

**Daily form prayers**

**Theme for week starting Monday 23<sup>rd</sup> January:**

**“Why are you frightened? Have you still no faith?” Mark 4 v41**

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Monday 23<sup>rd</sup>

Sometimes we can feel very anxious and fearful. Some people even have panic attacks. We can learn to pray against anxiety taking hold of us as Jesus said, more often than anything else, “Do not be afraid”

Father you said that you will give me perfect peace when my mind is focused upon you. Teach me Lord, when I feel anxious or stressed to fix my thoughts upon you. I trust in you! Amen

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Tuesday 24<sup>th</sup>

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27

Dear Lord, My fear can trap and consume me but I get tired of living with fear and anxiety. This verse reassures me of your presence and confirms that you are able to deliver me from my trouble. Please give me your love and your power to replace these fears. Your perfect love casts out my fear. I thank you for promising to give me the peace that only you can give. I receive that peace now as I ask you to still my troubled heart. Because you are with me, I don't have to be afraid. Amen.

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Wednesday 25<sup>th</sup>

Today is the Feast of the Conversion of St Paul when, as a pagan and a persecutor of Christians, he was struck blind on the road to Damascus, and dramatically converted to become a follower of Christ.

Lord Jesus, thanks you for revealing your self to me as you did to Paul. Please help me because I am weak and fearful, but I want to show others your love and mercy in all I think, say and do. May your power show through me. Amen

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Thursday 26<sup>th</sup>

Today's Gospel reading from St Mark for the feastday of St Timothy and St Titus is about not hiding your God-given light away from others. Lord, give us ears to hear your Gospel and open our hearts to understand your message more clearly. Through our blessing of baptism, may we be "a light to the world and a city on a hilltop". Amen

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Friday 27<sup>th</sup>

Heavenly Father, we pray for all those who are oppressed, suppressed and depressed; all those who live in fear and anxiety about their circumstances – their work, health, finances, relationships, and all those who suffer social unrest, war, natural disasters, bereavement, ill treatment.

We pray for your protection, your mercy and your blessings. Amen

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