



St Cuthbert's Church

Finding Peace In Life's Storm

Please feel free to light a candle, or simply sit and spend time in the stillness of this beautiful place.

DOES GOD UNDERSTAND HOW YOU ARE FEELING ?

God lived among us as Jesus – he was born in a stable to an unmarried mother, raised by a step-father. Sought asylum in Egypt, lived as a refugee. His cousin was murdered to amuse a queen. He grieved for loved ones who died. When he began to preach and teach, his family thought him mad and tried to stop him. He was homeless, sleeping on friend's floors or under hedges. The people he grew up with tried to kill him. He got angry, tired, overwhelmed. Was invited to weddings and celebrations, enjoyed them so much the strict authorities accused him of being a glutton and a drunkard ! His best friends betrayed him for money, abandoned him, denied knowing him. He was tortured to extract a confession (which didn't work). Given a trial during which everyone lied. Sentenced to an agonising death, although he did nothing wrong . . . and came back from the dead – all because he loves you !

Never worry that God doesn't understand, doesn't know how you feel - because he has lived it, been through it himself, as one of us ! He knows, and loves you – and nothing you do can change that !

If you would like to talk to a Minister, please ask one of the staff, phone the church office, or send an email to : minister@st-cuthberts.net

We can't always find the words to pray, but prayer doesn't have to be words – it can be an image, an emotion, a sound, action, colour – anything – God will understand ! But since sometimes, it can be helpful to borrow other people's words, we offer the following suggestions that you may find helpful . . .

WHEN GOD FEELS DISTANT . . .

God, at the moment you do not seem to be real to me. My prayers seem lifeless. My spirit feels numb. Help me to persevere when faith seems absent, in the certainty that you are with me in the darkness and your light is shining, even though I cannot see it at the moment. *(Mary Rose de Lisle)*

IF YOU FEEL OVERWHELMED . . .

Lord, when the busyness of life is overpowering, and I do not know where to start, help me to keep going, step by step, in the certain knowledge that you are with me. Do not let me feel overcome by the pressure of events. Teach me to make time to be still and listen to your voice. Renew my bruised spirit with your love, so I may comfort others on their pilgrimage through life. *(Mary Rose de Lisle)*

IF YOU ARE AFRAID . . .

Lord, help me to remember that nothing is going to happen today that you and I cannot handle together. *(Saidie Patterson)*

IF YOU WANT TO GIVE THANKS . . .

Lord, make me more thankful for what I have received. Make me more content with what I have; and make me more mindful of others in need. *(Simon H Baynes)*

PRAY FOR THOSE YOU LOVE . . .

God bless all those that I love. God bless all those who love me. God bless all those that love those I love. And all those that love those that love me. *(From a New England sampler)*

PRAY FOR OTHERS . . .

Lord God, as I stand beside someone in trouble, help me to share their burden with sensitivity and love. Remind me that it is easier for me to give, than for them to receive. I ask that they may know your healing and wholeness, and will strengthen and comfort them. *(Mary Rose de Lisle – revised)*

PRAY FOR THE WORLD . . .

I bring before you Lord God, the troubles and perils of peoples and nations, the sighing of prisoners and captives, the sorrows of the bereaved, the needs of strangers, the helplessness of the weak, the misery of the weary, the failing powers of the aging. Draw near to each one and comfort them. *(St Anselm)*

PRAY FOR PEACE . . .

God of grace, call the nations of the earth to cease from strife, that they may join together to fight, not one another, but their common enemies of disease, poverty, ignorance, and injustice. *(Week of prayer for peace)*

IN TIMES OF DOUBT . . .

I believe in the sun, even when it is not shining. I believe in love, even when I cannot feel it. I believe in God, even when he is silent. *(WW2 prisoner)*

IF YOU ARE GRIEVING . . .

Lord God, it's hard to thank you for those I loved so much, but no longer see. Although in time the aching pain of their loss may lessen, I want their memories to live on, so they are still real to me. May their example and their love for me, be transformed into positive good in my life and actions. Keep me firm in the hope that I will be reunited with them in heaven. *(Mary Rose de Lisle)*

IF YOU NEED FORGIVENESS . . .

God, forgive my sins. The sins of my present and the sins of my past. The sins of my soul and the sins of my body. The sins I committed to please myself, and the sins I committed to please others. Forgive me my casual sins and my deliberate sins, and those that I laboured so hard to hide that I have hidden them even from myself. Please forgive them all *(Thomas Wilson, Bishop of Sodor and Man)*

PRAY FOR CREATION . . .

Lord forgive me - when I go blindly through the world, when I spoil, waste, or abuse your gifts. Renew my sense of awe, wonder, and sheer delight in the riches of your creation. *(Edmund Banyard)*

PLEASE PRAY FOR ST CUTHBERT'S CHURCH. . .

God please bless this church, its people and parish, and prosper all attempts to be faithful and to draw others to you. *(Old Scottish prayer)*

IF YOU FIND THE IDEA OF PRAYER DIFFICULT FOR YOU, YOU MIGHT LIKE TO TRY THIS . . .

Imagine sitting in a peaceful place, somewhere free from interruptions and distractions. (It could be a real or imagined place !)

Someone sits down beside you – they have a friendly smile and kind eyes, but are otherwise unremarkable.

You feel comfortable as you sit in silence with them for a while.

You are sitting with God.

How do you feel ?

What do you want to say ?

Perhaps you are hurt or angry, afraid, or don't believe God exists ?

Say it – say it all – God has broad shoulders, and can take it.

Give God your anger, tears, fear, joy, pain, confusion, everything – whatever you are feeling.

. . .and when you have got it all out, wait in the silence. Allow time for God to reply.

That is all prayer is – a conversation with God.

PERHAPS YOU FIND IT EASIER TO LOOK AT A PICTURE . . .

How does it make you feel ?

Can you imagine yourself a part of this scene ?

Where are you ?

Can you talk to God about this ?



These prayers and others, are available on our website, where you can translate them into your own language : www.st-cuthberts.net/prayer.php



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