender my strength to thy will with love.
Rabindranath Tagore 1861 - 1941

God of goodness, give me yourself.
For you are sufficient for me
If I were to ask for anything less
I should always be in want,
for in you alone do I have all
Julian of Norwich (?1342 - after 1413)

O God, our true life, to know you is life, to serve you is perfect freedom, to enjoy you is a kingdom, to praise you is the joy and happiness of the soul. I praise and bless and adore you, I worship you, I glorify you. I give thanks to you for your great glory. I humbly beg you to live with me, to reign in me, to make this heart of mine a holy temple, a fit habitation for your divine majesty.
St Augustine 354 -430

Prayers about our relationship with God

Teach us, good Lord, to serve thee as thou deservest;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labour and not to ask for any reward,
save that of knowing that we do thy will,
through the same Jesus Christ our Lord. Amen.
St. Ignatius 1491 - 1556

Keep me O Lord, while I tarry on this earth, in a serious seeking after you, and in an affectionate walking with you, every day of my life; that when you come, I may be found not hiding my talent, nor serving the flesh, nor yet asleep with my lamp unfurnished, but waiting and longing for you.
Richard Baxter 1615-1691

O sweet Saviour Christ, in your undeserved love for us you were prepared to suffer the painful death of the cross: let me not be cold or even lukewarm in my love for you.

Lord help me to face the truth about myself.
Help me to hear my words as others hear them,
To see my face as others see me;
Let me be honest enough to recognise my impatience and conceit;
Let me recognise my anger and selfishness;
Give me sufficient humility to accept my own weaknesses for what they are.
Give me the grace - at least in your presence - to say.
'I was wrong - forgive me.'

God, the Father of our Lord Jesus Christ, increase in us faith and truth
and gentleness and grant us part and lot among the saints.
St. Polycarp 69 -115

Glorious God, give me grace to amend my life and to have an eye to mine
end without grudge of death, which to them that die in thee, good Lord, is
the fate of a wealthy life.
Give me, good Lord, a full faith, a firm hope and a fervent charity, a love to
thee incomparable above the love to myself.
Give me, good Lord, a longing to be with thee, not for the avoiding of the
calamities of this world, nor so much for the attaining of the joys of heaven,
as for the very love of thee.
*Thomas More (1478 - 1535 - from a prayer written a few days before his
execution.)*

O God our God, grant us grace to desire you with a whole heart, so that
desiring you we may seek and find you; and so finding you, may love you;
and loving you may hate those sins which separate us from you, for the sake
of Jesus Christ.
St Anselm 1033-1109

I ask for daily bread, but not for wealth, lest I forget the poor;
I ask for strength, but not for power, lest I despise the meek;
I ask for wisdom, but not for learning, lest I condemn the simple;
I ask for a clean name, but not for fame, lest I condemn the lowly;
I ask for peace of mind, but not for idle hours,
lest I fail to hearken to the call of duty
Inazo Nitobe

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done, on earth as it is in heaven.
Give us this day our daily bread and forgive us our trespasses
As we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil,
For thine is the kingdom, the power and the glory,
For ever and ever. Amen

Lord help me to recognise that.....

The measure of a man is not determined by his show of outward strength,
Or the volume of his voice, or the thunder of his action.
It is to be seen, rather, in terms of the strength of his commitments,
The genuineness of his friendships, the sincerity of his purpose,
The quiet courage of his convictions,
His capacity to suffer, and his willingness to continue 'growing up'.
Grady Poulard

O Lord give me the sincerity to accept the things I cannot change
The courage to change the things I can
And the wisdom to know the difference.
Reinhold Niebuhr 1892 - 1971

O God who art the light of the minds that know thee,
The life of the souls that love thee,
and the strength of the hearts that serve thee;
Help us to know thee that we may truly love thee;
so to love thee that we may fully serve thee,
whom to serve is perfect freedom; through Jesus Christ our Lord. Amen.
Gelasian Sacramentary

Prayers for those who mourn

Jesus said, 'Come unto me all that are heavy laden and I will give you rest'

Lord Jesus help me as I mourn, comfort me with the knowledge of your love
which is stronger than death. Enable me to trust you for the future of my loved
ones and myself. Help me to cast all of my care on you, knowing that the
grave holds no power over those who trust in you.

Lord I know that, however fearful I may be,
Nothing can separate me from your love:
Neither death, nor life,
Angels, nor principalities, things present, nor things to come,
Evil powers, heights, depths,
Nor anything else in all creation - nothing at all

Based on Romans 8:31-9

I said to the man who stood at the Gate of the Year, 'Give me a light that I may tread safely into the unknown.' And he replied, 'Go out into the darkness and put your hand into the hand of God. That shall be to you better than light and safer than a known way.' May that almighty hand guide and uphold us all.

Minnie Haskins 1875 - 1957

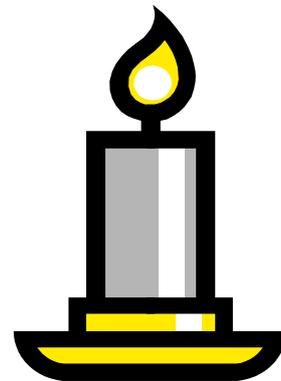
Lord my body and soul are in pain at the loss which I feel. I have lost a dear friend and I feel desperate and alone. Give me the courage to know that there can be no better place for any one of us than to be beyond death, in the everlasting arms of the God who made us.

They shall grow not old as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

Laurence Binyon 1869 - 1943

The souls of the just are in the hands of God, and no torment shall touch them. In the eyes of the foolish they appear to be dead; their departure was reckoned as defeat, and their going from us as disaster. But they are at peace, for though in the sight of men they may be punished, they have a sure hope of immortality.

Wisdom of Solomon



The Lord is my shepherd;
I shall not want.
He maketh me to lie down in green pastures:
he leadeth me beside the still waters.
He restoreth my soul:
he leadeth me the paths of righteousness for his name's sake.
Yea, though I walk through the valley of the shadow of death,
I will fear no evil: for thou art with me;
thy rod and thy staff they comfort me.
Thou preparest a table before me
in the presence of mine enemies:
thou anointest my head with oil;
my cup runneth over.
Surely goodness and mercy shall follow me
all the days of my life:
and I will dwell in the house of the Lord for ever.
Psalm 23 The Bible

Christ has no body now on earth but yours,
no hands but yours,
no feet but yours;
yours are the eyes
through which to look at
Christ's compassion to the world,
yours are the feet
with which he is to go about doing good,
and yours are the hands
with which he is to bless us now.
St Teresa of Avila 1515-1582



May the love of the Lord Jesus draw you to himself;
May the power of the Lord Jesus strengthen you in his service;
May the joy of the Lord Jesus fill your soul;
May the blessing of God almighty,
the Father, the Son, and the Holy Spirit
be with you and remain with you
and those you love this day and evermore.
Amen.

