

Lord, Lord God, **our Father who is in heaven**, gracious and merciful, long-suffering and abounding in goodness and truth, Lord almighty, **Holy be your name**. You alone know the plans you have for each of us, plans to prosper us and not to harm us; plans to give us a future and a hope, the one hope to which you have called us. You saw us before we were born, the days allotted to us all recorded in your book before they even began. You alone work it in us, both to will and to do, for your good pleasure, for your glory, not our own. It is not as we will, but **your Kingdom come, your will be done on earth as it is in heaven**.

We thank you Father for **giving us this day**, today, an opportunity to forget self, carry our own cross and come after you, to repent and believe the Good News, that we may prove what is that good and acceptable and perfect will of God. We thank you for your living and active Word (**our daily bread**), the gospel to which our faith stands firm, sure and patient, the lamp on our feet, the light on our path, as our days, so shall our strength be. We thank you for your Son Jesus (our Lord and our Saviour), the bread and water of life, your Word made flesh, full of grace and truth, through which you made yourself known to all, shared your teachings, that we may be set free. You set the example, sacrificed yourself in perfect love, freeing us from sin forever. As was your resurrection from the dead, we hold onto the hope that we too may share in your suffering, resurrected through Christ and reconciled with you through faith.

Father... **Forgive us our trespasses**... May we see the truth of our unrighteousness, turning away from our unbelief. Through your grace, give us a new mind, a humble and obedient heart, sanctify and purify us by your truth (your Word) enabling the Spirit (your Kingdom) to plead with you in groans that words cannot express, in the hope that according to your perfect timing and plan, that you make it possible through us for others to come to know and experience your perfect love. May **we forgive those who have trespassed against us**, may we love our neighbour as we love ourselves, may we show mercy to others as you have shown mercy to us, may we love our enemies, do good to those who hate us, bless those who curse us and pray for those who persecute us, may we come to constantly love you with all our heart, with all our soul, with all our mind and with all our strength (as weak as we are).

Father... **Lead us not into temptation but deliver us from evil**, deliver us from our unbelief, protect us from the evil one who has received permission to test all of us, to separate the good from the evil. May we pass every test and come to trust you with all our heart, that you are faithful and will not allow us to be tempted beyond what we are able, but with the temptation will give us a way of escape, you alone will make it possible for us to come to your Son, Jesus. You will give us strength to endure, to persevere, and when we are approved through faith, hope, obedience and love, we will receive the crown of life (your life-giving Spirit), which you promise and have prepared for those who love you, for we do not pray for a simple life, but for the strength to endure a difficult one. You made us what we are, and in our union with Christ Jesus you have created us for a life of good deeds, which you have already prepared for us to do. Be joyful always, pray at all times and be thankful in all circumstances, that is what you want of us in union with Jesus Christ. You know the things we have need of before we ask of them, lead us away from being worried and upset, from being afraid, but instead lead us to an undoubting belief in You and also in him whom you sent, Jesus. Lord, we believe, help our unbelief.

**For you are the Kingdom, the power and the glory**, we give thanks to you Father and all that you are, through Jesus Christ your Son, our Lord and our Saviour.

**Forever and ever, Amen**