

## Prayers for Hope

1. Heavenly Father, we lift up all those who are facing serious illnesses, and those who have died and whom we miss. Give those ailing the hope and courage they need today to face their challenges, and surround them with your peace. For those who have died, we ask that you fold them in your loving arms and keep them safe until we are with them again. Amen.

2. Blessed Jesus, in the comfort of your love, I lay down all of the anxieties that hold me back from enjoying each day, memories that trouble me, and frustrations that plague my daily movements. Help me to know that you forgive me of my sins. Help me to remember that you walk with me every day, whether you stand back and allow me to make my own choices, or help to guide me. Make me strong so that I can feel confident in the things that I do, knowing that I am a good person for how I treat others. Amen.

3. Dear God, I pray that you heighten my senses so that I am more aware of the earth that you so lovingly prepared for us to live on. Help me to hear the sounds of nature, to sense the changes in the seasons, and to see the wondrous beauty that is becoming ever more fragile as we humans change our environment. Amen.

4. Loving Jesus, may my family be protected from harm, misfortune, and sadness. May we enjoy the privilege of spending time together to share joy, celebrate happy occasions, and to be there for each other when there is need for comfort. May good health prevail and may there be ever-present faith in God's mercy and grace. Amen.

5. Dear Jesus, you are our true and first friend. You love us and stay by us no matter what. You show us how to love those around us, even when we are unsure. Give us the compassion and strength to push our friends to grow in maturity and to make good decisions. And help us to receive our friends' feedback when we need to change our attitudes and behaviours to be better friends to them. And thank you for the gift of friendship, so that we never have to face the uncertainties of life alone. Amen.

1. as I pray for the sick and dying, my hope is

2. as I pray for more spiritual strength, I hope that

3. as I pray for healing for our physical world and all of the plants and animals that live in it, I hope

4. as I pray for my family, I hope

5. as I pray for my friends, I hope

