



Prayers and Meditations compiled by
The Prayer Chain
of Saint Barnabas Memorial Church
Falmouth, Massachusetts
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O God, you made us in your own image and redeemed us through Jesus you Son: Look with compassion on the whole human family, take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. *Amen.*

From the Book of Common Prayer



May you have
enough happiness to keep you sweet,
enough trials to keep you strong,
enough sorrow to keep you human,
enough hope to keep you happy,
enough failure to keep you humble,
enough success to keep you eager,
enough friends to give you comfort,
enough enthusiasm to look forward,
enough faith to banish anxiety,
and enough determination to make each day
better than yesterday,
through Jesus Christ, our Lord. AMEN

by Lisa Di Nunno



A Prayer for Wife and Child

Dear Heavenly Father, Lord Jesus Christ,

I pray Lord that you let me guide my family safely and spiritually. Let me lead and walk with them on Your path. When times get tough, Lord, take me by the shoulder and hand and guide me on Your path. Lord, let me check my tongue and temper the best I can. Let my wife walk beside me and have my boy's hand in mine, as You have led me.

Lord, let me raise my son to love You and all Your creatures, to believe in You and Your Word. Let my wife know I love her even when I run amok. Lord, we can succeed at everything with You. Nothing is too big for You. Thank you for Your Love and our family.
Amen.

By John Schmidt



The Voice

The voice in the waves as they curl 'round the rocks in a whisper both gentle and clear, the voice in the clouds as they float in the dome is the voice I continue to hear.

The voice in the sun as it burns through the mist till it glistens on mottled grey sea, the voice in the ancient, still, barnacled rocks - can the voice be the One calling me? The voice in the waves, and the clouds, and the sun, and the rocks, when I ask, "Is it Thee?" replies in a whisper. My soul floats and burns. In the stillness I hear, "Taste and see".

From *The Women's Uncommon Book of Prayers*



Holder of My Fears

Blessed be thou, Jesus Christ,
holder of my fears.
They tremble like small birds in your hands,
desperately struggling to get free.
Am I losing my sight? Will my child be safe?
Can I do my job? Will I be loved?
Am I good enough? There's no time!
You hold each securely in warm, strong
hands. You stroke them tenderly until they
relax. They fall asleep in the nest of your
embrace. And when all my fears are calmed,
you hold only me. Beloved be thou, Jesus
Christ. Beloved!

From: *The Women's Uncommon Book of Prayers*



"Hope" is the thing with feathers -
 that perches in the soul -
 and sings the tune without words -
 and never stops at all...
 - Emily Dickinson



A Gaelic Prayer

I weave a silence onto my lips
 I weave a silence onto my mind
 I weave a silence onto my heart
 I close my eyes to distractions
 I close my heart to temptations
 Calm me, O Lord, as you stilled the storm
 Still me, O Lord, keep me from harm
 Let all the tumult within me cease
 Enfold me, Lord, in your peace.



Dancing With God

When I meditated on the word Guidance,
 I kept seeing "dance" at the end of the word.
 I remember reading that doing God's will is a
 lot like dancing.
 When two people try to lead, nothing feels
 right.
 The movement doesn't flow with the music,

and everything is quite uncomfortable and
 jerky.
 When one person realizes that, and lets the
 other lead,
 both bodies begin to flow with the music.
 One gives gentle cues, perhaps with a nudge
 to the back
 or by pressing lightly in one direction or
 another.
 It's as if two become one body, moving
 beautifully.
 The dance takes surrender, willingness,
 and attentiveness from one person
 and gentle guidance and skill from the other.
 My eyes drew back to the word Guidance.
 When I saw "G" I thought of God, followed by
 "u" and "i".
 "God, "u" and "i" dance."
 God, you, and I dance.
 As I lowered my head, I became willing to
 trust
 that I would get guidance about my life.
 Once again, I became willing to let God lead.
 My prayer for you today is that God's
 blessings
 and mercies be upon you on this day and
 everyday.
 May you abide in God as God
 abides in you.
 Dance together with God, trusting God to lead
 and to guide you through each season of your
 life.
 This prayer is powerful and there is nothing
 attached.

If God has done anything for
you in your life,
please share this message with someone else,
for prayer is one of the best gifts we can
receive.

There is no cost but a lot of rewards;
so let's continue to pray for one another.
And I Hope You Dance With God



Bless Thee, O Lord,
for the living arc of the sky over me this
morning.

Bless Thee, O Lord,
for the companionship of night mist
far above the skyscraper peaks I saw
when I woke once during the night.

Bless Thee, O Lord,
for the miracle of light to my eyes
and the mystery of it ever changing.

Bless Thee, O Lord,
for the laws Thou hast ordained holding fast
these tall oblongs of stone and steel,
holding fast the planet Earth in its course
and farther beyond the circle of the Sun.

Carl Sandburg



Blessed are they who give
without expecting even thanks in return,
for they shall be abundantly rewarded.

Blessed are they who translate
every good thing they know into action,
for ever higher truths shall be revealed unto
them.

Blessed are they who do God's will
without asking to see results,
for great shall be their recompense.

Blessed are they who love and trust their
fellow beings,
for they shall reach the good in people and
receive a loving response.

Blessed are they who have seen reality, for
they know
that not the garment of clay but that which
activates
the garment of clay is real and indestructible.

Blessed are they who see the change we call
death
as a liberation from the limitation of this
earth-life,
for they shall rejoice with their loved ones
who make the glorious transition.

Blessed are they who after dedicating their
lives

and thereby receiving a blessing, have the
courage and faith
to surmount the difficulties of the path ahead,
for they shall receive a second blessing.

Blessed are they who advance toward the
spiritual path
without the selfish motive of seeking inner
peace,
for they shall find it.

Blessed are they who instead of trying to
batter down the gates of the kingdom of
heaven
approach them humbly and lovingly and
purified,
for they shall pass right through.

Peace Pilgrim's Beatitudes
by Mildred Norman



The angels dance in your wake
The sun rises for your glory
Stars illumine in your light
Magnificent and eternal
My Lord Jesus
My timeless love

Justina M. Pernetter



To everything there is a season,
a time for every purpose under the sun.
A time to be born and a time to die;
a time to plant and a time to pluck up that
which is planted;
a time to kill and a time to heal ...
a time to weep and a time to laugh;
a time to mourn and a time to dance ...
a time to embrace and a time to refrain from
embracing;
a time to lose and a time to seek;
a time to rend and a time to sew;
a time to keep silent and a time to speak;
a time to love and a time to hate;
a time for war and a time for peace.

Ecclesiastes 3: 1-8



Do you need Me?
I am there.

You cannot see Me, yet I am the light you see
by.
You cannot hear Me, yet I speak through your
voice.
You cannot feel Me, yet I am the power at
work in your hands.

I am at work, though you do not understand
My ways.
I am at work, though you do not understand
My works.

I am not strange visions. I am not mysteries.

Only in absolute stillness, beyond self, can
you know Me
as I am, and then but as a feeling and a faith.

Yet I am there. Yet I hear. Yet I answer.
When you need Me, I am there.
Even if you deny Me, I am there.
Even when you feel most alone, I am there.
Even in your fears, I am there.
Even in your pain, I am there.

I am there when you pray and when you do
not pray.
I am in you, and you are in Me.
Only in your mind can you feel separate from
Me, for
only in your mind are the mists of "yours" and
"mine."
Yet only with your mind can you know Me and
experience Me.

Empty your heart of empty fears.
When you get yourself out of the way, I am
there.
You can of yourself do nothing, but I can do
all.
And I am in all.

Though you may not see the good, good is
there, for
I am there. I am there because I have to be,
because I am.

Only in Me does the world have meaning;
only out of Me does the world take form;
only because of Me does the world go
forward.

I am the law on which the movement of the
stars
and the growth of living cells are founded.

I am the love that is the law's fulfilling.
I am assurance.
I am peace.
I am oneness.
I am the law that you can live by.
I am the love that you can cling to.
I am your assurance.
I am your peace.
I am ONE with you.
I am.

Though you fail to find Me, I do not fail you.
Though your faith in Me is unsure,
My faith in you never wavers,
because I know you, because I love you.

Beloved, I AM there.

I am there - James Dillet Freeman - 1947



Disturb us, Lord, when
We are too well pleased with ourselves,

When our dreams have come true
Because we have dreamed too little,
When we arrived safely
Because we sailed too close to the shore.

Disturb us, Lord, when
With the abundance of things we possess
We have lost our thirst
For the waters of life;
Having fallen in love with life,
We have ceased to dream of eternity
And in our efforts to build a new earth,
We have allowed our vision
Of the new Heaven to dim.

Disturb us, Lord, to dare more boldly,
To venture on wider seas
Where storms will show your mastery;
Where losing sight of land,
We shall find the stars.

We ask You to push back
The horizons of our hopes;
And to push into the future
In strength, courage, hope, and love.

attributed to Sir Francis Drake (1557)



Go placidly amid the noise and haste,
and remember what peace there may be in
silence.

As far as possible without surrender
be on good terms with all persons.
Speak your truth quietly and clearly;
and listen to others,
even the dull and the ignorant;
they too have their story.

Avoid loud and aggressive persons,
they are vexations to the spirit.
If you compare yourself with others,
you may become vain and bitter;
for always there will be greater and lesser
persons than yourself.
Enjoy your achievements as well as your
plans.

Keep interested in your own career, however
humble;
it is a real possession in the changing
fortunes of time.

Exercise caution in your business affairs;
for the world is full of trickery.
But let this not blind you to what virtue there
is;

many persons strive for high ideals;
and everywhere life is full of heroism.

Be yourself.
Especially, do not feign affection.
Neither be cynical about love;
for in the face of all aridity and
disenchantment
it is as perennial as the grass.

Take kindly the counsel of the years,
gracefully surrendering the things of youth.
Nurture strength of spirit to shield you in
sudden misfortune.

But do not distress yourself with dark
imaginings.
Many fears are born of fatigue and loneliness.
Beyond a wholesome discipline,
be gentle with yourself.

You are a child of the universe,
no less than the trees and the stars;
you have a right to be here.
And whether or not it is clear to you,
no doubt the universe is unfolding as it
should.

Therefore be at peace with God,
whatever you conceive Him to be,
and whatever your labors and aspirations,
in the noisy confusion of life keep peace with
your soul.

With all its sham, drudgery, and broken
dreams,
it is still a beautiful world.
Be cheerful.
Strive to be happy.

Desiderata - Max Ehrmann (1927)



Little Boy kneels at the foot of the bed,
Droops on the little hands little gold head.
Hush! Hush! Whisper who dares!
Christopher Robin is saying his prayers.

God bless Mummy. I know that's right.
Wasn't it fun in the bath tonight?
The cold's so cold, and the hot's so hot.
Oh! God bless Daddy - I quite forgot.

If I open my fingers a little bit more,
I can see Nanny's dressing gown on the door.
It's a beautiful blue, but it hasn't a hood.
Oh! God bless Nanny and make her good.

Mine has a hood and if I lie in bed,
And put the hood right over my head,
And I shut my eyes, and I curl up small,
And nobody knows that I'm there at all.

Oh! Thank you God, for a lovely day.
And what was the other I had to say?
I said "Bless Daddy," so what can it be?
Oh! Now I remember. God bless Me.

Little boy kneels at the foot of the bed,
Droops on the little hands little gold head,
Hush! Hush! Whisper who dares!
Christopher Robin is saying his prayers.

Vespers - A. A. Milne



Dear Lord,
Help me to live this day quietly, easily;
To lean upon Thy great strength trustfully,
restfully;
To wait for the unfolding of Thy will patiently,
serenely;
To meet others peacefully, joyously;
To face tomorrow confidently, courageously.
Amen.



May there always be work for your hands to
do.
May your purse always hold a coin or two.
May the sun always shine upon your window
pane.
May a rainbow be certain to follow each rain.
May the hand of a friend always be near to
you and
May God fill your heart with gladness to cheer
you.

Traditional Irish Blessing



With your feet I walk
I walk with your limbs
I carry forth your body
For me your mind thinks
Your voice speaks for me
Beauty is before me
And beauty is behind me

Above and below me hovers the beautiful
I am surrounded by it
I am immersed in it
In my youth I am aware of it
And in old age I shall walk quietly
The beautiful trail.

American Indian – Navajo



Here I am, Lord—
body, heart and soul.
Grant that with your love,
I may be big enough to reach the world,
And small enough to be at one with You.

Coworker of Mother Theresa



Knowing he needs encouragement,
I pray for my friend, Lord.
Lifting my heart to you on his behalf,
may I not fail, either to reach my hand to
his—just as you are holding mine.

The Bedside Book of Prayer



Lord, grant me a simple, kind, open,
believing, loving and generous heart, worthy
of being your dwelling place.

John Sergieff



You call me to courage, Lord, but incrementally, as a child emboldened to walk along placing each small foot in larger footprints. Following Father or Mother as I am following you—knowing a path marked out this way—just step by step—by you can only lead to safety.

The Bedside Book of Prayer



Lenten Devotions, Prayers and Meditations
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