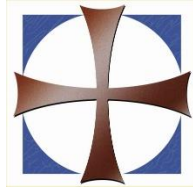


St. Mark's Episcopal Church



Prayers



The hands of St. Mark's reach out for you

St. Mark's Episcopal Church

We have prepared this booklet with the hope it is a positive addition to your prayer journey.

Why Should We Pray - To whom do we pray?

By him, all things are possible. Jesus says in Mark 10:27, "Humanly speaking, it is impossible. But not with God. Everything is possible with God."

Daniel 9:18 tells us: "We do not ask because we deserve help, but because you are so merciful." (Mercy means showing favor, compassion, and kindness.)

God's ultimate demonstration of love is forgiveness of the sins each of us have committed. "For God so loved the world that he gave his only Son, so that everyone who believes in him will not perish but have eternal life. God did not send his Son into the world to condemn it, but to save it" (John 3:16-17).

Prayer is the key to the heart of God. Prayer is the only way to a real and personal relationship with God.

Pray acknowledging he is God, and that you accept his gracious gift, Jesus Christ, as your Lord and Savior (Genesis 17:1, Romans 6:16-18).

Pray confessing our sins and accepting his forgiveness (Romans 3:23-26).

Pray that his will be done in our lives, that his Holy Spirit guide us, and that we be filled with the fullness of all God has for us.

Pray for (spiritual) understanding and wisdom (Proverbs 2:6-8, Proverbs 3:5).

Pray with thanksgiving for all the ways he blesses us (Philippians 4:6). Pray when we are ill, lonely, going through trials or interceding for others (James 5:14-16, 2 Corinthians 12:9-10).

Pray to worship him (Psalm 95:6-7).

Jesus gave his disciples what we call "The Lord's Prayer" (Matthew 6) as a model.

Above all, pray with sincerity, honor, and humbleness before Almighty God. "The earnest prayer of a righteous person has great power and wonderful results" (James 5:16).



The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as
we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, and
the power, and the glory, for
ever and ever. Amen.

Hail Mary

Hail Mary, full of grace, our Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now, and at the hour of our death. Amen.

Prayers for daily use.

For Trust in God

O God, the source of all health: So fill my heart with faith in your love, that with calm expectancy I may make room for your power to possess me, and gracefully accept your healing; through Jesus Christ our Lord. Amen.

In Pain

Lord Jesus Christ, by your patience in suffering you hallowed earthly pain and gave us the example of obedience to your Father's will: Be near me in my time of weakness and pain; sustain me by your grace, that my strength and courage may not fail; heal me according to your will; and help me always to believe that what happens to me here is of little account if you hold me in eternal life, my Lord and my God. Amen.

For Sleep

O heavenly Father, you give your children sleep for the refreshing of soul and body: Grant me this gift, I pray; keep me in that perfect peace which you have promised to those whose minds are fixed on you; and give me such a sense of your presence, that in the hours of silence I may enjoy the blessed assurance of your love; through Jesus Christ our Savior. Amen.

In the Morning

This is another day, O Lord. I know not what it will bring forth, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly. If I am to lie low, help me to do it patiently. And if I am to do nothing, let me do it gallantly. Make these words more than words, and give me the Spirit of Jesus. Amen.

(Book of Common Prayer page 461)

Serenity Prayer

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.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His Will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next. Amen.
(Theologian Reinhold Niebuhr)

St. Francis of Assisi Prayer

Lord, make me an instrument of your 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 in 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

(St. Francis of Assisi, 1182 - 1226)

The Prayer of the Chalice

Father, to Thee I raise my whole being, A
vessel emptied of self. Accept Lord This is
my emptiness, and so fill me with Thyself
- Thy Light, Thy Love, Thy
Life, that these precious Gifts
May radiate through me and over-
Flow the chalice of my heart into
The hearts of all with whom I
Come in contact this day
Revealing unto them
The beauty of
Thy Joy and
Whole-
Ness
And
The serenity
Of Thy peace
Which nothing can destroy.

(Frances Nuttall 1892 - 1983)

Celtic Prayer

When the storms of life increase
You are the One who is our peace
Come, Lord Jesus
When our lives are full of woe
You are the One to whom we go
Come, Lord Jesus
When we are down and all forlorn
Come as the resurrection morn.
Come, Lord Jesus
When our lives are full of sin
You are the One who does win.
Come, Lord Jesus

(Maranatha - Celtic Prayer from Lindisfarne)

Heavenly Father Prayer

I call on You right now in a special way.
It is through Your power that I was created.
Every breath I take, every morning I wake,
and every moment of every hour, I live under Your power.

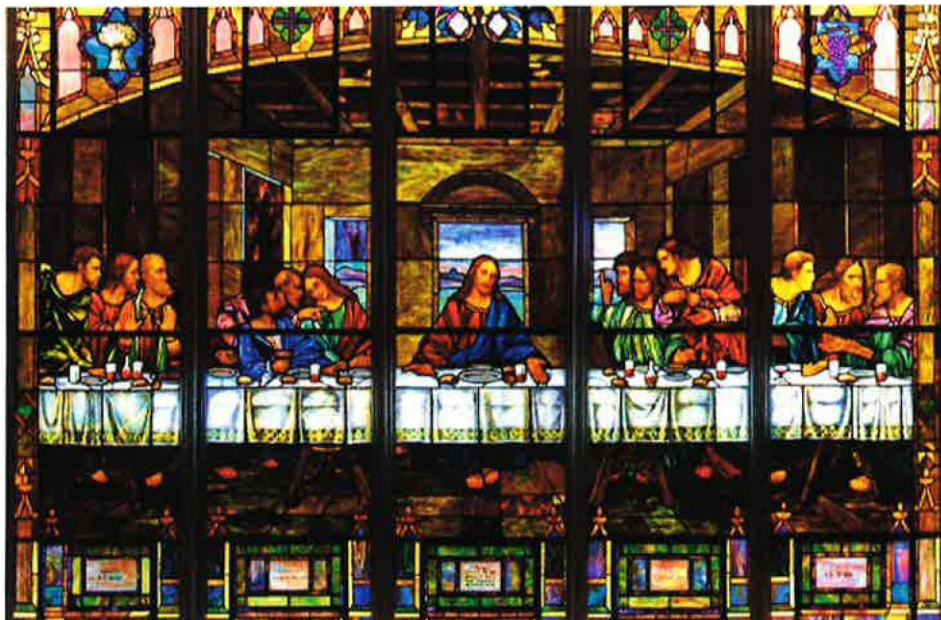
Father, I ask You now to touch me with that same power.
For if You created me from nothing, You can
certainly, recreate me. Fill me with healing power of Your Spirit.

Cast out anything that should not be in me.
Mend what is broken. Root out any unproductive cells.
Open any blocked arteries or veins and rebuild
Any damaged areas. Remove all inflammation and cleanse
any infection.

Let the warmth of Your healing love
Pass through my body to make new any
unhealthy areas so that my body will function the
way You created it to function.

And father, restore me to full health
In mind and body so that I may serve You
The rest of my life.

(Father Larry J. Hess, 1950- 2014)



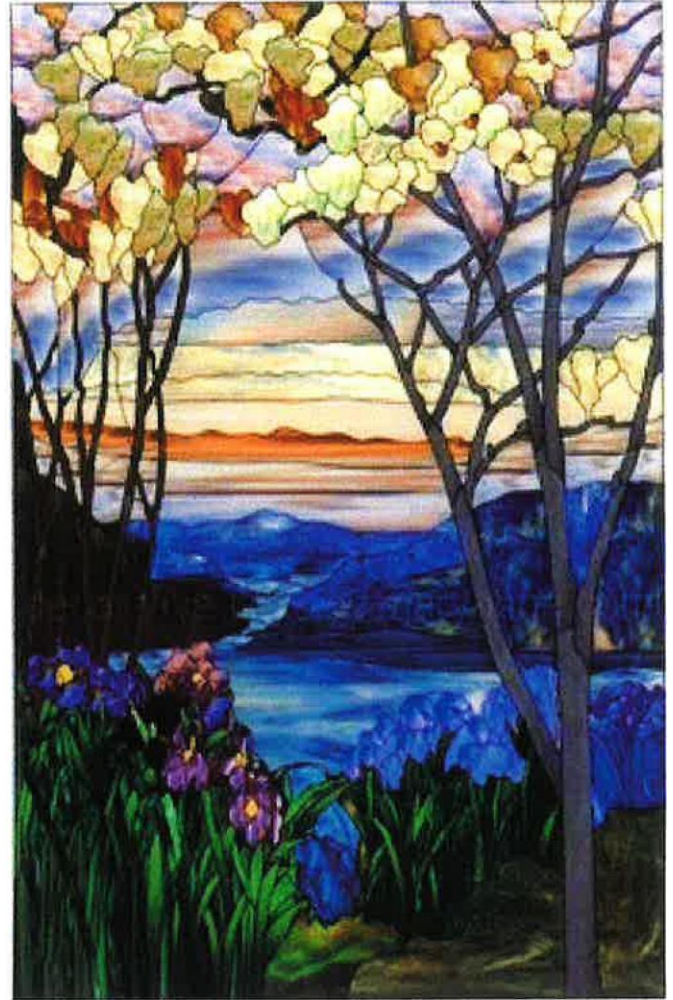
There is peace within a garden
A peace so deep and calm
That when the heart is troubled
It's like a soothing balm

There's life within a garden
A life that still goes on
Filling the empty places
When older plants are gone

There is glory in the garden
At every time of year
Spring summer autumn winter
To fill the heart with cheer

So ever tend your garden
Its beauty to increase
For in it you'll find solace
And in it you'll find peace

(Lady Rosamund Langham, 1903-1992)



I AM

I am made in God's image. Gen 1:26

I am born of God. 1 Jn 5:18.

I am led by the Spirit of the Living God. Rom 8:14

I am a temple of the Holy Spirit. 1 Cor 6:19

I am not my own. 1 Cor 6:19

I am bought with a price. 1 Cor 7:23

I am full of the love of God. Rom 5:5

I am forgiven. Col 1:14

I am walking in love. Eph 5:2

I am at peace with God through my Lord Jesus Christ. Rom 5:1

I am fully persuaded what he has promised, He is able and willing to do. Rom 4:21

I am not under the law, but under grace. Rom 6:16

I am free from the law of sin and death. Rom 8:2

I am walking in newness of spirit. Rom 7:6

I am giving my Father joy because I am walking in truth. 1 Jn 1:4

I am worth the body and blood of Jesus.

Luke 22:18-19

I am receiving the unconditional love of God.

Rom 5:8

I am seated in heavenly places in Christ Jesus.

Eph 2:6

I am a saint. Eph 1:1

I am accepted. Eph 1:6

I am greatly loved. Dan 10:19

I am precious in the sight of the Lord. Ps 116:15

I am a servant. Ps 116:16

I am listened to by God my Father. Ps 116:1

I am dead to sin. Rom 6:11

*I am alive unto God through Jesus Christ my Lord.
Rom 6:11*

I am free from condemnation. Rom 8:1

I am giving thanks in all things. Phil 4:6

I am laying aside all malice, envy and evil speaking. 1 Pet 2:1

I am partaking of God's divine nature. 2 Pet 1:4

I am not a victim, but an overcomer. Rev 12:11

*I am fashioned by the Master's hand. Eph 2:10 I
am of value to God. Matt 10:31*

I am walking in great peace, because I love God's law (of love) and nothing does offend me.

Ps 119:165

I am predestined to be conformed to the image of His Son. Rom 8:29

I am an overcomer by the Blood of the Lamb and the word of my testimony. Rom 12:11

I am wise in heart. Pro 10:8

I am healed by His stripes. Isa 53:5

I am strong in the Lord and the power of His might. Eph 6:10

I am speaking with the tongue of the learned. Isa 50:4.

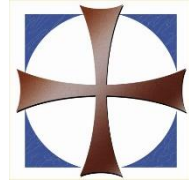
I am not confounded because the Greater One lives in me. Isa 50:7, Jn 4:4

Bible Directory Assistance

When you grow bitter and critical	1 Cor. 13
When you feel down and out	Roman 8:31-37
When you want peace and rest	Matthew 11:25-30
When the world seems bigger than God	Psalms 90
When you want Christian assistance	Romans 8:1-30
When your prayers grow narrow and selfish	Psalms 67
For a great intervention or opportunity	Isaiah 55
For Paul's secret to happiness	Col. 3:12-17
If you want to be fruitful	John 15
If people seem unkind	John 15
If discouraged about your work	Psalms 126
When you need to be loved	John 15:13
When you need comfort	Isaiah 49:15-16
When people disappoint you	Luke 23:24
When in sorrow	John 14
When man fails you	Psalms 27
When you have sinned	Psalms 51
When you have worry	Matthew 6:19-34
When you are in danger	Psalms 91
When God seems far away	Psalms 139
When your faith needs stirring	Hebrews 11
When you are lonely and fearful	Psalms 23

Reflections

St. Mark's Episcopal Church



The Rev. Robert Douglas, Rector
bdouglas@stmarkstampa.org

Edwin R. Taylor, Music Director
music@stmarkstampa.org

Jillian Ricardo, Parish Administrator
office@stmarkstampa.org

Church Office: (813) 962-3089
13312 Cain Road
Tampa, FL 33625
www.stmarkstampa.org