



The Church of Scotland

# **TOGETHER WE PRAY**

Prayer Diary

**This prayer diary contains some suggestions for those who find it helpful to have a list of things to pray for, but also provides a rhythm of prayer that we hope will encourage everyone to pray together creatively for the future of the Church of Scotland.**

Each day of the week (excluding weekends) has a focus:

**Monday – Personal**

**Tuesday – Local**

**Wednesday - Regional**

**Thursday – National**

**Friday - Global**

There is a different theme for each of the four weeks in the cycle to focus our thoughts and prayers and develop a rhythm of prayer.

As part of this rhythm of prayer you may feel that it is important to include elements of confession. This could be done as part of the personal focus on Mondays, or as individual or corporate prayer throughout the suggested themes, especially if there are areas where you feel the Church needs to seek forgiveness.

**We have also suggested having two parts to each day's prayer:**

**Part 1 – Listen to God:** There will be a question each day to help you think and reflect. You may simply wish to listen to God in the silence or actively look over your day with God's help. Before speaking to God, it is good to be quiet and listen to how God is leading. There will be some instructions or questions each day that may be helpful.

**Part 2 – Speak to God:** You don't have to speak out your prayers after you have reflected, but this time will help you focus your thoughts and allow us to pray for the many different issues facing the Church now and as we look to the future.

## NORTH

- 36. ABERNETHY
- 37. INVERNESS
- 38. LOCHABER
- 39. ROSS
- 40. SUTHERLAND
- 41. CAITHNESS
- 42. LOHCARRON
- 43. UIST
- 44. LEWIS
- 45. ORKN EY ISLANDS
- 46. SHETLAND ISLANDS

## EAST

- 24. DUNFERMLINE
- 25. KIRCALDY
- 26. ST ANDREWS
- 27. DUNKELD & MEIGLE
- 28. PERTH
- 29. DUNDEE
- 30. ANGUS
- 31. ABERDEEN
- 32. KINCARDINE & DEESIDE
- 33. GORDON
- 34. BUCHAN
- 35. MORAY

## LOTHIAN & BORDERS

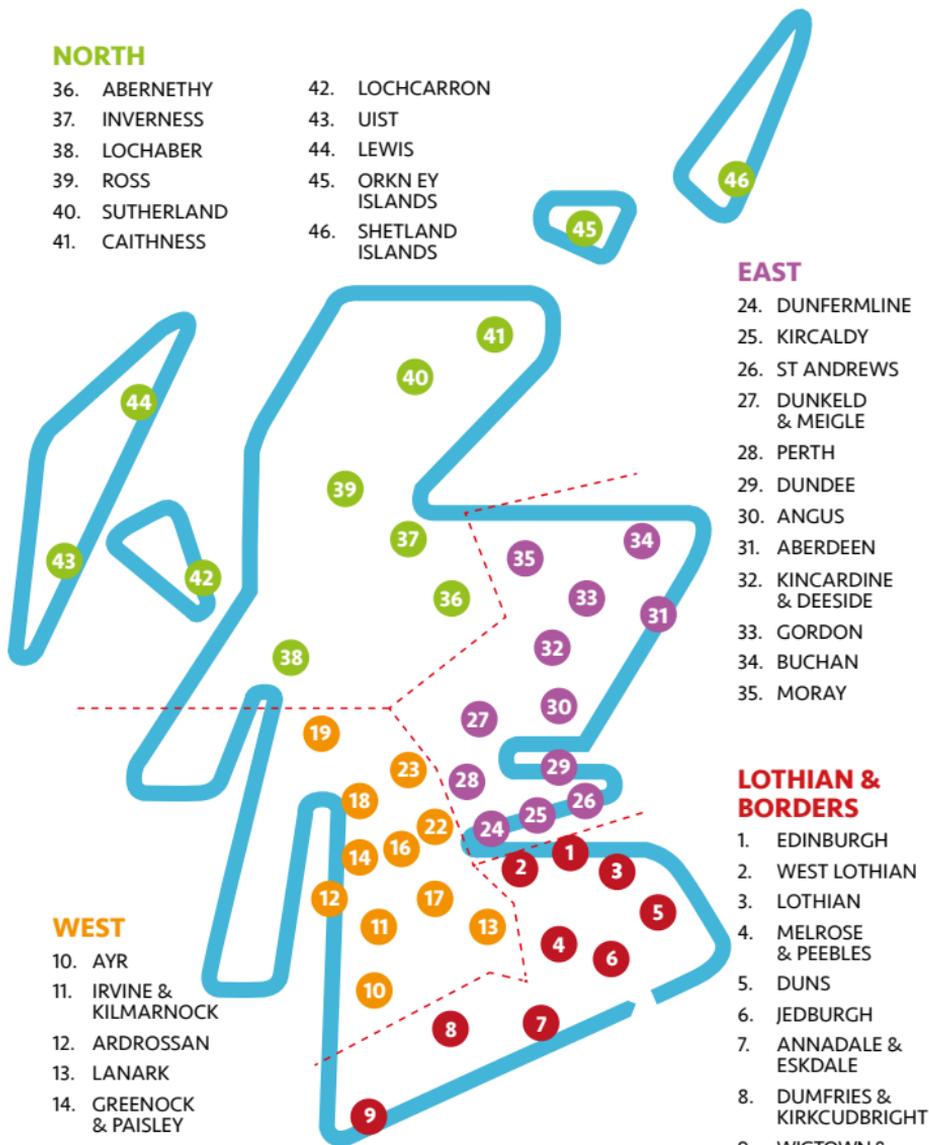
- 1. EDINBURGH
- 2. WEST LOTHIAN
- 3. LOTHIAN
- 4. MELROSE & PEEBLES
- 5. DUNS
- 6. JEDBURGH
- 7. ANNADALE & ESKDALE
- 8. DUMFRIES & KIRKCUDBRIGHT
- 9. WIGTOWN & STRANRAER

## OTHER

- ENGLAND
- INTERNATIONAL
- JERUSALEM

## WEST

- 10. AYR
- 11. IRVINE & KILMARNOCK
- 12. ARDROSSAN
- 13. LANARK
- 14. GREENOCK & PAISLEY
- 16. GLASGOW
- 17. HAMILTON
- 18. DUMBARTON
- 19. ARGYL
- 22. FALKIRK
- 23. STIRLING





# WEEK 1

## MONDAY

### Self

*A person's essential being that distinguishes them from others, especially considered as the object of introspection or reflexive action.*

**Listen to God:** Try to be aware of how you are feeling and how you have felt/reacted at different times throughout today. How are you feeling about God today?

**Speak to God:** Are there particular things you would like to give thanks to God for or to ask for God's help with?

# WEEK 1

## TUESDAY

### People

*Human beings in general or considered collectively.*

*The members of a particular community.*

**Listen to God:** Think about the people who are important to you in your community or you come into contact with regularly (neighbours, teachers, carers, shop workers, community workers, police officers).

**Speak to God:** Perhaps tell God what your highest hopes are for the people you have been thinking about and ask how we as the church can help them.

## TOGETHER WE PRAY | REGIONAL

Shetland Islands, Orkney Islands, Lewis, Uist, Lochcarron – Skye,  
Caithness, Sutherland, Ross, Lochaber, Inverness, Abernethy

# WEEK 1 - NORTH

## WEDNESDAY

### Presbytery

*A body of Church elders and ministers, especially (in Presbyterian Churches) an administrative body (court) representing all the local congregations of a district.*

**Listen to God:** Take time to think about an area and ask God for wisdom about the best way to pray for the presbyteries in that region.

Look at the map/list, what do you know about these areas?

What do you know about the Church in this area?

What do you think is the greatest need for the Church in this region?

**Speak to God:** Ask God to do a fresh work throughout the Church of Scotland.

TOGETHER WE PRAY | NATIONAL

WEEK 1

THURSDAY

## The General Assembly of the Church of Scotland

*The strategic plan for the future of the  
Church of Scotland.*

**Listen to God:** What are the key decisions that would make the greatest difference to the Church?

What are the greatest strengths of the CofS? And, what do you think is its greatest weakness?

What do you think are the greatest opportunities?

What are the greatest threats to the Church of Scotland?

**Speak to God:** Give thanks for the work of the CofS. Ask God to help the leaders and decision makers within the Church and to give them the gifts to discern where God's Spirit is leading.

# WEEK 1

## FRIDAY

### Creation

*The natural world around us. Issues such as climate change, renewable energy, deforestation, farming.*

**Listen to God:** Call to mind a time you have been particularly aware of the beauty and wonder of God's creation.

Spend some time remembering this experience.

**Speak to God:** Allow your prayers to flow from this time of remembering.

Tell God everything you are feeling.

Now spend some time praying for how the Church can best engage with the stewardship of creation.



# WEEK 2

## MONDAY

### Journey

*An act of travelling from one place to another.*

*A process of personal change and development.*

**Listen to God:** Take time to reflect on your journey of faith.

Think of one or two of the key milestones on your journey so far.

Perhaps call to mind any weariness in your body and soul that you feel at this point in your journey.

**Speak to God:** Give thanks to God and pray for strength and refreshment within the places where you feel weary.

# WEEK 2

## TUESDAY

### Places and spaces

*A particular area or location.*

*The dimensions of height, depth, and width within which all things exist and move.*

**Listen to God:** Begin to think about your local community and the places that provide services for those in need, places where we see people flourishing and building community (schools, businesses, hospitals, old folks' homes, community centres, clubs, parks).

**Speak to God:** Give thanks to God for these places and spaces and pray for the people who work there, gather there or access the services provided there.

## TOGETHER WE PRAY | REGIONAL

Argyll, Stirling, Dumbarton, Greenock & Paisley, Ardrossan, Irvine & Kilmarnock, Ayr, Lanark, Hamilton, Glasgow, Falkirk

# WEEK 2 - WEST

## WEDNESDAY

### Presbytery

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**Listen to God:** Take time to think about an area and ask God for wisdom about the best way to pray for the presbyteries in that region.

Look at the map/list, what do you know about these areas?

What do you know about the Church in this area?

What do you think is the greatest need for the Church in this region?

**Speak to God:** Ask God to do a fresh work throughout the Church of Scotland.

TOGETHER WE PRAY | NATIONAL

# WEEK 2

## THURSDAY

### Council and Committees of the General Assembly

*A list of all the councils and committees can be found in the 'ABOUT US' section of the Church of Scotland website*

**Listen to God:** Are there specific areas of the work of the Church that interest you?

Are there areas that you perhaps know nothing about?

**Speak to God:** Ask God to bless the work being done in and through these committees and organisations.

TOGETHER WE PRAY | GLOBAL

# WEEK 2

## FRIDAY

### World church

*Brothers and sisters across the world from different traditions and denominations.*

**Listen to God:** What can we learn from our ecumenical partners?

What issues are other denominations facing that we can learn from?

**Speak to God:** Give thanks for the diversity of tradition and theology that makes up the Church today.

Pray for unity.



# WEEK 3

## MONDAY

### Family and friends

*Those people who are nearest and dearest to us.*

**Listen to God:** Think about the people who are closest to you and are most important to you.

**Speak to God:** Perhaps tell God what your highest hopes are for the people you have been thinking about.

Are there particular things you could give thanks for or situations to seek God's help or strength for?

TOGETHER WE PRAY | LOCAL

# WEEK 3

## TUESDAY

### Local issues

*Current issues affecting your local community, such as the need for foodbanks, local elections, poverty and crime.*

**Listen to God:** What are the issues you are most aware of in your local community?

How can the Church engage with these issues?

**Speak to God:** Pray for the issues you know about or that have affected you directly.

## TOGETHER WE PRAY | REGIONAL

Moray, Buchan, Gordon, Aberdeen, Kincardine & Deeside, Dunkeld & Meikle, Angus, Perth, Dundee, St. Andrews, Kirkcaldy, Dunfermline

# WEEK 3 - EAST

## WEDNESDAY

### Presbytery

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Look at the map/list, what do you know about these areas?

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**Speak to God:** Ask God to do a fresh work throughout the Church of Scotland.

TOGETHER WE PRAY | NATIONAL

WEEK 3

THURSDAY

Government and leaders

*National Government of Scotland and the United Kingdom. Other prominent figures that influence and make decisions about national policy.*

**Listen to God:** What are the issues that are most affecting our Government?

Think about the people across Scotland and the UK making decisions that affect us as a country.

**Speak to God:** Pray for integrity, truth and compassion throughout our Government.

# WEEK 3

## FRIDAY

### Politics

*The activities associated with the governance of a country or area, especially the debate between parties having power. Global political issues/ economics/leaders/decision making.*

**Listen to God:** Let your emotions guide you to form prayers.

What are the decisions that have been made that made you angry – in your anger how will you pray about these decisions?

Think about the people who made these decisions – in your love, how will you pray for these people?

**Speak to God:** Pray for the decisions being made and the people making these decisions.



# WEEK 4

## MONDAY

### Work

*Activity involving mental or physical effort done in order to achieve a purpose or result, or a task to be undertaken.*

**Listen to God:** Take some time to reflect on how you spend your days. What are the responsibilities or tasks that you are involved in? Do you have a job? Are you retired? Are you a carer? Are you in education?

Whatever your daily activity or routine, spend some time reflecting on where you noticed God in your day.

**Speak to God:** Ask God to help you to be mindful of others as you go about your day and to have moments where you actively pray and pay special attention to where God is.

TOGETHER WE PRAY | LOCAL

WEEK 4

TUESDAY

Church

*Your worshipping community.*

**Listen to God:** What are the key issues facing your church at the moment?

What groups can you identify within your church that you could pray for (Kirk Session, the Guild, Children and Young People, Alpha groups)?

**Speak to God:** Give thanks for the work of the church. Pray for the gatherings within the church (prayer meetings, Sunday worship).

## TOGETHER WE PRAY | REGIONAL

Edinburgh, Lothian, West Lothian, Melrose & Peebles, Duns, Jedburgh, Annandale & Eskdale, Dumfries & Kirkcudbright, Wigtown & Stranraer, England, International, Jerusalem

WEEK 4 - Lothian and Borders, England, International and Jerusalem:

# WEDNESDAY

## Presbytery

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**Speak to God:** Ask God to do a fresh work throughout the Church of Scotland.

# WEEK 4

## THURSDAY

### Our society and our culture

*Public services and amenities that help our society function, such as the NHS, emergency services, education and care provision.*

*Those things that shape and influence our culture, such as arts and humanities, media and music.*

**Listen to God:** Spend some time reflecting on your interaction with public services and amenities.

Consider how culture has influenced you and how you are influencing culture.

**Speak to God:** Pray for providers and users of public services and amenities.

Pray that we would recognise God's presence within and through the arts.

# WEEK 4

## FRIDAY

### Global events and current affairs

*Events of political or social interest and importance happening in the world at the present time.*

**Listen to God:** Think over some of the key global events in the past week/month/year – if you let your sorrow lead your prayers, what would you say to God? If you let your hope lead your prayers what would you say to God?

**Speak to God:** What then will you pray in light of this?

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