

PRAYERS FOR OUR TIME

A Prayer As I Put On My Mask

Creator,
as I prepare to go into the world,
help me to see the sacrament
in the wearing of this cloth -
let it be 'an outward sign
of an inward grace' -
a tangible and visible way of living love
for my neighbours, as I love myself.

Christ,
since my lips will be covered,
uncover my heart,
that people would see my smile
in the crinkles around my eyes.
Since my voice may be muffled,
help me to speak clearly,
not only with my words,
but with my actions.

Holy Spirit,
As the elastic touches my ears,
remind me to listen carefully -
and full of care -
to all those I meet.
May this simple piece of cloth
be shield and banner,
and each breath that it holds,
be filled with your love.
In your Name and
in that love,
I pray.
May it be so.
May it be so.

Written by **Richard Bott**
Moderator of the United Church of
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Permanent Present Tense

Save us, Lord, from living in a
permanent present tense;
With our constant rushing from one
deadline to the next,
Not living for each moment so much as
just about surviving it.

Forgive us for when we dismiss too
quickly what has gone before;
For when our preoccupation with the
now,
And our eagerness for what is next,
Blind us to the significance of what you
have already done.

You are helping us to see...
The past is a gift:
A great and precious library of case
studies to be explored, learned from
and built on.

And you, you are the knowledgeable
librarian, showing us where to look and
helping us to understand,
Training us in this art of Holy
Remembering.
For what we learned yesterday is the
compass to navigate tomorrow
And it is in celebrating the past that we
awaken the future

Written by **Amanda Pink**
Baptist Minister and Team Chaplain at
Milton Keynes University Hospital
Taken from *Gathering up the Crumbs*

Loving God

When we are weary, give us fresh
energy;
When we are sleepy, give us rest;
When we are frustrated, give us
calmness;
When we are sad, give us comfort;
When we are disappointed, give us
hope;
When we are happy, rejoice with us;
When we are hopeful, give us the
courage to share;
In everything, turn us back to focus on
you,
The One who has given us all things
through Jesus Christ, your Son, our
Saviour.

Written by **Stephen Smith**
Minister of Greenfield Church, Urmston,
Manchester

A Blessing

May you see opportunities to bring
hope, healing and peace where others
do not.
May you have the courage to speak up
for those that get overlooked.
May you be aware of God's spirit at
work in the words you speak, the safe
spaces you create and the relationships
that you build.
You are loved by God, may those that
you encounter know that they are loved
too.

Written by **Clare Hooper**
Regional Minister with the Southern
Counties Baptist Association
Taken from *Gathering up the Crumbs*

