

We're  
**Praying**  
for you



# prayers

**Prayer is responding to God, by thought and by deeds, with or without words. It can be done individually, as a family or small group, or corporately as a community.**

## **The Lord's Prayer**

Our Father, who art in heaven, hallowed be thy Name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. *Amen.*

## **A Breath Prayer**

As you inhale, say quietly to yourself, "I am..." As you exhale say, "a love song." Inhale, "I am..." Exhale, "A love song." Continue repeating the prayer as you quietly breathe through the next few minutes. You are a love song. You're the love song God is singing. You are precious, and you are loved. This is a practice you can do anytime, anywhere - and the more often you do it, the greater a blessing it will be in your life. May this simple practice deepen your faith, nourish your soul, and strengthen you for the journey ahead.

# Sharing God's **LOVE**



*With everyone!*

*We know love by this, that Jesus laid down his life for us and we ought to lay down our lives for one another. Little children, let us love, not in word or speech, but in truth and action.*

-1 JOHN 3:16, 18

## **In the Morning**

This is another day, O Lord. I know not what it will bring forth, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly. If I am to lie low, help me to do it patiently. And if I am to do nothing, let me do it gallantly. Make these words more than words and give me the Spirit of Jesus. *Amen.*

## **To Draw Closer to God**

God of all creation; Open our eyes to your presence. Open our minds to your grace. Open our lips to your praises. Open our hearts to your love. Open our lives to your healing, and be found among us. *Amen.*

## **For Peace**

Eternal God, in whose perfect kingdom no sword is drawn but the sword of righteousness, no strength known but the strength of love: So mightily spread abroad your Spirit, that all peoples may be gathered under the banner of the Prince of Peace, as children of one Father; to whom be dominion and glory, now and forever. *Amen.*

## **In the Evening**

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. *Amen.*

## **For a Sick Person**

O God, the strength of the weak and the comfort of sufferers: Mercifully accept our prayers, and grant to your servant *N.* the help of your power, that their sickness may be turned into health, and our sorrow into joy; through Jesus Christ our Lord. *Amen.*

## **Recovery from Sickness**

O God, the strength of the weak and the comfort of sufferers: Mercifully accept our prayers, and grant to your servant *N.* the help of your power, that *his/her/their* sickness may be turned into health, and our sorrow into joy; through Jesus Christ our Lord. *Amen.*

## **For Night**

Lord, it is night. The night is for stillness. Let us be still in the presence of God. It is night after a long day. What has been done has been done; what has not been done has not been done; let it be. The night is dark. Let our fears of the darkness of the world and of our own lives rest in you. The night is quiet. Let the quietness of your peace enfold us, all dear to us, and all who have no peace. The night heralds the dawn. Let us look expectantly to a new day, new joys, new possibilities. In your name we pray. *Amen.*

- *New Zealand Book of Common Prayer*

## **At the Limits of Our Power to Help**

O Lord, we are at the limits of our power to help. For what we have left undone, forgive us. For what you have helped us to do, we thank you. For what must be done by others, lend your strength. Now shelter us in your peace which passes our understanding. *Amen.*



# *blessings*

## ***Blessing for New Beginnings***

God of wisdom and grace, as we make our way into a new season, many of us are making changes big and small. Be with us as we encounter the excitement and challenges ahead. **We give thanks to you for new beginnings of every kind and ask your blessing on all those who are transitioning to new jobs, new homes, new ministries, new projects, new relationships, and new phases of life.**

## ***Back to School Blessing***

We ask your blessing on schools and classrooms. Thank you for the teachers, students, administrators, and staff who fill them each day. **We are grateful for the gift of education, and we pray for those who do not have this opportunity.**

May the blessing of God Almighty, Father, Son, and Holy Spirit rest upon you and remain with you this day, this year and forevermore. Amen.



**Sunday School begins at 10am**  
**Sunday Services are at 10:15am**

Join us in person or online at:  
[www.facebook.com/saintpaulsventura](https://www.facebook.com/saintpaulsventura)  
[www.YouTube.com/stpaulsventura](https://www.YouTube.com/stpaulsventura)  
[www.saintpaulsventura.org](http://www.saintpaulsventura.org)



## ***AND To Help You Grow in Faith***

After an uplifting and inspiring Sunday service, we're sent out into the world to love and serve the Lord. It's wonderful, but there's so much more to living a faithful life than just going to church - so, we publish a list of weekly resources to help you grow in faith. Many of them are videos you can find on our YouTube channel. Please subscribe and, if you tap the notifications bell, you'll be notified when we release new videos. Learn simple spiritual practices, get ideas for how to put your faith into action, receive a blessing for every week. You can also enjoy beautiful music, hear inspiring messages, and learn about outreach projects that can help make a difference in the world.

<https://www.saintpaulsventura.org/growing-in-faith-sunday-and-everyday/>  
[www.youtube.com/stpaulsventura](https://www.youtube.com/stpaulsventura)

3290 Loma Vista Road  
Ventura, California 93003  
office@saintpaulsventura.org  
www.saintpaulsventura.org  
805 643-5033



# *Praying for You*

# ST. PAUL'S EPISCOPAL CHURCH

*Ventura*