

When it is difficult to come to terms with a situation

*Lord, grant me the serenity to accept the things
I cannot change
the courage to change the things I can
and the wisdom to know the difference*

**For those who are working for peace and unity
in the troubled areas of the world**

*Blessed are the peacemakers
May they know your presence
May they all be one
Lord have mercy
May*

**Be still and know that I am God
I am the Lord who healeth thee
In thee O Lord do I put my trust**

*Pray for God's guidance and you will soon find
your own prayer phrases from within your bible,
hymn book or prayer book.*

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Praying with

Beads

Beads have been used as a focus for repetitive prayer in a number of religions throughout the centuries.

The Western Catholic rosary is a string of beads in five groups of ten on which one meditates on events in the life of Christ.

The Eastern Orthodox rosary is made of wool and has 100 knots, on each of which is repeated the Jesus Prayer:

*Jesus Christ,
Son of God,
Have mercy on me, a sinner.*

If prayer beads or prayer ropes have not been part of your own Christian tradition, you may like to try praying with them. Repetitive prayer for yourself or others can be particularly helpful if you wish to pray in bed before going to sleep, or when you wake in the night. Intercession for others is not easy, but repetition of a familiar phrase as you finger the beads is something you can feel you are doing for people.

To make a small rosary, thread 10 beads onto a string and knot them securely together. Hold them quietly and reverently, praying your chosen phrase on each one. This may become part of a daily devotion.

Here are some examples of prayers and verses of scripture which may help.

For a person living with illness

If we share Christ's suffering we will also share his glory. (Romans 8:17)

For one who has died

May he/she rest in peace and rise in glory.

For those bereaved

Happy are those who mourn: God will comfort them (Matthew 5:4)

For one who is anxious

Peace is what I leave with you: it is my own peace that I give you (John 14:27)

For conflict situations

Love is patient and kind (1 Corinthians 13:4)

For one who has experienced failure

My grace is all you need, for my power is strongest when you are weak (2 Corinthians 12:9)