

The background of the entire image is a soft-focus photograph of a pair of hands raised in a gesture of prayer or supplication. The hands are positioned at the bottom of the frame, with fingers slightly spread. The background is a warm, golden-yellow sky filled with soft, billowing clouds, suggesting a sunrise or sunset. The overall mood is peaceful and spiritual.

LORD

teach us to

PRAY

**A Prayer Resource for the
Anglican Diocese of Ballarat**

Introduction

We come to know, understand and love people when we spend time with them - listening, talking, engaging, sometimes arguing, and sometimes sitting in silence. That's what prayer is about - knowing, understanding and loving God. Feeling that God knows understands and loves each one of us.

This little book of prayers is a good starting point for prayer.

Every person prays differently and there is no right or wrong way to pray. Just try it and see what works for you. Sometimes the prayers of other people can help us focus our hearts and minds on prayer. Sometimes it's silence or music or beauty that stimulates us to pray. Sometimes our anger or shock or sadness asks us to pray. Sometimes prayer is just "being" in a special place.

As the old NIKE shoe promotion used to say, Just do it!

The Right Reverend Garry Weatherill
Anglican Bishop of Ballarat

Getting Ready to Pray



Pray without ceasing

Cultivate the awareness that God accompanies you every day and quietly share with him the things that occupy your day.

A special place to pray

It is helpful to have somewhere that you use every day- a quiet place in your home, a comfy chair, a place where you feel safe.

Using your parish church

If your parish church is open through the week, you might like to sit quietly with God in your church or light a candle as you offer your prayers.

The Lord's Prayer

The prayer as we use it today is a version that was adapted by the early Christian communities from the two Gospel texts, Matthew 6.9–13 and Luke 11.1–4. The final sentence is called the *doxology*. It is not part of the New Testament text, but was added very early in the life of the church, and is not always used.

Contemporary Version

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin
against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.

Traditional Version

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.

A Daily Cycle of Prayer

It is often helpful to set aside a regular time and place to pray every day. Some things that might help are:-

- Using the diocesan intercession list.

This list is printed each month and comes with dNews or is available on the diocesan website.

www.ballaratanglican.org.au.

We can pray together across the diocese for the Anglican church across the world and for our diocese.

www.ballaratanglican.org.au

- Using the daily office

Using the daily office from your prayer book (or the easiest option is to get the app on your phone). This provides a structure for your prayer life.

- It is helpful to have a daily rhythm of prayer. Many people often use the ACTS acronym.

Adoration; acknowledge the wonder of God.

Confession; be humble enough to accept that we get things wrong.

Thanksgiving; give thanks for life, and be particular about the goodness in your life.

Supplication (for others and yourself); ask for help from God. Pray for what you need.

- An option that could be used is
 - # In the Name of the Father and of the Son and of the Holy Spirit.
My Lord and my God.
Glory be to the Father who has made me
Glory be to the Son who has redeemed me
Glory be to the Holy Spirit who gives me life
Praise be to the Holy and undivided Trinity.
 - # I am sorry that I have failed to do your will so often, especially for ... Send your Holy Spirit into my heart and guard me when I am tempted. Give me such joy in the triumphant sacrifice of your Son that it may overflow into the hearts and lives of all whom I meet.
 - # Bless all who need your help: those in pain, the homeless, those suffering injustice and those tempted to do evil, the worried, the lonely and in despair, and all those who care for them.
 - # Bless all whom I love ... and those whom I dislike ...
 - # Guard them and watch over them today and always.
 - # Give me, Lord, courage, strength and endurance to resist evil and to be loving and helpful in all I do.
 - # Father, I thank you for all you have given me: for everyone and everything I love: for my freedom to enjoy and serve you in your world, and to share in your life.
 - # Lord, may you bless and keep me and grant me your peace for ever.

Some Favourite Prayers

All-powerful God, you are present in the whole universe and in the smallest of your creatures.

You embrace with your tenderness all that exists.

Pour out upon us the power of your love, that we may protect life and beauty.

Fill us with peace, that we may live as brothers and sisters. **Amen.**



A Prayer for Peace:

For those who are fleeing: sanctuary

For those who are staying: safety

For those who are fighting: peace

For those whose hearts are breaking: comfort

For those who see no future: hope. **Amen.**

Prayer of Abandonment

Loving God,
I abandon myself into your hands,
do with me what you will.
Whatever you may do, I thank you:
I am ready for all, I accept all.

Let only your will be done in me
and in all your creatures.
I wish no more than this, O Lord.

Into your hands, I commend my whole self;
I offer it to you with all the love of my heart;
For I love you, Lord, and so need to give myself:
To surrender myself into your hands without reserve
and with boundless confidence. For you are my Father.

Charles de Foucauld



A Prayer to the Holy Spirit

O Holy Spirit,
present throughout all creation,
Be beside me in all I do,
Be between me and all that I fear,
be within me and all whom I love,
today and every day. **Amen.**

Prayer of Alcuin of York,
adapted by Rachel Held-Evans

God, go with us.
Help us to be an honour to the church.
Give us the grace to follow Christ's word,
to be clear in our task
and careful in our speech.
Give us open hands and joyful hearts.
Let Christ be on our lips.
May our lives reflect a love of truth and compassion.
Let no one come to us and go away sad.
May we offer hope to the poor,
and solace to the disheartened.
Let us sow living seeds,
words that are quick with life,
that faith may be the harvest in people's hearts.
In word and in example let your light shine
in the dark like the morning star.
Do not allow the wealth of the world
or its enchantment flatter
us into silence as to your truth.
Do not permit the powerful,
or judges, to keep us from
professing what is right. **Amen.**

A Prayer for Lent

To the end

No, do not give in.
Grace divine
was your good beginning.
That grace is greater
which does not falter.
But the greatest
is to keep going,
however
you are undermined,
to endure,
however harassed,
to the end.

*Terry C Falla. Be our Freedom, Lord,
Adelaide: Open Book Publishers, 1994
(revised and expanded edition).*



All will be well,
All will be well,
All manner of things shall be well.

Julian of Norwich

A Prayer for the Easter Season

In the darkness of life,
The light of Christ.
In the joy of life,
The light of Christ.
In the stillness of life,
The light of Christ.
In the despair of life,
The light of Christ.
In the busyness of life,
The light of Christ.
In the presence of life,
The light of Christ.



Ascension Day Prayer

O God, You withdraw from our sight
That you may be known by our love:
Help us to enter the cloud where you are hidden,
And surrender all our certainty
To the darkness of faith in Jesus Christ. **Amen.**

Today

Be with me today, Lord.
Everyday I need you, Lord,
but this day especially,
I need some extra strength
to face whatever is to be.
This day more than any day
I need to feel you near -
to fortify my courage and
to overcome my fear.
By myself I cannot meet the
challenge of the hour.
There are times when human
creatures need a higher power
to help them bear what must
be borne.
And so, dear Lord, I pray -
hold on to my trembling hand
and be with me today. **Amen.**



May the enfolding grace and peace of God, that is the gift of the
Spirit to God's people,
Enable us to know the presence of Jesus' healing grace,
Now and in the days of Pentecost. **Amen.**

Cartoon of Peanuts

Charlie Brown and Snoopy are sitting with their backs to the reader.

Charlie Brown says: "We only live once, Snoopy."

Snoopy replies: "Wrong! We only die once. We live every day!"

Under the cartoon:

Not strictly a prayer, but close, an affirmation.



Never forget

How far you've come.

Everything you have gotten through.

All the times you pushed on even when you felt you couldn't.

All the mornings you got out of bed no matter how hard it was.

All the times you wanted to give up but God gave you the strength for the day and made a way when you saw no way.

Thank him! **Amen.**

Be Positive. Be Happy.



Some Modern Prayers

Lord, I come to you at the beginning of this day
to ask you to guide me and help me.
Give me courage to face the problems that lie ahead
and a heart open to the joy you have prepared for me.
Forgive my sins that I may start today anew,
And as you forgive me,
May I learn to be compassionate to others in return.
I long to serve you.
May all that I do and all that I say
Be pleasing to you. **Amen.**



In the love of the father,
The light of the Son,
The Leading of the Holy Spirit,
We place ourselves today. **Amen.**

Prayer for Vocations

Lord, you call us to be **story-tellers**:

Planting your explosive news into our defended lives;

Locating us in the script of your human history.

You call us to be **trailblazers**:

Living in your future that we receive only as a gift;

Subverting the fixed, fated world of low horizons.

You call us to be **weavers**:

Tracing, stretching, connecting the knotted threads'

Gathering up unravelling, disconnected lives.

You call us to be **fools** –

For Christ's sake: bearing life's absurdities and incongruities;

Puncturing our seriousness and grandiosity.

You call us to be **hosts**:

Welcomers of the sacred, intimate, transfiguring;

Lavish celebrants of our communities and homecomings.

You call us to be **poets**:

Artists and illuminators of inner space;

Naming, invoking, heralding your ineffable presence.

You call us to be **gardeners**:

Sowers, cultivators, nurturers of fragile lives;

Benefactors of your gratuitous harvest.

You call us to be **conductors**:

Celebrating polyphony, coaxing symphony;

Orchestrating the praise of your inhabited creation;

Lord, you lavish gifts on all whom you call.

Strengthen and sustain us and all ministers of your church,

That in the range and diversity of our vocation,

We may be catalysts of your kingdom in the world,

Through Jesus Christ our Lord. **Amen.**

Roger Spiller

Lord, we live in a world that emphasizes the virtual over reality, a world that has lost its ability to smell, taste and touch.

May we rediscover the reality of our humanity you gave us as we try to imitate Christ to the Creation around us.

May our being reflect Christ's forgiving to the world around us.

May we celebrate the smell of joy in Your Creation.

May we discover the taste the interconnection of Your love in Your Creation.

May we experience Your divine touch as we involve ourselves in Your Creation.

Christ is the reality in our body, hands, and feet.

Through our God-given senses of touch, smell, and taste we are empowered by Christ's compassion to engage with this world, a part of Creation.

May Christ lead us from the man-made virtual reality to the reality of Creation so that we may reflect Christ's hope, redeeming love through our actions. **Amen.**



Some Celtic Prayers

God to enfold me,
God to surround me,
God in my speaking,
God in my thinking.
God in my sleeping,
God in my waking,
God in my watching,
God in my hoping.
God in my life,
God in my lips,
God in my soul,
God in my heart.
God in my slumber,
God in my ever-living soul,
God in my eternity.

(Ancient Celtic prayer- from Carmina Gadelica)



May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face;
the rains fall soft upon your fields and until we meet again, may
God hold you in the palm of His hand.

(Traditional Irish blessing)

St Patrick's Breastplate

I arise today

Through a mighty strength, the invocation of the Trinity,
Through belief in the Threeness,
Through confession of the Oneness
of the Creator of creation.

I arise today

Through the strength of Christ's birth with His baptism,
Through the strength of His crucifixion with His burial,
Through the strength of His resurrection with His ascension,
Through the strength of His descent for the judgment of doom.

I arise today

Through the strength of the love of cherubim,
In the obedience of angels,
In the service of archangels,
In the hope of resurrection to meet with reward,
In the prayers of patriarchs,
In the predictions of prophets,
In the preaching of apostles,
In the faith of confessors,
In the innocence of holy virgins,
In the deeds of righteous men.

I arise today, through

The strength of heaven,
The light of the sun,
The radiance of the moon,
The splendor of fire,
The speed of lightning,
The swiftness of wind,

The depth of the sea,
The stability of the earth,
The firmness of rock.
I arise today, through
God's strength to pilot me,
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's shield to protect me,
God's host to save me
From snares of devils,
From temptation of vices,
From everyone who shall wish me ill,
afar and near.
I summon today
All these powers between me and those evils,
Against every cruel and merciless power
that may oppose my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of witches and smiths and wizards,
Against every knowledge that corrupts man's body and soul;
Christ to shield me today
Against poison, against burning,
Against drowning, against wounding,

So that there may come to me an abundance of reward.

Christ with me,

Christ before me,

Christ behind me,

Christ in me,

Christ beneath me,

Christ above me,

Christ on my right,

Christ on my left,

Christ when I lie down,

Christ when I sit down,

Christ when I arise,

Christ in the heart of every man who thinks of me,

Christ in the mouth of everyone who speaks of me,

Christ in every eye that sees me,

Christ in every ear that hears me.

I arise today

Through a mighty strength, the invocation of the Trinity,

Through belief in the Threeness,

Through confession of the Oneness

of the Creator of creation.

A Prayer for the sick based on St Patrick's breastplate

Christ be above you.

Christ be beneath you.

Christ be beside you.

Christ be within you.

Christ to heal and sustain you.

Christ to give you strength and courage for the journey.

Christ in the hearts of all who love you.

Christ in the minds of all who think of you.

Christ on the lips of all who pray for you.

Christ in the hands of all who care for you.

Christ be with all those you love and hold dear.

And the peace of God which passes all understanding

Keep your heart and mind in the knowledge of God's love,

Now and always. **Amen.**

Some Traditional Prayers

The Grace

The grace of the Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all. **Amen.**



Compline Prayer BCP

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for you love's sake. **Amen.**



Glory be ...

Glory be to the Father,
And to the Son,
And to the Holy Spirit.
As it was in the beginning is now,
and ever shall be,
world without end. **Amen.**

Prayer attributed to St Francis of Assisi

Lord, Make me an instrument of your peace
Where there is hatred, let me sow love;
Where there is injury, let me sow pardon;
Where there is doubt, let me sow faith.
Where there is despair, let me sow hope;
Where there is darkness, let me sow light;
Where there is sadness, let me sow joy.

O Divine Master, Grant that I may not seek
To be consoled, as to console;
To be understood, as to understand;
To be loved as to love.
For it is in giving that we receive;
It is in pardoning that we are pardoned;
It is in dying that we are born to Eternal Life.



Prayer by Cardinal John Henry Newman

Support us, O Lord,
all the day long of this troublous life,
Until the shadows lengthen and the evening comes,
The busy world is hushed,
The fever of life is over,
And our work is done.
Then, Lord, in your mercy grant us a safe lodging,
A holy rest, and peace at the last;
Through Christ our Lord. **Amen.**

Prayer of Ignatius

Dearest Lord,
teach me to be generous;
teach me to serve You as You deserve;
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 reward
save that of knowing I am doing Your Will. **Amen.**

Ignatian Prayer - The Examen

The Examen. is a way of looking back over your day with God. It has five steps.

1. Ask God for light.
2. Give thanks.
3. Review your day.
4. Face your shortcomings.
5. Look forward to tomorrow.

Prayers of Teresa of Avila

Lord, grant that I may always allow myself to be guided by You, always follow your plans, and perfectly accomplish your Holy Will. Grant that in all things, great and small, today and all the days of my life, I may do whatever You require of me. **Amen.**

Let nothing disturb you
Let nothing disturb you,
let nothing frighten you,
all things will pass away.
God never changes;
patience obtains all things,
whoever has God lacks nothing.
God alone suffices. **Amen.**

Teresa of Avila



Prayer of St. Richard

Thanks be to you, our Lord Jesus Christ, for all the benefits which you have given us, for all the pains and insults which you have borne for us. Most merciful Redeemer, Friend and Brother, may we know you more clearly, love you more dearly, and follow you more clearly, day by day. **Amen.**

The Angelus

V/. The Angel of the Lord declared unto Mary,
R/. And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with you;
blessed are you among women,
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners
now and at the hour of our death. Amen.

V/. Behold the handmaid of the Lord,
R/. Be it done unto me according to your Word.
Hail Mary...

V/. And the Word was made flesh,
R/. And dwelt among us.
Hail Mary...

V/. Pray for us, O holy Mother of God,
R/. That we may be made worthy of the promises of Christ.

Let us pray. Pour forth, we beseech you, O Lord, your grace into
our hearts: that we, to whom the Incarnation of Christ your Son
was made known by the message of an Angel, may by his
Passion and Cross be brought to the glory of his Resurrection.
Through the same Christ our Lord. **Amen.**

The Regina Coeli

- V. Rejoice, O Queen of heaven, alleluia.
R. For he whom you did merit to bear. Alleluia
- V. Has risen as he said, alleluia.
R. Pray for us to God, alleluia.
- V. Rejoice and be glad, O Virgin Mary, alleluia.
R. For the lord has risen indeed, alleluia.

Let us pray O God, who deigned to give joy to the world through the resurrection of your Son, our Lord Jesus Christ: grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. **Amen**



The Apostle's Creed

I believe in God, the Father almighty creator of heaven and earth and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again from the dead. He ascended into heaven and is seated at the right hand of God, the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. **Amen.**

Praying the Psalms

Many people find praying the psalms a helpful addition to their prayer life. The psalm writers experience the full range of human emotions.

For example:

Ps 8 O lord our Sovereign,
 How majestic is your name in all the earth!
 You have set your glory above the heavens...

Ps 25. To you, O Lord, I lift up my soul.
 O my God, in you I trust;
 Never let me be put to shame.....

Ps 89. I will sing of your steadfast love, O Lord,
 Forever I will proclaim your faithfulness...

Ps 102 Hear my prayer O Lord,
 Let my cry come to you.
 Do not hide your face from me in the day of my distress.
 Incline your ear to me,
 Answer me speedily in the day when I call...

Hymns as Prayers

The words of many hymns are prayers. Try using the words from your favourite hymns as prayers. eg

*Be thou my vision,
O Lord of my heart,
Be all else but naught to me,
Save that thou art;
Be thou my best thought
In the day and the night,
Both waking and steeping,
Thy presence my light.*



Praying Without Words

The psalmist reminds us "To be still and know that I am God." Our best prayer times can often be the times when we come and sit in silence before God.

Sometimes this will be in your favourite armchair, in a garden or in your favourite place. It often helps by sitting quietly and doing some deep breathing. Some people find saying a mantra helps them focus on God. Eg Maranatha (come Lord Jesus), God be merciful to me, a sinner. This time of quiet is a time when we open ourselves to hear God's words for us.

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