

Written prayers

A personal prayer for you to use when...

The core focus of the Sanctuary's work – and therefore its resources – are outward focused. We exist to intercede, and help other Christians to intercede. And we care about acting justly, showing compassion and making Jesus' love known because of the truth of who our God is and the heart he has for our world.

But we have also experienced (and continue to experience) his goodness, provision and transformation in our own lives – and these daily mercies are what give us new faith to believe for others' situations. We have these fresh testimonies because we continue to need him personally – every hour of every day – to face what's in front of us, to love him and others well and to live for God above all else.

Jesus is our sanctuary. Just as we cry out for others, we cry out for ourselves – for we are the lost and broken too – save for Jesus' incredible love and power.

And so we've put together these prayers – for ourselves, and for others – in the hope that they will help us all to come to God when we are facing challenges, difficult emotions, temptation or opposition... and also in times of blessing, encouragement and breakthrough – when it can be so easy to focus on the gift rather than the giver.

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Experiencing loneliness

Lord Jesus today I need reminding
That you said you would never leave or forsake
Those who follow you.
Because today I feel alone and I need to know -
In my heart as well as my head -
That you are right here.
Christ in me make yourself known;
Christ before me reassure me by beckoning me forward;
Christ behind me let me feel your steadying hand;
Christ lead me – to true friends of you, and of me, today.

Rejoicing over friendships

Lord Jesus I still marvel that you call me friend.
That I can know you – God made known –
And walk and talk with you side by side each day.
But today I'm thankful that you surround me with other friends too -
Supporters; encouragers; befrienders;
Challengers; companions; and comrades.
Each one reflects your image back to me –
A beautiful fragment of your incomparable kaleidoscope colour.
Thank you especially for the ones that lead me closer to you
And who help me to see myself as you do – chosen; loved; called; free.

Experiencing fear

God of love who is love,
There is no fear in love -
And so there is no trace of it in you.
No shadow of it; no hint of it
No passing reference to it.

Come, consuming Love
And so fill me with your Spirit
That there is no trace of it in me anymore either.
No shadow of fear; no hint of it
Just the rock-solid knowledge of your perfect love.

Speak your peace to my thoughts
Your comfort to my emotions
Even your joy to my spirit
As you cast out my fear
And enfold me in your very self.

Receiving a breakthrough

Deliverer, Defender and Friend
Today I saw your goodness in a new way.
It shone out as it pierced through my circumstances
And chased the darkness of my fears away.
And I thank you, thank you, thank you Lord
For the transformation you bring.
And I ask you, seek you, need you Lord
To keep my focus on you and not what you give.

Experiencing temptation

Nail-scarred, side-torn Lord
Keep me close to your cross today
For I am tempted to turn and forget
The price you paid – and to cheapen your grace.

Flesh-clothed, Son of Man Lord
Keep me close to your walk this day
For I am tempted to turn and forget
That you faced what I faced – but resisted every time.

Light-bathed, throne-seated Lord
Fix my eyes on your glory today
For I am tempted to turn and forget
That you offer me the strength to become like you.

Needing to ask for forgiveness

Father people say that 'I'm sorry' are the hardest words to say
But they come too easily to me after the event.
I would rather not need to say them at all –
Not because I don't want to repent –
But because I want to stop letting you down, and thinking only of me
Until it's time again to come to your feet; confess my brokenness
And say these words again.

I am sorry Father.
I am sorry for what I have done.
I am sorry that I am here again.
I am sorry for the consequences –
For me, for others, and most of all for you -
Who I have again asked to look at your Son
As he dies for me.

I have no words to express my thanks that I am still welcome;
Treasured; delighted in; sung over
Despite all of this.
Simply because I've returned
And because I'm your child.

And nothing I do can make you love me less.
And nothing I do can make you love me more.
It's unfathomable to me that as I falteringly stammer out 'I'm sorry'
You are already running towards me with your arms wide open in love.

Experiencing a fresh gift of grace, goodness or a new revelation of God's love

Father, I wish you could teach me a new way to say 'thank you'
For the words seem insufficient – meaningless – in light of what you've done
And who you are.
Your mercies are new every morning
And how I wish I always had a new song of praise in response.
But for today I will say thank you – and I'll say it from the heart
For I know it will sound sweet in your ear.
And I will add another petition – for I long to see more of you
And grow in thankfulness every day.

Experiencing opposition or persecution

Holy Spirit – who brooded over the deep –
Come and brood over me with outstretched wings.
I long for the safety of your shelter
And to find my hiding place in you.
Let me dwell in your shadow
And sense your perfect peace and protection.

I know I am to count it joy to suffer for your name
And as your faithful servant I come and say:
'Anything for your kingdom Lord.'

But I am frightened and weary and long for this cup to pass
And as your precious child I come and say:
'Please deliver me – and if that is not your will -
Then again – anything for your kingdom Lord:
Simply give me the strength to stand for you.'

Rejoicing because God has defended you (inspired by Psalm 9)

I could write a best-seller about what you've done -
An album of songs wouldn't be able to contain what I have to sing about.
You came to my rescue;
You made everything right;
You spoke up for me;
And were and are the Truth that sets me free.
No longer afraid, I take in the view from this high place
Able to see how far you've brought me
And a different future ahead.
No one can save like you can – I'm overwhelmed by your grace and strength!

Experiencing anxiety

Come Word of God and silence my noisy thoughts.
My mind is racing and my emotions whirling
And I long for your peace like nothing else.

Come Hope for tomorrow and short-circuit my worrying.
My mind is racing and my emotions whirling
And I long for your peace like nothing else.

Come Lord Jesus and reign in my life –
Over my racing mind and my whirling emotions –
For I long for you, Prince of Peace, like no one else.

Feeling God's peace (Inspired by Philippians 4:6-7 in *The Message*)

This gift that passes understanding
Is your sweet presence with me.
For in the midst of everything I am preoccupied with today
I have tasted and seen that you are good.
Your wholeness has settled me down
And now I know again this perfect, perfect peace.
What kind of a Father are you
That you would give this gift to me?

Experiencing doubts

Word of God who is the Truth
Can I pour out my faltering words to you?
Almighty God who is beyond understanding
Are you big enough to even take my questioning of you?
Today I am unsure; uncertain; confused and anxious -

Scared to doubt and scared to believe and stake my life on mere faith.
But I know you weren't angry when Gideon needed assurance
And when Thomas asked to see your scars.

In your mercy can you show me a sign you are real?
And if not, can you give me the grace to understand you're refining me?
Help my unbelief and bring me through it stronger in my convictions
And more compassionate in my concern for other questioners.

Filled with faith

Thank you for these tiny seeds that are moving mountains in my life
For I know every time I hold one that it's you who placed it in my hand.
All I have to give is a heart that believes and a life that loves
But I find I am giving them only because you've given them to me.
And I'm so thankful that you're giving me this faith
And I ask just this - that you'd always match it with love.

Experiencing grief or loss

Is it really true that you cry more tears than I do today Lord?
That having loved us all more deeply than anyone else could
Your mourning is greater even than ours?

Lord, may this be my comfort today -
That the God of heaven does not just wipe away my tears,
But weeps with me too all the while for all I have lost
And all that has been lost.

And Lord may this be my hope for tomorrow -
That you are the restorer of all that is taken.
And there will be a day when neither I nor you cry
And when injustice and grief and death
Are all that remain lost.

Finding God as comforter

I can't believe the gentleness of your hands
That flung stars into space and bear the scars of hate
And yet tilt my face to yours as you come and lift my head.

I can't explain the tenderness of your arms
That subdue nations and stretched to pay for humanity's sin
And yet enfold me like soft, protecting wings.

I can't express the fullness of my heart
That I who am broken and petty and worn and marred
Find my home and my song at last – within yours.

Feeling excitement

I'm thankful in anticipation today Father -
Looking forward to what you seem to be doing
For me; in me; and through me.
I ask that you'd stay close to me in this blessing
And this joy
For I long to remain more excited by who you are
Than any of these things.

Unwell or in pain

Where are you Lord?
Where is your healing touch?

Come and minister to me
And reveal your love.

Touch my body, mind, spirit and soul
And give wholeness to me today.

And if I'm waiting still at the end of the day
Give me patience to pray, and hope and remain.

And if I don't see the healing I seek
Show me the greater good you are building in me.

God's healing touch comes

Surely it's true that even your trailing robes carry healing my Lord -
One touch from you; just once glance – and we are never the same.
You designed me; knit me; redeemed me
And now this – you heal me?
For like each one in the crowd
You see me, have compassion on me,
And heal me.
Jesus what mercy – what power – what grace;
I know now that you are Love.

Feeling anxious about a friend

Remind me today that there is no one on this earth that I love as much as you love them
And that you are totally to be trusted with the circumstances of my friends.
Make me faithful in prayer; wise in speech; fierce in love and gentle in action
So I might be part of your loving answer today.
And make me diligent in trusting that you are already acting on their behalf today.

Rejoicing over a friend's circumstances

You alone know Lord how my heart sings
For I'm humming along with heaven's greater song.
All that is good is sourced in you
And I thank you, thank you, thank you for what you have done for my friend.

Experiencing bondage/addiction

Lord Jesus I need you to come very close now;
To be the very centre of my desire
And to displace my hunger for the things that keep me from you.

Lord Jesus I need you to stay very close now;
To give me your power to overcome my hunger
And to help me find my satisfaction in you alone.

Lord Jesus I thank you that you are right here with me;
You look on me with love
And a grace that cares too much to leave me where I am.

Lord Jesus I plead with you for my freedom;
I choose you above this thing that holds me.
And I cling to your promise that in you I can overcome.

Rejoicing in freedom

It was for freedom you set us free
And Christ – what freedom you have given to me!
Looking on your glorious face
And your nail-scarred hands
Has indeed filled me with greater love
For you than all else this world offers.
I choose you and freedom
And I rejoice that you chose me first.

Experiencing financial worries

Father still my heart
From adding numbers
And imagining scenarios
And feeling this fear in place of your peace.

Lord Jesus give me wisdom
To follow your direction
And see specific ways forward
Out of this situation and into freedom.

Holy Spirit move in power
And transform my finances
In your perfect timing
And in your perfect, providential way.

Thank you Lord for everything I have.
Thank you Lord for all you have given me.
Thank you Lord for your endless resources.
Thank you Lord for your presence.

Thank you Lord for what I do not have.
Thank you Lord for what you haven't given me.
Thank you Lord for your endless resources.
Thank you Lord for your presence.

Rejoicing in financial blessing

Keep me thankful Father for your love above all things
Even as I rejoice in this amazing gift you've given me.
Open my hands to share it too
So your endless resources poured out
Keep pouring out still more
And don't end here with me.