

Cathedral Church of St Machar



Old Aberdeen

TO HELP YOU PRAY

People often find it very hard to pray. Sometimes words come easily, sometimes even silence is too noisy. God knows our needs, and waits patiently for us. It can be a good way to start to repeat silently or quietly to yourself, these ancient Christian prayers.

Lord, have mercy upon us
Christ, have mercy upon us
Lord, have mercy upon us

Our Father which art in heaven,
Hallowed be thy Name,
Thy kingdom come, thy will be
done,
In earth as it is in heaven.
Give us this day our daily bread;
And forgive us our trespasses,
As we forgive them that trespass
against us;
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom, the power
and the glory,
for ever and ever. **Amen.**

Self-Dedication

Almighty God,
so draw our hearts to you,
so guide our minds,
so fill our imaginations,
so control our wills,
that we may be wholly yours,
utterly dedicated to you.
Use us as you will,
always to your glory and the welfare
of your people;
through our Lord and Savior Jesus
Christ.
Amen.

*Before you leave, you may like to pray
for God's blessing upon all people;
the words of the Grace may be help-
ful:*

The grace of our Lord Jesus Christ, and
the love of God, and the fellowship of
the Holy Spirit be with us all, ever-
more.
Amen

*Please feel free to take this leaflet
away with you*

If something is weighing heavily on your conscience, the following confession may help:

Almighty God, our heavenly Father,
I have sinned against you and against
others, in thought and word and deed,
Through negligence, through
weakness, through my own deliberate
fault

[and especially with respect to ...].

I am truly sorry for all my sins.

For the sake of your Son Jesus Christ,
Who died for me,

Forgive me all that is past;

And let me start afresh,

To the glory of your Name. **Amen**

Or this:

Lord Jesus Christ, Son of the living
God, have mercy upon me, a sinner.

*And be assured of God's forgiveness
to all whose apology is sincere.*

***If you have come to remember
someone who has died:***

Heavenly Father, by your mighty
power you gave us life, and in your
love you have given us new life in
Christ Jesus.

We entrust to your merciful keeping,
in the faith of Jesus Christ your Son
our Lord, who died and rose again to
save us, and is now alive and reigns
with you and the

Holy Spirit in glory for ever. **Amen.**

May God in his infinite love and mercy bring all his people, living and departed in the Lord Jesus, to a joyful resurrection and the fulfilment of his eternal kingdom.

Amen

Rest eternal grant unto them, O Lord, and let light perpetual shine upon them

May they rest in peace
And rise in glory.

Amen.

In a Personal Crisis

God of life,
there are days when the burdens we carry
are heavy on our shoulders and weigh us down,
when the road seems dreary and endless,
the skies gray and threatening,
when our lives have no music in them,
and our hearts are lonely,
and our souls have lost their courage.
Flood the path with light,
turn our eyes to where the skies are full of promise;
tune our hearts to brave music;
give us the sense of comradeship
with heroes and saints of every age;
and so quicken our spirits
that we may be able to encourage
the souls of all who journey with us on
the road of life,
to your honor and glory.
Amen.

For Healing

Mighty and merciful God,
you sent Jesus Christ to heal broken
lives.

We praise you that today
you send healing in doctors and
nurses,
and bless us with technology in
medicine.

We claim your promises of
wholeness
as we pray for those who are ill in
body or mind,

who long for your healing touch.

Make the weak strong,

the sick healthy,

the broken whole,

and confirm those who serve them
as agents of your love.

Then all shall be renewed in vigor
to point to the risen Christ,
who conquered death that we might
live eternally.

Amen.

At a Time of Tragedy

God of compassion,
you watch our ways,
and weave out of terrible happenings
wonders of goodness and grace.

Surround those who have been shaken
by tragedy

with a sense of your present love,
and hold them in faith.

Though they are lost in grief,
may they find you and be comforted;
through Jesus Christ who was dead,
but lives

and rules this world with you.

Amen.

Cathedral Office Hours
Monday – Friday: 11.30 am – 12.30 pm

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