

# MIDDAY PRAYER

## Pause

As I enter prayer now, I pause to be still; to breathe slowly; to re-centre my scattered senses upon the presence of God.

(Psalm 121:1-2) **I lift my eyes to the hills. Where does my help come from? My help comes from the LORD, the Maker of heaven and earth.**

## Prayer of invitation

Jesus, open my eyes to see you alive, present and powerful today.  
Spirit, infuse all I say and do with the hope of resurrection life.

(Psalm 23)

**The Lord is my shepherd,  
I shall not want.  
He makes me lie down in green  
pastures,  
he leads me beside still waters,  
he restores my soul.  
He guides me along paths of  
righteousness  
for his name's sake.  
Even though I walk  
through the darkest valley,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.  
You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil;  
my cup overflows.  
Surely your goodness and mercy  
will follow me  
all the days of my life,  
and I will dwell in the house of  
the Lord forever.**

## Prayer of Thanksgiving

Almighty God, Father of all mercies,  
We your unworthy servants give you  
humble thanks for all your goodness  
and loving kindness to us and all whom  
you have made.

We bless you for our creation,  
preservation, and all the blessings of  
this life; but above all for your  
immeasurable love and grace in  
redeeming the world through our Lord  
Jesus Christ.

We pray, give us such an awareness of  
your mercies, that with truly thankful  
hearts we may show forth your praise,  
not only with our lips, but in our lives,  
by giving up ourselves to your service,  
and by walking before you in holiness  
and righteousness all our days;  
through Jesus Christ our Lord,  
To whom, with you and the Holy Spirit,  
Be honour and glory throughout all  
ages. Amen.

## Intercessions

Before interceding for others take time now to hand any worries or concerns that may be troubling you over to God, inviting him to be Lord over these things

### A prayer for key workers

*We pause to pray for key workers: health workers, police, carers, teachers, shop workers, council workers, etc... (Naming people we know of...)*

Heavenly Father, thank you for all those who have dedicated their lives to serving and caring for people. We pray that you would give them wisdom, skill, patience and endurance as they work under such pressure and in difficult circumstances. We pray that you would protect them and give them success in their endeavours. We pray for our police force as they seek to maintain order in our country. May we respect their work, accept the limitations on our freedoms and seek the welfare of others, for the good of all.

### A prayer for families

Lord, we pray for families who are working 24/7 to educate, enthuse and entertain their children - whether toddlers, infants, school children or older siblings returned from closed colleges and universities. Please give strength and wisdom to all those households, as they juggle so many balls. May they know that all things, including home schooling, are possible through Christ who gives strength. For older children & young adults, who may struggle to see the future whilst their colleges have been closed, and their landmark exams have also been cancelled, we ask that you cast away all their worries and give them your peace. Let them know that you have plans for their lives, and those plans are for their prosperity and success, and not to harm them. Lord we know that through you there is Hope.

### A prayer individuals and situations

*We pause to lift up to God individuals or situations we have on our heart...*

Almighty God, You alone are all powerful, we pray that you would move in power in these individuals and situations we have placed before you. May you bring hope, peace, and goodness into these situations and lives. Knowing that with you all things can be used for good and that nothing is impossible for you.

## A prayer for the grieving

*Loving God, we hold in your healing presence, those who are experiencing grief... (we lift to the Lord the names of people that we know of)...*

Lord may they know the deep peace, love and comfort of Christ. Give them hope for the future, and may they be enfolded by the love of family and friends. Help them in their times of need and distress, that they may be reassured of your unfailing love and that you are a God who sees and provides.

## Reflection

(1 Corinthians 2:9) **No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him.**

Psalms 46:1-3, 7, 10-11

**God is our strength and refuge  
an ever-present help in trouble.  
Therefore we will not fear, even  
though the earth give way  
and the mountains fall into the heart of  
the sea,  
though its waters roar and foam  
and the mountains quake with their  
surging....**

**The Lord Almighty is with us;  
the God of Jacob is our fortress.  
He says, "Be still, and know that I am  
God;  
I will be exalted among the nations,  
I will be exalted in the earth."  
The Lord Almighty is with us.**

## A prayer for peace

O God, you have made of one blood all the peoples of the earth, and sent your precious Son to preach peace to those who are far off and to those who are near; Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. Amen

## Closing prayer

Lord we ask for your strength,  
that we can pass it on.  
Lord we ask for your wisdom,  
that we can pass it on.  
Lord we continue to thank you for  
your Love,  
that we can pass it on.

