**About prayer…**

Conversation 3

Sometimes we find help and inspiration in prayers that others have written or spoken. Today, we look at some famous prayers, much loved and used the world over.

**READ**

The Lord’s prayer in *Matthew 6:9-13.*

*Our Father in heaven…*

Note that Jesus’ prayer does not once say “me”. It is a prayer for all God’s people and when we use these words, we join our spirits to those of all Christians everywhere, in every age.

**DISCUSS**

Some prayers you will know:

**Prayer for peace**

Make me a channel of your peace

Where there is hatred, let me bring your love,

Where there is injury your pardon, Lord,

And where there’s doubt, true faith in you.

O Master, grant that I may never seek

So much to be consoled, as to console,

To be understood, as to understand,

To be loved as to love with all my soul.

Make me a channel of your peace

Where there’s despair in life, let me bring hope,

Where there is darkness, only light,

And where there’s sadness, only joy.

Make me a channel of your peace,

It is in pardoning that we are pardoned,

It’s in giving to all men that we receive

And in dying that we’re born to eternal life.

Original prayer attributed to St Francis of Assisi (c.1181-1226)

**What speaks to you from this prayer?**

**Prayer from musical “Godspell” - we know it as “Day by Day”. The words are adapted from an ancient prayer by St Richard of Chichester (c.1197-1253).**

Day by day

Day by day

Oh dear Lord

Three things I pray

To see thee more clearly

Love thee more dearly

Follow thee more nearly

Day by day

**What do you like about this prayer?**

**Prayer used by Alcoholics Anonymous – The Serenity Prayer**

God, grant me the serenity

to accept the things I cannot change;

the courage to change the things I can;

and the wisdom to know the difference.

**Why is this a helpful prayer for everyone?**

**ACT**

For those struggling to overcome an addiction, daily life can be a real battle. Find out from your leaders what your faith community is doing to support such people and if there is some way in which you could be involved. It may be something practical like helping with Tuesday Lunch, sharing the journey with someone or offering a bit of normality, like an occasional cup of coffee!

**PRAY**

Pray the Lord’s prayer together.