

# Personal prayers

Peter Adam

Some of these are ones I have written, and others are collected from various sources.

*God be in my head, and in my understanding;  
God be in my eyes, and in my looking;  
God be in my mouth, and in my speaking;  
God be in my heart, and in my thinking;  
God be at my end, and at my departing.*      Attributed to Old Sarum Primer.

**Praise and worship and trust:** *We bless you, God and Father of our Lord Jesus Christ! In your great mercy you have given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for us, as we through faith are shielded by your power until the coming of the salvation that is ready to be revealed in the last time. In all this we greatly rejoice, though now for a little while we have to suffer grief in all kinds of trials. These have come so that the genuineness of our faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honour when Jesus Christ is revealed. Though we have not seen him, we love him; and even though we do not see him now, we believe in him and are filled with an inexpressible and glorious joy, for we are receiving the outcome of our faith, the salvation of our souls [Based on 1 Peter 1].*

**I trust you, and entrust myself to you today.**

*I trust you: to provide all the gifts, time, energy and health for me to live for you and do the good works you have prepared for me to do; to place me where you want me to serve you; to use my life and ministry; and to hear and answer my prayers.*

*Help me to stand in your grace, live in your love, trust in your truth, grow in your wisdom, walk in your ways, and serve in your strength, in the name of the Lord Jesus, and for your glory.*

*May this day be my best day of trusting, honouring, loving, and serving you. In Jesus' name, Amen.*

*Please hear all my prayers from the lips of Jesus Christ, your Son, whom you have made our High Priest, Intercessor, and Mediator. Come Lord Jesus. Amen.*

**Praise and worship:** *Our Lord and God, you are worthy to receive glory and honour and power, for you created all things, and by your will they existed and were created. Lord Jesus Christ, you are worthy to receive power and wealth and wisdom and might and honour and glory and blessing, for you were slain, and by your blood you ransomed for God those from every tribe and language and people and nation. [Based on the book of Revelation 4,5].*

**Trust: 'Who am I? Whoever I am O God, you know me, and I am yours.'**

[Words of Dietrich Bonhoeffer, from his poem, 'Who am I?' [Wer bin ich?]. The answers are from the Bible!

*Whoever I am: You created me in your image, and breathed into me the breath of life.*

*You know of what I am made, you remember that I am but dust.*

*You own me, for you have created, chosen, redeemed, and adopted me in Christ.*

*You know and understand me, for you made me, love me, and care for me.*

*Whoever I am: You have forgiven and accepted me, as you made me clean by the blood of Christ.*

*You have dealt with the sins, regrets, mistakes and failures of my past life and ministry.*

*You have made me a temple of your Holy Spirit, who dwells within me.*

*You have welcomed me among your people, the body of Christ, and the temple of your Holy Spirit.*

*You work all things for good for those who love you and are called according to your purpose.*

*Whoever I am: Through Holy Spirit you are transforming me into the image of your Son.*

*Through these slight momentary afflictions, you are working an eternal weight of glory.*

*Through our trials you are proving the genuineness of our faith, for your glory and honour.*

*Whoever I am: I wonder at your grace, compassion, kindness, faithfulness and love.*

*I repent of my sins and my sinfulness, and claim your forgiveness through Christ.*

*I put to death the works of the flesh, and offer my body to a life of righteousness.*

*I ask you to sanctify me and make me useful in your service.*

*I offer my body to you today as a living sacrifice, holy and pleasing to you.*

*Whoever I am: You receive me and my daily sacrifice of my body, in your mercy.*

*You prepare me to do good works, and prepare good works for me to do.*

*You use me and my ministry for your good purposes.*

*You know me, and I am yours: and you are worthy of all glory, honour, praise, and worship.*

**Living before you:** *Please fill me with the knowledge of your will in all spiritual wisdom and understanding, so that I may walk worthy of the Lord, fully pleasing to him, as I bear fruit in every good work and grow in my knowledge of you. Please make me strong with all the strength that comes from your glorious power, that I may be prepared to endure everything with patience, while joyfully giving you thanks Father, for you have enabled me to share in the inheritance of the saints in the light. You rescued me from the power of darkness and transferred me into the kingdom of your beloved Son, in whom I have redemption, the forgiveness of my sins [Based on Paul's letter to the Colossians 1:9-14].*

**Today**

*Today I offer my body to you as a living sacrifice, holy and pleasing to you. Give me contentment and joy in you, your will and your ways. Satisfy me with your steadfast love, that I may rejoice in you all my days. You have blessed and enriched me: help me to bless and enrich others freely and generously.*

*Today I will serve you in all that I plan to do, and also in unexpected opportunities. Please increase my proactive love, friendliness, encouragement, tolerance and generosity, and my gentleness, sympathy, patience and forbearance. Give me wisdom in knowing you, living for you, and serving others.*

**Praise and worship.**

*I praise and worship you gracious God, Father, Son, and Holy Spirit, for you are full of glory, holiness, power, justice, beauty, love, mercy, grace, compassion, and faithfulness. I praise you gracious Father, for your creation and constant loving preservation of the world, for your mercy to us in the atoning death and resurrection of the Lord Jesus, for your truth revealed by your Holy Spirit in the Bible, for your church, for your gospel plan for the nations, for the hope of Christ's return, and for the glory of your coming kingdom. I praise you for your great and precious gospel promises in the Lord Jesus Christ, for the gift of forgiveness of sins, salvation, and eternal life, for adoption into your family, for the gift of the Holy Spirit, and for fellowship among your people.*

**Living before you.**

*God of our Lord Jesus Christ, the Father of glory, I pray that you would give me a spirit of wisdom and revelation as I come to know you, so that, with the eyes of my heart enlightened, I may know what is the hope to which you have called us, what are the riches of your glorious inheritance among the saints, and what is the immeasurable greatness of your power for us who believe, according to the working of your great power [Based on Ephesians 1:18-20].*

**Praise and worship.**

*Blessed are you, God and Father of our Lord Jesus Christ, for you have blessed us in Christ with every spiritual blessing in the heavenly places, just as you chose us in Christ before the foundation of the world to be holy and blameless before you. You destined us in love for adoption as your children through Jesus Christ, according to the good pleasure of your will, to the praise of your glorious grace that you freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our sins, according to the riches of his grace that he lavished on us. With all wisdom and insight you have made known to us the mystery of your will, according to your good pleasure that you set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to your purpose, as you accomplish all things according to your counsel and will, so that we, who set our hope on Christ, might live for the praise of his glory. In him, when we had heard the word of truth, the gospel of our salvation, and had believed in him, we were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as your own people, to the praise of your glory [Ephesians 1:3-14, adapted].*

**Lament and grief**

*Gracious God, I pour out my heart to you now, as I reflect on the injustice and oppression in the world, on wars, conflict and hatred, on people damaged by drought, famine, flood or fire, and for people without adequate medical care, education, security and safety. You are a God of compassion and power. Please act to deliver and rescue those in need, those who are distressed, those who suffer, and those who have lost hope. Please come to their rescue, and also please the rulers and nations of the world to act to relieve suffering, restore basic necessities and increase welfare and hope for those who suffer. In Christ's name, Amen.*

**I pray that I may:**

*Believe in Christ and serve him. Trust that you will bring your work to completion at the day of Jesus Christ. Yearn for other believers with the affection of Christ Jesus. Be pure and blameless for the day of Christ. Be filled with the fruit of righteousness that comes through Jesus Christ to your glory and praise. Preach Christ,*

*speaking the word without fear. Live for Christ that he may be honoured in my body, in life or in death. Desire to depart and be with Christ, and also be willing to work for him in this life. Live in a manner worthy of the gospel of Christ. Suffer for Christ and contend for his gospel. Have the mind of Christ in service, humility and obedience. Seek Christ's interests, and the interests of others, not my own. Rejoice in the Lord always. Count everything as loss for the sake of knowing Christ Jesus my Lord. Gain Christ and be found in him, having the righteousness that comes through faith in him. Know Christ and the power of his resurrection, share his sufferings, and be like him in his death, that I may attain the resurrection from the dead. Press on towards the goal for the prize of our heavenly call in Christ Jesus. Eagerly await the coming of our Saviour, the Lord Jesus Christ, who will change our lowly bodies to be like his glorious body. Stand firm in the Lord. Rejoice in the Lord always. Do all things through Christ who strengthens me, so that I can be content in any and every circumstance. Trust that you will fully satisfy my every need according to your riches in Christ Jesus. Know the grace of the Lord Jesus Christ in all of my life and ministry. [Based on Paul's letter to the Philippians].*