

Chaplaincy

Many YMCAs have a Chaplaincy service, which supports staff and service users to think through life's Big Questions. Often the daily pressures arising from relationships, money, personal and other expectations can seem suffocating, or life becomes so hectic that little time is spent considering spiritual health.

YMCA Chaplaincy provides a non-judgmental space to discuss, explore, pray, worship and generally unpack life's journey from a supportive Christian perspective.

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YMCA Prayer Booklet

YMCA

YMCA

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION

God to enfold me,
God to surround me,
God in my speaking,
God in my thinking.
God in my sleeping,
God in my walking,
God in my watching,
God in my hoping.

► From *Carmina Gadelica III*,
a collection of prayers

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Prayer is good for you!

By talking to God we can say things are good, hard, happy, sad, bearable, or unbearable. We can say things as they are and see things as they might be. Most of all we can bring God into the picture and make him part of our lives.

This is why we have put together this booklet of prayers. We want it to be usable for anyone and everyone. It is something you can pick up and browse occasionally or use daily.

We hope that you will find something here to honestly say to God where you are at. If you have prayers of your own you may like to let us have them for future prayer books (anonymous or otherwise).

More than anything else, the prayers in this book are intended to bring you into the arms of your loving heavenly Father and find peace.

YMCA Chaplaincy

Morning Prayers

Lord, you have enriched our lives in many ways.
Give us this day the wisdom to recognise which things are important and which things are not.
Show us how best to use the time and talents you have given us.

Help us to use all opportunities wisely that we may give in service to others the good gifts we have received from you.

Amen.

Thank you, dear Lord, from the bottom of my heart, for my food, and my clothes, and for everything.

Amen.

- A Palestinian child

A prayer for help in trouble

I am in need of your help God.
Things are tough and I don't know what to do.
I am hoping this prayer will move you to change things from really bad to really good.
I know this may mean changing something in me and I ask you to help me accept this change.
I want to have the chance to make this wrong right so walk with me as I press on.

Amen.

- Anonymous

God, we ain't so strong and get scared easy.
We hope you will hang around with us so we won't get scared and get bad ideas or get hurt.

Amen.

- An American teenager

God, grant me the serenity to accept the things I cannot change,
courage to change the things I can,
and the wisdom to know the difference.

Amen.

- Saint Francis

Lord Jesus,
I give you my hands to do your work.
I give you my feet to go your way.
I give you my eyes to see as you do.
I give you my tongue to speak your words.
I give you my mind that you may think in me.
I give you my spirit that you may pray in me.
Above all, I give you my heart that you may love in me Your Father and all mankind.
I give you my whole self that you may grow in me, so that It is you, Lord Jesus, who lives, works and prays in me.

Amen.

Evening Prayers

Dear Lord Jesus, we shall have this day only once; before it is gone, help us to do all the good we can, so that today is not a wasted day.

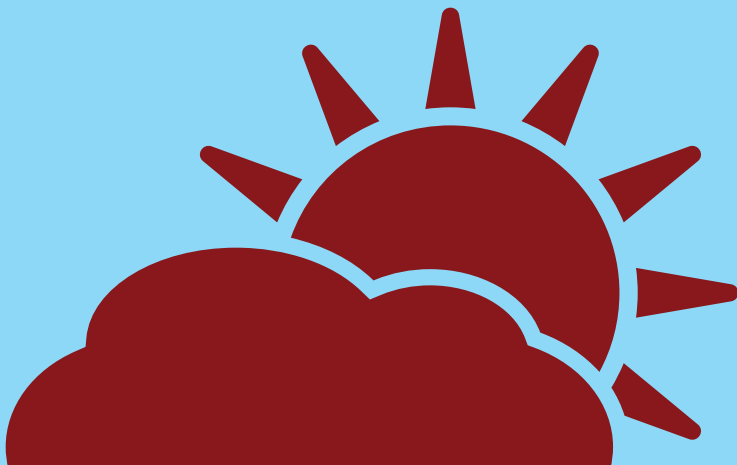
Amen.

This new day is for living,
This new day is for caring,
This new day is for giving,
This new day is for sharing.

Amen.

Dear God, help me to learn from yesterday's mistakes.

Amen.



Worries come in the night like chilling rain. They spatter against the window and on the roof: but I am safe in God's shelter, in a tent of holy dreams. Nothing will dampen my spirits, nothing will chill my soul.

Amen.

Now the daytime goes away,
Saviour listen while I pray,
asking you to watch and keep
and to send me quiet to sleep.

Amen.

Jesus, Saviour, wash away
all that has been wrong today.
Help me grow every day
to be like you in every way.

Amen.



God, who made the earth,
the air, the sky, the sea,
who gave light its birth,
he cares for me.

God, who made the grass,
the flower, the fruit, the tree,
the day and night to pass,
he cares for me.

God who made all things,
on earth, in air, in sea,
who changing seasons brings,
he cares for me.
Amen.

Confessions of faith

The Apostle's Creed

I believe in God, the Father Almighty,
The Creator of heaven and earth,
And in Jesus Christ, His only Son, our Lord.

Who was conceived of the Holy Spirit,
Born of the Virgin Mary, suffered under
Pontius Pilate, was crucified, died,
And was buried.

He descended into hell. The third day
He rose again from the dead.
He ascended into heaven and sits at the
Right hand of God the Father Almighty,
Whence He shall come to judge the
Living and the dead.

I believe in the Holy Spirit,
The holy *catholic church,
The communion of the saints,
The forgiveness of sins,
The resurrection of the body
And life everlasting.
Amen.

*catholic = 'universal'



The Lord's Prayer

Our Father in heaven,
Hallowed be your name.
Your kingdom come,
Your will be done,
On earth as it is in heaven.

Give us this day our daily bread.
Forgive us our sins,
As we forgive those who sin against us.
Lead us not into temptation,
But deliver us from evil.
For the kingdom, the power
And the glory are yours,
Now and forever.
Amen.

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- ▶ Find this prayer in the Bible in Matthew, Chapter 6 and in Luke chapter 11.



Prayers inspired by the Lords prayer

Eternal Spirit, Life-giver,
Pain-Bearer, Creator of Love,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven.

The Hallowing of your Name
echo through the universe;
The Way of your justice be followed
by the peoples of the world,
Your Heavenly will be done by
all created beings; Your commonwealth
of Peace and Freedom sustain our
hope and come to earth.

With the bread we need today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil free us.
For you reign in the glory of the power that is love,
now and for ever.
Amen.

Dear God,
Our Creator, Beloved Companion
And Guide upon the Way,
Eternal Spirit within us and beyond us.
Let us honour your name in lives of costly,
giving love.

Let us show that we and all we meet deserve
dignity and respect, for they are your creation
and the object of your love.

Let us share our bread with one another,
the bread that you have shared with us.
Let us in the spirit of your forgiving us,
make friends with those we have harmed
and failed to love.

Let us overcome our trials and temptations,
our suffering and dying, in the strength and
courage with which you overcame them too.
Let us in your love free the world from evil,
transforming darkness into light.
For the whole universe is yours, and you invite
us to be partners in the work of your creating.
Amen.

So be it. So will we do.

Blessings

May the road rise to meet you.
May the wind be always at your back.
May the sunshine warm upon your face.
The rains fall soft upon your fields
And until we meet again,
May God hold you in the hollow of his hand.
Amen.

- A Gaelic blessing

Deep Peace of the running wave to you;
Deep Peace of the flowing air to you;
Deep Peace of the quiet earth to you;
Deep Peace of the shining stars to you;
Deep Peace of the gentle night to you.
Moon and stars pour their healing light on you;
Deep Peace of Christ.
Of Christ the light of the world to you;
Deep Peace of Christ to you.

Amen.

- A Gaelic blessing



From the heart of God

Whoever you are, this is about you...

You are special, you are worth celebrating, you are worth everything. You are unique.

In all the world there is only one of you, there is only one person with your talents, your experience, your gifts. No-one can take your place.

God created only one of you, precious in his sight. You have immense potential to love, to care, to create, to grow, to sacrifice, if you believe in yourself.

It doesn't matter the wrong you may have done, the mistakes you have made.

You can be forgiven, you are loved.

So love yourself. Celebrate you.
Begin now - today!
You are you, and that is all you need to be.
So celebrate you.

You are special!



May the Lord bless you in the years ahead and inspire you to be positive in your attitude, faithful and loving and generous in the service of others.

May you learn from the difficulties that you will face, and so grow in wisdom and understanding and in compassion for others. May you be patient and forgiving in your relationships.

May you live in such a way that the words 'thanks' and 'sorry' come readily to you. May you retain a sense of awe, and may you grow as the person God calls you to be.
Amen.

A prayer of commitment to God

My life isn't all that I want it to be God. I believe that you want the very best for me. I am willing to change and become more like you want me to be. I want to follow your Son Jesus but I can't do that without your help. Come into my life, come into my heart, come and make me good in your sight and strengthen me to walk in your ways.

Amen.

- Anonymous