

Today's prayers are based on a prayer by St Theresa of Avila.

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be confident knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us.

*May today there be peace within*

Lord God, we are in a time of transition and uncertainty. We emerge into a time where the world feels less safe than it was, with dangers of infection, economic fragility, and international tension. Give us your strength and peace that we may be a point of calm in the storm.

*May you trust God that you are exactly where you need to be*

Give us confidence in your plan for us, and in your plan for the world. Open our eyes and hearts to the actions that we need to take wherever we find ourselves, so that we enact your will and make this place reflect your glory.

*May you not forget the infinite possibilities that are born of faith*

Lord God, help our faith grow so that through it we may bring in your kingdom. May your infinite possibilities permeate a frightened and despairing world, bringing hope, new discoveries and greater cooperation. Where the pandemic has made nations focus inward, help us all to focus outward across the planet again.

*May you use those gifts that you have received, and pass on the love that has been given to you.*

Lord God, make us proud of our gifts and unashamed to use them in your name. Help us use these gifts for the welfare of others and to demonstrate your love and power. Strengthen those with gifts in science and medicine to bring forward vaccines and therapeutics. Strengthen those with gifts in innovation and business, to rebuild the economy and bring hope to those facing redundancy. Strengthen those with political gifts to provide leadership to the world.

*May you be confident knowing you are a child of God.*

Come to those who are afflicted in any way, through sickness, mental ill health, addiction or fear. Remind them that they are your beloved child and offer them the comfort of a loving parent. Strengthen them with this love and give them your peace. Be with those who are bereaved, remind them of your presence and that their loved ones are safe in your care.

*Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.*

*It is there for each and every one of us.*

Lord God, give us the freedom that comes from the realisation that you are with us to the end of days and that we do not need to struggle alone. May your kingdom be brought in with shouts of joy and grateful praise.

In your name we pray. Amen.