

Prayer for those who are depressed

Loving Father, open your heart of compassion to me now, for I am down in spirit. Let your light shine into my darkness and help me to know that I am safe in your unchanging love and care. Enable me to trust in you, though I cannot see the way ahead at the moment, and give me courage, hope and peace in the knowledge of your love, for Jesus Christ's sake. Amen.

Prayer for peace of mind

Almighty God, you know our anxieties and fears. Help me to cast all my cares on you, and to know that you love me. Give me peace of mind, and sure trust in you, through Jesus Christ our Lord. Amen.

St Patrick's Breastplate

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger. Amen.

Prayer for family and friends

Heavenly Father, watch over those we love. Remove all anxious fears from them. Teach us to know that you are always near, and that we are one in you for ever; through Jesus Christ our Lord. Amen.

Prayer for use in time of trouble.

Grant us, O Lord our God, ever to find you in a very present help in trouble. When we are in the darkness of doubt or perplexity, shed your light upon our way. When we are burdened with the affairs of our daily life, lift us to the calm of thy presence. When we are battling with temptation and the flesh is weak, by the might of your Spirit make us strong to overcome. We ask these things through Him in whom we are more than conquerors, your Son Jesus Christ. Amen.

With every blessing and all good wishes from

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*Prayers for
your comfort*



Bible Verses

The Lord bless you and keep you; the Lord make His face to shine upon you and be gracious unto you; the Lord turn His face towards you and give you peace. **(Numbers 6: 24-26)**

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Saviour and my God. **(Psalm 42: 11)**

In repentance and rest is your salvation, in quietness and trust is your strength. **(Isaiah 30: 15)**

Let not your hearts be troubled. You believe in God, believe also in me. **(John 14: 1)**

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding will guard your hearts and minds in Christ Jesus. **(Philippians 4: 6-7)**

...Never will I leave you; never will I forsake you...The Lord is my helper; I will not be afraid. **(Hebrews 13: 5-6)**

Cast all your anxiety on Him because He cares for you. **(1 Peter 5: 7)**

Morning prayer

Heavenly Father, you have brought me safely to the beginning of another day, and I thank you for your tender loving care. Help me to face confidently everything that today brings; through my weakness bring your strength; through my anxieties your calm; through any distress your comfort and grace, and through my life your presence and your love. Amen.

Prayers for daytime

Dear Lord, thank you for the precious gift of life. I'm feeling a bit fragile and vulnerable at the moment. I may not understand your will at this time, but help me to trust you and know your loving presence and almighty strength through it all. I pray this through Jesus Christ your Son. Amen.

Lord Jesus, make me conscious now of your healing nearness. Touch my eyes that I may see you. Open my ears that I may hear your voice. Enter my heart that I may know your love. Enfold my whole being with your presence, that I may partake of your grace, strength and peace. Hear this my prayer. Amen.

Evening prayer

Lord God, help me to remember as I settle down for the night, that light and dark are the same to you. You are the One who never sleeps, and you will watch over me. When I feel alone, reassure me of your presence. When my thoughts trouble me and I become afraid, let me know your peace. In my weariness, refresh me in your love. Amen.

Prayer for going into hospital

Lord Jesus, stay close to me as I go into hospital. May I experience your presence and healing among the medical staff. Guard my heart from anxiety and strengthen me in the gift of faith, so that my hope rests solely on you. Through your grace, prepare me for the daily routine of the ward, and help me to be a symbol of your love to those around me. In Jesus' name. Amen.

Prayer before an operation

Loving Father, I put myself into your hands. Deliver me from fear of pain and the unknown. Guide the surgeon, the anaesthetist and the theatre staff by your spirit. Anoint them as servants of your healing power, and while I am unconscious may my deepest thoughts and feelings rest in you. May I sleep in peace and awake to praise your mercy and goodness. In the name of Jesus. Amen.