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INTRODUCTION

The Prayers in this book are in the most part from well known historical figures dating from the time of the Bible up to the present day. Figures from a liturgical background are more represented than others as they are more likely to record their prayers. Most of the biographical information is from Wikipedia and prayers were gathered from various sources available on the internet. This means that some important pray-ers and prayers are not represented. I have not included the sources of the material so as such the book is not yet complete.

Being a dancer and mover I wanted to include some prayers with suggested movements. There are four included – two near the beginning and two at the end.

In the same way that I appreciate and use both choreographed and spontaneous dance, I enjoy liturgy where prayers have been carefully thought through and expressed but more normally pray spontaneously. My hope is that people will use and enjoy both the prayers and the historical background.

The book was launched in May 2020 for the International Christian Dance Fellowship.

Mary Jones OAM ICDF Founder

FEELING FORGOTTEN

Psalm 13 A psalm of David



King David (1010 – 970 BC) David was a shepherd boy who became King of Israel. He was also a musician and poet who wrote many songs that became part of the worship in the temple that his son Solomon built. As a worshipper he was not ashamed to dance in worship before the Lord and the nation which had gathered to bring up the Ark of the Covenant to Jerusalem.

He fought many battles against the nations round about and had enemies and rivals within Israel including two sons who tried to take the kingship from him.

How long, O Lord? Will you forget me forever?
How long will you hide your face from me?
How long must I wrestle with my thoughts
And every day have sorrow in my heart?
How long will my enemy triumph over me?
Look on me and answer, O Lord my God,
Give light to my eyes, or I will sleep in death;
My enemy will say, "I have overcome him,"
And my foes will rejoice when I fall.
But I trust in your unfailing love;
My heart rejoices in your salvation.
I will sing to the Lord,
For he has been good to me.

THE LORD'S PRAYER

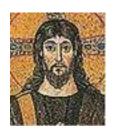
Matt.6:9-13 Luke 11:2-4



Jesus Christ (1-33 AD) Jesus (Yeshua) was born in Bethlehem near Jerusalem and grew up in Nazareth after a few years in Egypt. Luke, a doctor, writes that Jesus' mother, a descendant of David, became pregnant

through the Holy Spirit and that Jesus was fully human and fully God. At age 33 he was crucified on a cross and three days later rose from the dead. He appreared to a number of people over 40 days, including 500 at one time, and then in the presence of his disciples ascended into heaven. He gave his disciples a prayer to pray that has become known as "The Lord's Prayer. His prayer for unity was part of the prayer to his heavenly father the night before he died.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today 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 for ever. Amen.



PRAYER FOR UNITY

John 17:20-23

My prayer is not for them* alone.

I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you.

May they also be in us so that the world may believe that you have sent me.

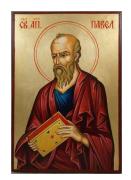
I have given them the glory that you gave me, that they may be one as we are one: I in them and you in me.

May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me.

^{*} his disciples

PAUL'S PRAYER FOR BELIEVERS

Ephesians 3:14-21



Paul became a follower of Jesus after Jesus' death and resurrection when Jesus appeared to him as he was travelling to Damascus to bring believers as prisoners to Jerusalem. He was a Jew born in Tarsus, a Pharisee highly trained under Gamaliel in Jerusalem. He was present when Stephen was stoned and at the forefront of persecuting Jesus' followers. After his conversion he travelled in Asia and

Europe setting evangelising and founding churches. Many of his letters to the churches are recorded in the New Testament.

I kneel before the Father, from whom his whole family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge - that you may be filled to the measure with all the fullness of God.

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen

FORGIVE and REVIVE



St Ambrose 340-397

Aurelius Ambrose was born into a Roman Christian family. He became Archbishop of Milan and was one of the most influential ecclesiastical figures of the 4th century. He served as the Roman governor of Liguria and Emilia, headquartered in Milan, before becoming Bishop of Milan in 374. Ambrose staunchly opposed Arianism, a non-trinitarian heresy.

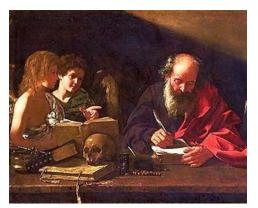
Western Christianity identified Ambrose as one of its four traditional Doctors of the

Church, and as the patron saint of Milan. He had notable influence on Augustine of Hippo.

O Lord, who has mercy upon all,
take away from me my sins,
and mercifully kindle in me the fire of
Thy Holy Spirit.

Take away from me the heart of stone,
and give me a heart of flesh,
a heart to love and adore Three,
a heart to delight in Thee,
to follow and to enjoy Thee,
for Christ's sake, Amen.

CHRIST'S MERCY



St. Jerome (347-420 AD) was born to a Christian family in Dalmatia, a Roman province situated in present day Croatia. He studied Science in Rome living in a worldly way but at 20 decided to change his life and was baptized. During a

trip to Gaul (France) he decided to dedicate his life wholly to God and to become a monk. Years later he went to live as an ascetic in a Bethlehem cave close to where Jesus was born. This was a time of great creativity and produced many works of history, theology, biblical commentaries and most importantly the Latin vulgate translation of the Bible. He died in the caves over 30 years later around 420.

O Lord, show Your mercy to me and gladden my heart.

I am like the man on the way to Jericho who was overtaken by robbers, wounded and left for dead.

O Good Samaritan, come to my aid.

I am like the sheep that went astray.

O Good Shepherd, seek me out and bring me home in accord with Your will.

Let me dwell in Your house all the days of my life and praise You forever and ever with those

who are there.

MANSION



St.Augustine (354-430 AD)
Saint Augustine of Hippo was a Roman African named
Aurelius Augustinus with an ardent Christian mother and pagan father. He became
Bishop of Hippo, a Latin
Father of the Church and perhaps the most significant Christian thinker after St.
Paul.

Augustine's adaptation of classical thought to Christian teaching created a theological

system of great power and lasting influence. His numerous written works, the most important of which are *Confessions* (c. 400) and *The City of God* (c. 413–426), shaped the practice of biblical exegesis and helped lay the foundation for much of medieval and modern Christian thought.

Come, O Lord, in much mercy down into my soul, and take possession and dwell there.

A homely mansion, I confess, for so glorious a Majesty

but such as Thou art fitting up for the reception of Thee, by holy and fervent desires of Thine own inspiring.

Enter then, and adorn, and make it such as Thou canst inhabit, since it is the work of Thy hands.

Give me Thine own self,

without which, though Thou shouldest give me all that ever Thou hast made, yet could not my desires be satisfied.

Let my soul ever seek Thee, and let me persist in seeking, till I have found,

and am in full possession of Thee - Amen

EVENING

Watch Thou, dear Lord, with those who wake, or watch, or weep tonight,

and give Thine angels charge over those who sleep.

Tend Thy sick ones, O Lord Christ.

Rest Thy weary ones,

Bless Thy dying ones.

Soothe Thy suffering ones.

Pity Thine afflicted ones.

Shield Thy joyous ones.

And all, for Thy Love's sake. Amen.

AN IRISH PRAYER



St Patrick (386–461 AD) was born in Britain to a Roman family. He was captured by pirates at age 16 and taken to Ireland as a slave. Six years later he escaped and returned to his family. After training as a cleric, he returned as a missionary and is credited with bringing Christianity to Ireland.. He became a Bishop and is patron saint and national apostle of Ireland. He is known only from two short works, the *Confessio*, a spiritual autobiography, and his *Letter to Coroticus*, a denunciation of British mistreatment of Irish Christians. The words below are taken from an anonymous 8th c

prayer that has often been ascribed to St Patrick as The Deer's Cry or St. Patrick's Breastplate. It served as a prayer for protection against the perils faced by mediaeval travellers. In 1889 It was adapted by C.F. Alexander for the hymn "I bind unto myself today"

Holding hands with palms up at waist level:

As I arise today,
may the strength of God pilot me,
the power of God preserve me,
may the wisdom of God instruct me,
the eye of God watch over me,
the ear of God hear me,
the word of God give me sweet talk,
the hand of God defend me,
the way of God guide me.

Christ be with me,

Cross forearms in front of body, palms facing body

Christ before me, Lower hands to waist level

Christ after me, Reach arms to back

Christ in me, Cross arms over heart

Christ under me, Circle arms down to knee

level as bend knees

Christ over me, Circle arms out and up to above

head as straighten

Christ on my right hand. Open R arm to right as look R

Christ on my left hand, Repeat L

Christ on this side, Look R, emphasise R hand

Christ on that side' Repeat on L

Christ at my back' Take arms to back

Christ in the head of everyone Bring arms to front as

if blessing someone in front,

to whom I speak, Turn palms up as lower hands

Christ in the mouth of Turn R palm out toward mouth

everyone who speaks to me Bring R hand to heart.

Christ in the eye of every Repeat with L hand

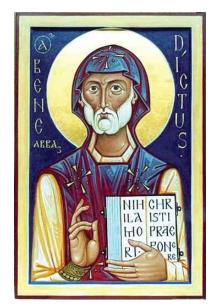
person who hears me today. Bring both hands down to

waist level with palms up

Amen Bow bringing hands together

in prayer hands.

O GRACIOUS AND HOLY FATHER



St Benedict of Nursia (480-543 AD) is a patron saint of Europe. [4]

Benedict founded twelve communities for monks at Subiaco, Lazio, Italy before moving to Monte Cassino in the mountains of southern Italy.

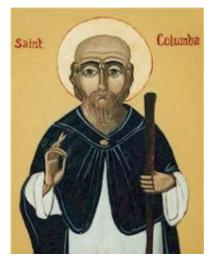
Benedict's main achievement, his "Rule of Saint Benedict", contains a set of rules for his monks to follow. It has a unique spirit of balance, moderation and reasonableness which persuaded most Christian religious

communities founded throughout the Middle Ages to adopt it. As a result, his Rule became one of the most influential religious rules in Western Christendom. For this reason, Giuseppe Carletti regarded Benedict as the founder of Western Christian monasticism.

A prayer attributed to Saint Benedict

O Gracious and Holy Father
Give us Wisdom to perceive Thee,
Diligence to seek Thee,
Patience to wait for Thee,
Eyes to behold Thee,
A heart to meditate upon Thee,
And a life to proclaim Thee;
Through the power of the
Spirit of Jesus Christ
Our Lord. Amen

ALONE WITH NONE BUT THEE, MY GOD



centuries.

St Columba (Irish: Colm Cille, 'church dove'; 521 - 597 AD) was an Irish abbot and missionary credited with spreading Christianity to present day Scotland. He founded several monasteries in Ireland. Around 563 he and his twelve companions sailed to Iona then part of the Irish kingdom of Dal Riata where he founded the important abbey on Iona, which became a dominant religious and political institution in the region for

Alone with none but thee, my God, hands open at waist

I journey on my way.

What need I fear

when thou art near,

Oh King of night and day?

More safe am I within thy

Than if a host did round me stand. hands, palm down, move out in front at waist level

Bring palms, facing out up in front of face;

lower to waist level, palms up

Bow, lowering hands, then lift hands to waist level on Bring one hand on top of the other, palms facing Circle then arms out, palms

facing out, and around to back

LOVE FOR THEE AND OTHERS



Saint Anselm of Canterbury

(1033/4–1109), also called Anselm of Aosta after his Italian birthplace and Anselm of Bec after his monastery in France. He was an Italian Benedictine monk, abbot, philosopher, and theologian of the Catholic Church, who held the office of Archbishop of Canterbury from 1093 to 1109. After his death, he was canonized as a saint; his feast day is 21 April.

O Lord our God, grant us grace to desire Thee with our whole heart; that so desiring we may seek and find Thee; and so finding Thee may love Thee; and loving Thee, may hate those sins from which Thou has redeemed us. Amen.

+++++++

Blessed Lord, who has commanded us to love one another, grant us grace that having received Thine undeserved bounty, we may love everyone in Thee and for Thee. We implore Thy clemency for all; but especially for the friends whom Thy love has given to us. Love Thou them, O Thou Fountain of love, and make them to love Thee with all their heart, that they may will, and speak, and do those things only which are pleasing to Thee. Amen

KING JESUS



St Bernard of Clairvaux (1090-1153) was a French abbot and a major leader in the revitalization of Benedictine monasticism through the nascent Order of Cistercians. He founded a monastery in Claire Valley in 1115. In the year 1128, Bernard attended the Council of Troyes, at which he traced the outlines of the Rule of the Knights Templar, which soon became the ideal of Christian nobility. 1130, and Bernard was chosen to judge between the rivals for pope.

Bernard traveled in southern France and his preaching there helped strengthen support against heresy. He preached at the Council of Vézelay (1146) to recruit for the Second Crusade. After the Christian defeat at the Siege of Edessa, the pope commissioned Bernard to preach the Second Crusade. The last years of Bernard's life were saddened by the failure of the crusaders, the entire responsibility for which was thrown upon him.

O Lord, come quickly on Thy throne,

for now oft-times something rises up within me and tries to take possession of Thy throne;

pride, covetousness, uncleanness and sloth want to be my kings;

and then evil speaking, anger hatred and the whole train of vices join with me in warring against myself,

and try to reign over me.

I resist them, I cry out against them and say, I have no other king than Christ.

O King of Peace, come and reign in me,

for I will have no king but Thee. Amen

A PRAYER OF AWARENESS



St Hildegard of Bingen (1098-1179), was a German Benedictine abess, writer, composer, philosopher, Christian mystic and visionary.

Hildegard founded the monasteries of Rupertsberg in 1150 and Eibingen in 1165. She wrote theological, botanical, and medicinal texts, as well as

letters, liturgical songs for women choirs to sing and poems, while supervising miniature illuminations in her first work, *Scivias*. There are more surviving chants by Hildegard than by any other composer from the entire Middle Ages. One of her works, the *Ordo Virtutum*, is an early example of liturgical drama and arguably the oldest surviving morality play.

God is the foundation for everything
This God undertakes, God gives.
Such that nothing that is necessary for life is
lacking.

Now humankind needs a body that at all times honors and praises God.

This body is supported in every way through the earth.

Thus the earth glorifies the power of God.

CANTICLE OF BROTHER SUN AND SISTER MOON



an Italian friar, deacon and preacher.

He founded the Franciscan Order and the women's Order of Saint Clare. Francis is one of the most venerated religious figures in Christianity. Along with Saint Catherine of Siena, he was designated Patron saint of Italy and later became associated with patronage of animals and the natural environment. In 1219, he went to Egypt in

an attempt to convert the Sultan to put an end to the conflict of the Crusades. According to Christian tradition, in 1224 he received the stigmata during a religious ecstasy, which would make him the second person in Christian tradition after St. Paul (Galatians 6:17) to bear the wounds of Christ's Passion.

Most High, all-powerful, all-good Lord,
All praise is Yours, all glory, all honour and all
blessings. To you alone, Most High, do they
belong, and no mortal lips are worthy to
pronounce Your Name.

Praised be You my Lord with all Your creatures, especially Sir Brother Sun, who is the day through whom You give us light.

And he is beautiful and radiant with great splendour, of You Most High, he bears the likeness.

Praised be You, my Lord, through Sister Moon and the stars. In the heavens you have made them bright, precious and fair.

Praised be You, my Lord, through Brothers Wind and Air, and fair and stormy, all weather's moods,

by which You cherish all that You have made.

Praised be You my Lord through Sister Water, so useful, humble, precious and pure.

Praised be You my Lord through Brother Fire, through whom You light the night and he is beautiful and playful and robust and strong.

Praised be You my Lord through our Sister,
Mother Earth who sustains and governs us,
producing varied fruits with coloured flowers and
herbs.

Praise be You my Lord through those who grant pardon for love of You and bear sickness and trial. Blessed are those who endure in peace, By You Most High, they will be crowned.

Praised be You, my Lord through Sister Death, from whom no-one living can escape.

Woe to those who die in mortal sin!

Blessed are they She finds doing Your Will.

No second death can do them harm.

Praise and bless my Lord and give Him thanks,

And serve Him with great humility.



Lord, make me the instrument of Thy peace.

Where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console;

to be understood as to understand;

to be loved as to love:

for it is giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life.

Amen

KNOWING...LOVING...FOLLOWING



Bishop Richard of Chichester

(1197 – 1253) Richard was born in Worcestershire, England, and was an orphan member of a gentry family and heir to the estate but gave it to his brother preferring a life of study and the church. He studied at the University of Oxford eventually becoming Chancellor. He later decided to become a priest and studied with the Dominicans in France then returning to England to become a parish priest. In 1244 he was elected Bishop of Chichester.

Richard was supposed to have said the prayer on his deathbed surrounded by the diocesan clergy. In recent times the prayer was adapted to a hymn and then as *Day by day* in the musical *Godspell*. .

Thanks be to Thee, my Lord Jesus Christ

For all the benefits Thou hast given me,

For all the pains and insults Thou hast borne for

me.

O most merciful Redeemer, friend and brother,
May I know Thee more clearly,
Love Thee more dearly,
Follow Thee more nearly.

ADAPTED AS

Day by day,
Dear Lord, of thee three things I pray:
To see thee more clearly,
Love thee more dearly,
Follow thee more nearly,
Day by Day.

A DAILY PRAYER



St Thomas Aquinas (1225-1274) was an Italian Dominican friar, philosopher, Catholic priest, and Doctor of the Church and an immensely influential philosopher, theologian and jurist in the tradition of scholasticism. The name Aquinas identifies his ancestral origins in the county of Aquino in present-day Lazio, Italy and his father was a knight of King Roger II. He started school under his Uncle who was Abbot of a Benedictine monastery but despite family opposition changed to the newly formed

Dominicans. He was the foremost classical proponent of natural theology and the father of Thomism; of which he argued that reason is found in God. His influence on Western thought is considerable, and much of modern philosophy developed or opposed his ideas, particularly in the areas of ethics, natural law, metaphysics, and political theory. The excerpt of a painting by Gozzoli shows him with Aristotle and Plato on either side.

Grant me, I beseech Thee, O merciful God, prudently to study,

rightly to understand,

and perfectly to fulfill that which is pleasing to Thee,

to the praise and glory of Thy name.

Thou, O Christ, art the King of glory;

Thou art the everlasting Son of the Father.

Amen.

THE FIRE OF LOVE



St Catherine of Siena (1347-1380), a lay member of the Dominican Order, was a mystic, activist, and author.

She was born and raised in Siena, and at an early age wanted to devote herself to God. Her devotion was marked by invisible stigmata and a mystical marriage. Her influence with Pope Gregory XI played a role in his decision to leave Avignon for Rome. She was then sent by him to negotiate peace with Florence. The Great Schism of the West led Catherine of Siena to go to Rome with the pope to support him. She was canonized in 1461, declared patron

saint of Rome in 1866, and of Italy (together with Francis of Assisi) in 1939. She was the first woman (along with Teresa of Ávila) to be declared a "doctor of the Church," in 1970 by Pope Paul VI. She was also proclaimed patron saint of Europe in 1999 by Pope John Paul II. Her *Dialogue*, hundreds of letters, and dozens of prayers, also give her a prominent place in the history of Italian literature.

In your nature,
Eternal Godhead,
I shall come to know my nature.
And what is my nature, Boundless Love?
It is fire,
because you are nothing but a fire of love,
and you have given human kind a share
in this nature,
for by the fire of love
you created us.
And so with all other people
and every created thing
you made them out of love.

HOLY SPIRIT

Holy Spirit, come into my heart;
draw it to Thee by Thy power, O my God,
and grant me charity with filial fear.
Preserve me, O beautiful love, from every evil
thought; warm me, inflame me with Thy dear
love, and every pain will seem light to me.
My Father, my sweet Lord, help me in all my
actions.

Jesus, love, Jesus, love. Amen.

LOVE UNDEFILED

Eternal God, eternal Trinity,
You have made the Blood of Christ so precious
through His sharing in Your Divine nature.
You are a mystery as deep as the sea;
the more I search, the more I find,
and the more I find the more I search for You.
But I can never be satisfied;
what I receive will ever leave me desiring more.
When You fill my soul I have an ever-greater
hunger,
and I grow more famished for Your light.
I desire above all to see You,

THE TRUTH OF THE HOLY GOSPEL



Jan Hus (1372-1415), was a Czech theologian and philosopher who became a church reformer and an inspirer of Hussitism, a key predecessor to Protestantism and a seminal figure in the Bohemian Reformation Hus was a master, dean, and rector at the Charles University in Prague.

ordained as a priest, Hus began to preach in Prague. He opposed many aspects of the Catholic Church in Bohemia,

He was arrested and and asked to recant his views. When he refused, he was burned at the stake for heresy.

O Holy Spirit,

Enlighten their deceived hearts

So that the truth of the holy Gospel may open

their eyes, and its praise be spread everywhere, for ever and ever.

Amen

MORAVIAN DINNER PRAYER



The Moravians - The Hussite movement that was to become the Moravian Church was started by Jan Hus (English: John Huss) Within fifty years of Hus' death, a contingent of his followers had become independently organised as the "Bohemian Brethren" or Unity of the

Brethren , 15th century Bohemia, in what is today the Czech Republic. In the 17th c the country was ruled by Catholics and the Brethren were forced to operate underground. In 1722, a small group of underground Bohemian Brethren (the "Hidden Seed") arrived at the Berthelsdorf estate of Nikolaus Ludwig von Zinzendorf, a nobleman who had been brought up in the traditions of Lutheran Pietism. Out of a personal commitment to helping the poor and needy, he agreed to a request from their leader that they be allowed to settle on his lands in present-day Saxony, part of modern-day Germany.

The refugees established a new village called Herrnhut, about 2 miles The town initially grew steadily, but major religious disagreements emerged and by 1727 the community was divided into factions. Count Zinzendorf worked to bring about unity in the town and the *Brotherly Agreement* was adopted by the community on 12 May 1727. This is considered the beginning of the renewal in the Holy Spirit. Herrnhut grew rapidly following this transforming revival and became the centre of a major movement for Christian renewal and mission during the 18th century. This was supported by a watch of continuous prayer that ran uninterrupted, 24 hours a day, for 100 years.

Come, Lord Jesus, our guest to be
And bless these gifts
Bestowed by Thee.
And bless our loved ones everywhere,
And keep them in Your loving care.
Amen.

TRIBULATION



Thomas a Kempis (1380 – 1471), was a German Dutch priest of the late medieval period and the author of *The Imitation of Christ*, one of the most popular and best known Christian devotional books. He was a member of the Modern Devotion, a spiritual movement during the late medieval period, and a follower of Groote and Florens Radewyns, founders of the Brethren of the Common Life.

O Lord my God, be not Thou far from me; my God, have regard to help me; for there have risen up against me sundry thoughts, and great fears, afflicting my soul.

How shall I pass through unhurt?

How shall I break them to pieces?

This is my hope, my one only consolation, to flee

to trust in Thee,

unto Thee in every tribulation,

to call upon Thee from my inmost heart, and to wait patiently for Thy consolation.

Amen.



DRAWING NEAR

In confidence of Thy goodness and great mercy,
O Lord, I draw near unto Thee,
as a sick person to the Healer,
as one hungry and thirsty to the Fountain of life,
a creature to the Creator,
a desolate soul to my own tender Comforter.
Behold in Thee is all whatsoever I can or ought
to desire;

Thou art my Salvation and my Redemption,
my Hope and my Strength.
Rejoice therefore this day the soul of Thy
servant'
for unto Thee, O Lord, have I lifted up my soul.
Amen

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Without the Way, there is no going, Without the Truth, there is no knowing, Without the Life, there is no living. what pleases you. Amen.

AWAKEN US



Martin Luther, (1483-1546) was a German professor of theology, composer, priest, Augustinian monk, and a seminal figure in the Protestant Reformation. Luther was ordained to the priesthood in 1507. He came to reject several teachings and practices of the Roman Catholic Church; in particular, he disputed the view on indulgences. Luther

proposed changes in his *Ninety-five Theses* of 1517. He was excommunicated by the pope and condemned as an outlaw by the Holy Roman Emperor.

Luther taught that salvation is not earned by good deeds but is received as a free gift of God's grace through faith in Jesus Christ. His theology challenged the authority and office of the Pope by teaching that the Bible is the only source of divinely revealed knowledge and he translated the Bible into the German vernacular. Those who identify with Luther's wider teachings, are called Lutherans.

Dear Lord God,
awaken us,
that we may be ready
when your dear Son comes,
that we may receive him with joy
and serve you with pure hearts;
through Jesus Christ our Lord.
Amen.

Dearest Lord Christ,
you have enlightened my heart
with your truth.
Give me also
your Holy Spirit and power,
that I may know and do

DEAREST LORD, TEACH ME and TAKE ALL



st Ignatius of Loyola (1491-1556)
was a Spanish Basque Catholic
priest and theologian, who cofounded the religious order called
the Society of Jesus (Jesuits) and
became its first Superior General at
Paris in 1541. The Jesuit order
served as missionaries and
educators. Ignatius is remembered
as a talented spiritual director. He
recorded his method in a celebrated
treatise called the Spiritual Exercises,
a simple set of meditations, prayers,
and other mental exercises, first
published in 1548.

Dearest Lord, teach me to be generous;
Teach me to serve thee as thou deservest;
To give and not to count the cost,
To fight and not to seek for rest,
To labour and not to seek reward,
Save that of knowing that I do thy will.

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Take, Lord, receive all my liberty, my memory, my understanding, my whole will, all that I have and all that I possess. You gave it all to me, Lord; I give it all back to you. Do with it as you will, according to your good pleasure. Give me your love and your grace; for with this I have all that I need."

PRAYER AFTER THE MIDDAY MEAL



John Calvin (1509-1564) was a French theologian, pastor and reformer in Ge neva during the Protestant Reformation. He was a principal figure in the development of the system of Christian theology later called Calvinism, aspects of which include the doctrines of predestination and of the absolute sovereignty of God Various Congregational, Reformed and

Presbyterian churches, which look to Calvin as the chief expositor of their beliefs, have spread throughout the world..

In addition to his seminal *Institutes of the Christian Religion*, Calvin wrote commentaries on most books of the Bible, confessional documents, and various other theological treatises.

Calvin was originally trained as a humanist lawyer. He broke from the Roman Catholic Church around 1530. After religious tensions erupted in France, Calvin fled to Basel, Switzerland, where in 1536 he published the first edition of the *Institutes*. Calvin was invited to Geneva and introduced new forms of church government and liturgy despite opposition from some of the leading families.

OLord God, I give you thanks for all the benefits and gifts you constantly shower on me. Thank you for sustaining my physical life through food and shelter; for giving me new life through the gospel; and for the certainty of the best and perfect life, which is yet to come. In light of all these blessings, I now ask that you would not allow my affections to be tangled in inordinate desires for the things of this world, but let me always set my heart on things above, where Christ, who is my life, is seated at your right hand. Hear me, merciful Father, by our Lord Jesus Christ, Amen.

A LOVE SONG



St Teresa of Ávila, (1515-1582), was a Spanish noblewoman and social celebrity who felt called to monastic life. A Carmelite nun, prominent Spanish mystic, religious reformer, author, theologian of the contemplative life and mental prayer, she earned the rare distinction of being declared a Doctor of the Church over four

centuries after her death. Active during the Catholic Reformation, she reformed the Carmelite Orders of both women and men. The movement she initiated was later joined by the younger Spanish Carmelite friar and mystic, John of the Cross.

Her written contributions include her autobiography, *The Life of Teresa of Jesus* and her seminal work *The Interior Castle*, are today an integral part of Spanish Renaissance literature. Together with *The Way of Perfection*, her works form part of the literary canon of Christian mysticism and Christian meditation practice.

Majestic sovereign, timeless wisdom,

your kindness melts my hard, cold soul.

Handsome lover, selfless giver,
your beauty fills my dull, sad eyes.

I am yours, you made me.
I am yours, you called me.
I am yours, you saved me.
I am yours, you loved me.
I will never leave your presence.
Give me death, give me life.
Give me sickness, give me health.

Give me honour, give me shame. Give me weakness, give me strength. I will have whatever you give. Amen

GROWING OLDER

Lord, You know better than I myself
that I am growing older and will someday be old.
Keep me from the fatal habit of thinking
I must say something on every subject and on every
occasion.

Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody; helpful but not bossy.

With my vast store of wisdom,
it seems a pity not to use it all;
but You know, Lord,
that I want a few friends at the end.
Keep my mind free from the recital of endless details;
give me wings to get to the point.

Seal my lips on my aches and pains; they are increasing, and love of rehearsing them is becoming sweeter as the years go by.

I dare not ask for improved memory, but for a growing humility and a lessening cock-sureness when my memory seems to clash with the memories of others.

Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet, for a sour old person is one of the crowning works of the devil.

Give me the ability to see good things in unexpected places

and talents in unexpected people; and give, O Lord, the grace to tell them so. Amen.

MARY'S PRAYER BEFORE HER EXECUTION



Mary Queen of Scots (1542-1587), also known as Mary Stuart^[3] or Mary I of Scotland, reigned over Scotland from 14 December 1542 to 24 July 1567.

Mary, the only surviving legitimate child of King James V of Scotland, was six days old when her father died and she acceded to the throne. She spent most of her childhood in France while Scotland was ruled by regents, and in 1558, she married the Dauphin of France. After his death in

1560, Mary returned to Scotland, and after 4 years married her half-cousin, Henry Stuart, Lord Darnley, and had a son, James.

In February 1567, Henry was murdered and his suspected murderer James Hepburn, 4th Earl of Bothwell, married Mary soon after. Following an uprising against the couple, Mary was imprisoned in Loch Leven Castle and then forced to abdicate in favour of her one-year-old son. After an unsuccessful attempt to regain the throne, she fled southward seeking the protection of her first cousin once removed, Queen Elizabeth I of England.

Mary had once claimed Elizabeth's throne as her own which resulted in Elizabeth confining her for nearly 20 years and after Mary was found guilty of plotting to assassinate Elizabeth, Elizabeth had her beheaded in 1587. She was holding her prayer book when she went to the scaffold.

O merciful Father, my hope is in thee!

O Gracious Redeemer, deliver thou me!

My bondage bemoaning, with sorrowful groaning,

I long to be free;

Lamenting, relenting, and humbly repenting,

O Jesu, my Saviour, I languish for thee!

SOUL AND BODY



John Donne (1572-1631) was an English poet, scholar, soldier and secretary born into a Catholic family, who reluctantly became a cleric in the Church of England. He was Dean of St Paul's Cathedral in London (1621-1631). He is considered the pre-eminent representative of the metaphysical poets.

Eternal and most glorious God,

Suffer me not so to undervalue myself as to give away my soul, Thy soul, Thy dear and precious soul for nothing;

and all the world is nothing, if the soul must be given for it.

Preserve therefore, my soul, O Lord, because it belongs to Thee, and preserve my body because it belongs to my soul.

Thou alone dost steer my boat through all its voyage, but has a more especial care of it, when it comes to a narrow current, or to a dangerous fall of waters.

Thou has a care of the preservation of my body in all the ways of my life; but, in the straits of death, open Thine eyes wider, and enlarge Thy Providence towards me so far that no illness or agony may shake and benumb the soul.

Do Thou so make my bed in all my sickness that, being used to Thy hands, I may be content with any bed of Thy making - Amen.

BATTER MY HEART



Batter my heart, three-person'd God, for you As yet but knock, breathe, shine, and seek to mend;

That I may rise and stand, o'erthrow me, and bend Your force to break, blow, burn, and make me new.

I, like an usurp'd town to another due,
Labor to admit you, but oh, to no end;
Reason, your viceroy in me, me should defend,
But is captiv'd, and proves weak or untrue.

Yet dearly I love you, and would be lov'd fain,
But am betroth'd unto your enemy;
Divorce me, untie or break that knot again,
Take me to you, imprison me, for I,
Except you enthrall me, never shall be free,
Nor ever chaste, except you ravish me.

PRAYERS OF CONSECRATION



John Wesley (1703- 1791) was an English cleric, theologian and evangelist who was a leader of a revival movement within the Church of England known as Methodism. The societies he founded became the dominant form of the independent Methodist movement that continues to this day.

He was educated at Oxford, and ordained as an Anglican priest two years later. He led the

"Holy Club", a society formed for the purpose of the study and the pursuit of a devout Christian life; it had been founded by his brother, Charles, and counted George Whitefield among its members. After an unsuccessful ministry of two years at Savannah in the Georgia Colony, Wesley returned to London and joined a religious society led by Moravian Christians. On 24 May 1738, he experienced what has come to be called his evangelical conversion, when he felt his "heart strangely warmed". He subsequently left the Moravians, beginning his own ministry.

A key step in the development of Wesley's ministry was, like Whitefield, to travel and preach outdoors. Moving across Great Britain and Ireland, he helped form and organize small Christian groups that developed intensive and personal accountability, discipleship and religious instruction. Under Wesley's direction, Methodists became leaders in many social issues of the day, including prison reform and the abolition of slavery.

O merciful God, whatever You may deny me, do not deny me this love.

Save me from the idolatry of loving the world, or any of the things of the world.

Let me never love any creature but for Your sake and in subordination to Your love.

Take full possession of my heart;
raise there Your throne
and command there as You do in heaven.

Being created by You, let me live to You;
being created for You,
let me ever act for Your glory;
being redeemed by You,
let me render to You what is Yours
and let my spirit ever cleave to You alone.

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O Lord, may nothing dwell in my soul
But your pure love alone.
Till my every thought, word, and act be love.
Yes Lord, may your love posses me whole;
You're my joy, my treasure, my crown!

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LIVING RIGHT



Dr Samuel Johnson (1709-1784 was an English writer who made lasting contributions to English literature as a poet, playwright, essayist, moralist, literary critic, biographer, editor, and lexicographer. Religiously, he was a devout Anglican. After nine years of work, Johnson's *A Dictionary of the English Language* was published in 1755. His later works included essays, an

influential annotated edition of *The Plays of William Shakespeare* and *Lives of the Most Eminent English Poets*. He was recognised as having had a lasting effect on literary criticism.

Almighty God, who art the Giver of all wisdom, enlighten my understanding with knowledge of right,

and govern my will by Thy laws, that no deceit may mislead me, no temptation corrupt me; may always endeavour to do good of

that I may always endeavour to do good, and to hinder evil.

Amidst all the hope and fears of this world, take not Thy Holy Spirit from me; but grant that my thoughts may be fixed on Thee,

and that I may finally attain everlasting happiness, for Jesus Christ's sake - Amen.

ONE THING WE ASK



Ludwig van Beethoven (1770-1827) was a German composer and pianist; his music is amongst the most performed of the classical repertoire, and he is one of the most admired composers in the history of Western music. His works span the transition from the classical period to the romantic era in classical music.

While Beethoven seemed to have an aversion to Church events, his faith was steadfast. This faith fueled his creativity and led the esteemed composer to write some inspired sacred music.

We must praise Thy goodness that Thou has left nothing undone to draw us to Thyself.

But one thing we ask of Thee, our God, not to cease Thy work in our improvement.

Let us tend toward Thee, no matter by what means,

and be fruitful in good works. Amen

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THOSE UNJUSTLY ACCUSED OR UNDERRATED



Christina Georgina Rossetti (1830-1894) was an English poet who wrote various romantic, devotional, and children's poems. She wrote the words of the Christmas carols: "In the Bleak Midwinter", later set by Gustav Holst and by Harold Darke, and "Love Came Down at Christmas", set by Harold Darke and other composers.

O Lord, strengthen and support, I entreat Thee, all persons unjustly accused or underrated.

Comfort them by the ever present thought that Thou knowest the whole truth,

and wilt in Thine own good time make their righteousness as clear as the light.

Give them grace to pray for such as do them wrong,

and hear and bless them when they pray, Amen

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DAILY ROUND



Robert Louis Stevenson (1850-1894) was a Scottish novelist and travel writer, most noted for *Treasure Island, Kidnapped, Strange Case of Dr Jekyll and Mr Hyde*, and *A Child's Garden of Verses*.

Born and educated in Edinburgh, Stevenson suffered from serious bronchial trouble for much of his life, but continued to write prolifically and travel widely in defiance of his poor health. As a young man, he mixed in

London literary circles, receiving encouragement from Andrew Lang, Edmund Gosse, Leslie Stephen and W. E. Henley, the last of whom may have provided the model for Long John Silver in *Treasure Island*. In 1890, he settled in Samoa, where he died in 1894.^[1]

A celebrity in his lifetime, Stevenson's critical reputation has fluctuated since his death, though today his works are held in general acclaim. He is currently ranked as the 26th most translated author in the world.

The day returns

and brings us the petty round of irritating concerns and duties.

Help us to play the man,

help us to perform them with laughter and kind faces,

let cheerfulness abound with industry.

Give us to go blithely on our business all this day,

bring us to our resting beds weary and content and undishonoured,

and grant us in the end the gift of sleep - Amen

TUNE THOU MY HARP



Amy Beatrice
Carmichael (1867-1951)
a Christian missionary in
India, who opened
an orphanage and
founded a mission
in Dohnavur. She rescued
many temple children
who were forced into
prostitution. She served

in India for 55 years without furlough and wrote many books about the missionary work there. She was laid up in bed with neuralgia for many years and spent much time in prayer.

Tune Thou my harp;

There is not, Lord, could never be,

The skill in me.

Tune Thou my harp,

That it may play Thy melody,

Thy harmony.

Tune Thou my harp;

O Spirit, breathe Thy thought through me,

As pleaseth Thee.

A MORNING PRAYER



St Thérèse of Lisieux (1873-1897 was a French Catholic Carmelite nun who is widely venerated in modern times. She is popularly known as "The Little Flower of Jesus", or simply "The Little Flower" and has been a model for many because of the simplicity and practicality of her approach to the spiritual life. Together with Francis of Assisi, she is one of the most popular saints in the history of the

church. Thérèse felt an early call to religious life, and overcoming various obstacles, in 1888 at the early age of 15 she became a nun and joined two of her older sisters in the cloistered Carmelite community of Lisieux, Normandy. After nine years as a Carmelite religious, Thérèse died at the age of 24, from tuberculosis.

O my God! I offer Thee all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus.

I desire to sanctify every beat of my heart, my every thought, my simplest works, by uniting them to Its infinite merits; and I wish to make reparation for my sins by casting them into the furnace of Its Merciful Love.

O my God! I ask thee for myself and for those whom I hold dear, the grace to fulfill perfectly Thy Holy Will,

to accept for love of Thee the joys and sorrows of this passing life, so that we may one day be united together in Heaven for all Eternity. Amen.

O GREAT CREATOR



Chief Joseph Strongwolf
(Prayer recorded around 1920s)
Was a leader of the American Indian
Association leader and a Chippewa/Obijwa
Indian. The Obijwas lived around Lake
Superior including Minnesota where I lived
for 10 years. They were involved in the fur
trade with French Canadians. Later they were
forced onto reservations although they fared
better than many other Indian tribes.
The picture is of another Obijwa chief.

O Thou great mystery,
Creator of the universe,
Good and powerful as Thou art,
Whose powers are displayed in
The wonders of the sun and glories of the moon,
And the great foliage of the forest
And the great waters of the deep,
Sign of the four winds;
Whatever four corners of the earth that we may
meet -

Let us be freinds, pale face and red man,
And when we come to the end of that long trail,
And we step off into the happy hunting grounds,
From which no hunter ever returns,
Let us not only have faith in Thee - O Thou great
Mystery But faith in each other.
O Thou Kitchi Manito*, hear us.

^{*} Missionaries used this name in translating God

SERENITY PRAYER



Rev Karl Paul Reinhold
Niebuhr (1892–1971) was an
American Reformed theologian, ethicist,
commentator on politics and public
affairs, and professor at Union
Theological Seminary for more than 30
years. Niebuhr was one of America's
leading public intellectuals for several
decades of the 20th century and
received the Presidential Medal of

Freedom in 1964. A public theologian, he wrote and spoke frequently about the intersection of religion, politics, and public policy, with his most influential books including *Moral Man and Immoral Society* and *The Nature and Destiny of Man*.

Aside from his political commentary, Niebuhr is also known for having composed the Serenity Prayer, a widely recited prayer which was popularized by Alcoholics Anonymous.

God, grant me the serenity to accept the

things I cannot change,

courage to change the things I can,

and wisdom to know the difference.

LOVE THAT RECONCILES



Basilea Schlink (1904-2001) ,born Klara Schlink, was a German religious leader and writer. She was leader of the Evangelical Sisterhood of Mary, which she cofounded, from 1947 to 2001.

Some years later Schlink was living in a badly bombed Germany with few resources, but it was important for her to repent for Germany's cruel treatment of other nations

during the war, especially the Jews.

Today, The Evangelical Sisterhood of Mary has 11 subdivisons all over the world, with in total 209 sisters, and about 130 of these are situated

in Darmstadt.

Lord Jesus Christ,

Fill me with love that is reconciling, mild, Proving to all that I am God's true child.

Remould me into Your image of love.

Love that forgets the wrongs others have done, That never compares or judges anyone.

Love that would pardon as you pardon me, Always forgiving others lovingly.

Grant me a love from which forgiveness flows, That I may look with mercy on my foes.

Grant me a love that blesses one and all, Even my foes, according to Your will.

Grant me a love that turns the other cheek, That humbly bears each wrong and injury.

Grant me a love that also sees the good In my opponent, loves him as You would.

Grant me Your love, O Jesus, hear my plea! For this You bore such pain on Calvary. Therefore it's mine, You won it, Lord, for me! Amen

BEING MADE WHOLE



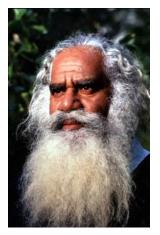
Rev Robert Warren Rector of one of the largest and fastest growing churches in England, St. Thomas Crookes. In 1993 he succeeded John Finney as the Church of England's National Officer for Evangelism. In 1998, he joined Springboard, the Initiative for Evangelism of the Archbishops of Canterbury and York. He is the author of a number of books including *Building Missionary Congregations* and *An Affair of the*

Heart from which this prayer and affirmation is taken.

In the multitude of your mercies,
the greatness of your grace,
and the power of your presence,
I am being made whole
in the likeness of Christ.

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FIRE



Burnum Burnum, (1936--1997) was an Australian Aboriginal activist, actor, and author. He was a Woiworrung and Yorta Yorta man at Wallaga Lake in southern New South Wales. He was originally named Harry Penrith but took the name of his great grandfather, which means Great Warrior.

He was orphaned at an early age and spent many years in children's homes run by the NSW Aborigines Welfare Board, most notably Kinchela Boys Home

at Kempsey. He played a number of sports, worked for the government Dept of Agriculture for 13 years, stood for NSW parliament and acted in several films and TV programmes. While attending the University of Tasmania in the late 1960s, he led a successful movement to reclaim the remains of Truganini from the Tasmanian Museum for cremation. He was awarded a Churchill Fellowship in 1975 to study other Indigenous people.

He may be best remembered for planting the Aboriginal flag on the white cliffs of Dover on the Australian Bicentenary Day of 26 January 1988. This was his tongue-in-cheek way of claiming England, as Arthur Phillip had done to Burnum Burnum's homeland in 1788 when arriving with the First Fleet.

May the fire be in our thoughts making them true, good and just, may it protect us from the evil one.

May the fire be in our eyes; may it open our eyes to share what is good in life. We ask that the fire may protect us from what is not rightfully ours. May the fire be on our lips, so that we may speak the truth in kindness; that we may serve and encourage others.

May it protect us from speaking evil.

May the fire be in our ears.

We pray that we may hear with a deep, deep listening

so that we may hear the flow of water, and of all creation.

And the dreaming.

May we be protected from gossip and from things that harm and break down our family.

May the fire be in our arms and hands so that we may be of service and build up love. May the fire protect us from all violence.

May the fire be in our whole being in our legs and in our feet,
enable us to walk the earth
with reverence and care;
So that we may walk in the ways of goodness and
truth
and be protected from walking away from what is
truth.

- credited to Burnum Burnum, Australian Aboriginal elder

PRAYER OF THE ABORIGINAL PEOPLE



Prayer composed for the meeting between Pope John Paul II and the Aboriginal people 1986

Father of all, you gave us the Dreaming
You have spoken to us through our beliefs
You then made your love clear to us in the person
of Jesus

We thank you for your care
You own us

You are our hope

Make us strong as we face the problems of change

We ask you to help the people of Australia to listen to us and respect our culture

Make the knowledge of you grow strong in all people

So that you can be at home in us and we can make a home for everyone in our land.

Amen.

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COME HOLY SPIRIT



The Church of South India (CSI), formed in 1947, is the second largest Christian church in India based on the number of members and is result of union of Anglican and number of rotestant churches in South India. The inspiration for the Church of South India was born from ecumenism and

inspired by the words of Jesus Christ as recorded in the Gospel of John (17.21). Just like the one of their forebearer denominations, their motto is:

That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me.'

Come, Holy Spirit, renew the whole creation.

Send the wind and flame of your transforming life to lift up the church in this day. Give wisdom and faith that we may know the great hope to which we are called.

Come, Holy Spirit.

Giver of life, sustain our creation. Confront us with our greedy consuming of your gifts. Stand before us as we pillage and destroy. Call us forth into new harmonies of care for all that lives and breathes and has its being.

Come, Holy Spirit.

Spirit of truth, set us free to emerge as the children of God. Open our ears that we may hear the weeping of the world. Open our mouths that we may be a voice for the voiceless, open our eyes that we may see your vision of peace and justice. Make us alive with the courage and faith of your prophetic truth.

Come, Holy Spirit.

Spirit of unity, reconcile your people. Give us the wisdom to hold to what we need to be your Church. Give us the grace to lay down those things that you can do without. Give us a vision of your breadth and length and height that will challenge our smallness of heart and bring us humbly together.

Come, Holy Spirit.

Holy Spirit, transform and sanctify us as we take up this task in your name. Give us the gifts we need to be your Church in spirit and in truth.

Come, Holy Spirit. AMEN

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A PRAYER THAT GOD'S WILL MAY BE DONE IN OUR NATION



William Franklin Graham Jr. (Billy Graham) (1918 – 2018) was an American evangelist, a prominent evangelical Christian figure, and an ordained Southern Baptist minister who became well-known internationally in the late 1940s. One of his biographers has placed him "among the most influential Christian leaders" of the 20th century.

As a preacher, he held large indoor and outdoor rallies with sermons that were broadcast on radio and television; some were still being re-broadcast into the 21st century. In his six decades on television, Graham hosted annual "Crusades", evangelistic campaigns that ran from 1947 until his retirement in 2005. He also hosted the radio show Hour of Decision from 1950 to 1954. He repudiated racial segregation [4] and insisted on racial integration for his revivals and crusades, starting in 1953; he also invited Martin Luther King Jr. to preach jointly at a revival in New York City in 1957. In addition to his religious aims, he helped shape the worldview of a huge number of people who came from different backgrounds, leading them to find a relationship between the Bible and contemporary secular viewpoints. According to his website, Graham preached to live audiences of 210 million people in more than 185 countries and territories through various meetings.,

Graham was a spiritual adviser to U.S. presidents, and he provided spiritual counsel for every president from Harry S. Truman (33rd) to Barack Obama (44th). He was particularly close to Dwight D. Eisenhower, Lyndon B. Johnson (one of Graham's closest friends), and Richard Nixon. He was also lifelong friends with another televangelist, the founding pastor of the Crystal Cathedral, Robert Schuller, whom Graham talked into starting his own television ministry.

This prayer was spoken at the 1997 inauguration of President Clinton. At a time when society has seemed to away from Christianity, these words remind us that God is still in control of our nation, and greater world.

Lord... remind us today that You have shown us what is good in what You require of us; to do justly, to love mercy and to walk humbly with our God. We ask that as a people, we may humble ourselves before You and seek Your will for our lives and for this great nation. Help us in our nation to work as never before to strengthen our families and to give our children hope and a moral foundation for the future. So may our desire be to serve You, and in so doing, serve one another. This we pray in the name of the Father, the Son and the Holy Spirit. Amen.

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Graham shared the following prayer in Sacramento, California during one of his infamous crusades.

... Our Father and our God, we pray that in this period of crisis in our world that the Holy Spirit will use it to remind us of our need of Thee and our relationship with Thee and we pray that tonight if our relationship is not right that we'll make it right through Jesus Christ our Lord who came to die on the cross because He loved us. For we ask it in His Name. Amen.

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CARAMAYAN BODY PRAYER - ENTERING THE PRESENCE

9 breaths

(the Biblical number for Visitation)

1. IN - Bring hands in parallel open at waist

READY

OUT - Push flexed hands away to sides at shoulder level

BANISH DISTRACTIONS

2. IN, OUT - Straighten and slowly bring prayer hands together

CENTERING

- 3. IN Finish bringing hands together
 - OUT Plie* and bow with prayer hands

HUMBLING

- 4. IN Roll up, lifting hands in Cup* above head
 - OUT –Open at the top in high V*

ENTERING WITH THANKSGIVING AND PRAISE

- 5. IN Move arms to parallel above head
 - OUT Bring hands down, palms facing body, as roll down

CLEANSING, DEDICATION

- 6 IN Open hands as straighten, looking up
 - OUT Arms move down to low V as Plie*and bow

OFFERING

- 7. IN Arms lift out to sides in Cross*, then above head to make Crown*
 - OUT - Bring hands, palms facing out, in parallel down in front of body to Plie* and bow

WORSHIP

- 8. IN Bring arms out to the sides and cross over at the top
 - OUT arms move down to cross over chest as Plie*

RECEIVING THE PRESENCE

- 9. IN Step R out to sway RLRL
 - OUT Step in to Open parallel* and open arms in front

READY TO GIVE OUT

A prayer I wrote and taught at the ICDF gathering in India – Mary J



OFFERING PRAYER

Lombok, Indonesia,

Every day families in the Balinese (Hindu) village in Lombok, Indonesia, where I was staying, bring offerings to their family altars. As I sat having my morning devotions I felt I wanted to express my offering of thanks, praise and proclamation to God, Father of our Lord Jesus Christ and Giver of the Holy Spirit. Mary Jones

Father God, Yahweh,

You are strong and loving, Faithful, true and just. I bow humbly before you today. Thank you for creating me for loving me.

I bring my offering of thanks and praise.

May your name be hallowed May your kingdom come; May your will be done on earth as it is in heaven.

Yeshua, Jesus, my bridegroom, I love you, I worship you.
By your blood shed on the cross I am cleansed

Look up as open arms to low V, palms fwd

Bow, lowering arms
Bring hands to heart as bend knees

Straighten, lifting cupped hands
Open hands to high V, palms facing
Arms, bent, in parallel, palms fwd
Bring arms down, palms up, bend knees

Straighten, lifting hands to waist

Bring hands to heart and then lift and open them at head level, looking up
Turn palms fwd

Bring hands down body, palms facing

forgiven,
healed,
protected.
Thank you.
I take up my cross today
to follow you.
May I flow in your love today.

hug body, bending knees
Straighten bringing arms to Cross
Bring arms to front in parallel
Bring arms to heart and curve up and
out as bend and straighten knees.

Holy Spirit, Ruach, you surround me,

You dwell within me, You renew me

and empower me,

You activate my praise and prayer, You grow your gifts and fruit in me for service; You flow from my inmost being like rivers of living water Thank you.

Almighty God,

Three in One,
Creator
King of the universe
You have given me your glory.
May I shine for you today
in all that I am and say and do.
Lord of my heart, my life.

Swing arms around body R L, bouncing knees each time
Bring hands to heart and abdomen, bending knees. Bring hands up the body and circle them out at chest level, straightening and then bending knees
Straighten, holding forearms strong across and in front of body
Pulse hands then lift arms to high V

Roll hands to body and out
Bring hands to abdomen and flow out

Open arms to medium V, palms up

3 fingers joined pointing down

change to fingers pointing up open to crown lifting up, open and circle down as b.k.

Circle arms out, up, down to head b.k.

Circle out palms face out as straighten

B.k. bringing hands to heart, straighten bringng hands to low V and looking up.

^{*} b.k. – bending knees