

## **St. Mark's Episcopal Church**

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*Alive in Christ, Serving Together, Growing in Love*

### **LEARNING AND LIVING YOUR FAITH**

### **PRAYERS FOR ALL OCCASIONS**



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

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 and Thanksgivings for all occasions can be found in the Book of Common Prayer beginning on page 814. Examples include:*

*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)

## *Binding and Loosing Prayer*

Matthew 16:19 I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.”

Matthew 18:18 Truly, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.

In the name of Jesus Christ, I bind my body, soul and spirit, to the will and purposes of God. I bind myself to the truth of God. I bind myself to an awareness of the power of the blood of Jesus working in my life everyday. I bind my mind to the mind of Christ that I can have the thoughts, purposes and feelings of His heart in me. I bind my feet to the paths you have ordained me to walk that my steps will be strong and steady. I bind myself to the work of the cross with all its mercy, truth, love, power, forgiveness and dying to self.

Father I loose the enemy's hold on everything that he has stolen from me. I rebuke his works and loose the power and effects of every deception, device, and influence he wants to bring against me.

Lord, I repent of having wrong attitudes and thoughts, I renounce them now and ask for your forgiveness. I loose every old, wrong pattern of thinking, attitude, idea, desire, belief, habit and behavior that may be still working in me. I tear down, crush, smash, and destroy every stronghold I have protected to them. I bind myself to the attitudes and patterns of Jesus Christ. I bind myself to the overcoming behavior, and spiritual desires that line up with the fruit of the Holy Spirit.

Father, I loose any stronghold in my life protecting wrong feelings I have against anyone. Forgive me as I forgive those who have caused my pain, loss, or grief. I loose any desire for retribution or redress. In the name of Jesus, I loose the power and effects of any harsh or hard words spoken about me, to me, or by me. I loose all strongholds connected with them. I loose all generational bondage and stronghold thinking from myself.

Thank you, Jesus, that you have promised whatsoever I bind and loose on earth will be bound and loosed in heaven. Amen.

## *A prayer of Discipleship*

Luke 9:23 And Jesus said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me.

Heavenly Father, thank you for saving me through the sacrifice of your Son who willingly chose to suffer the shame and humiliation of the cross so that all could be reconciled to you. I am grateful for His sacrificial love giving the example of humility and service. Jesus requires of those who would be his disciple to follow where he has led the way and commands us to love what he loves.

Help me to passionately follow Him with all of my heart, desiring nothing above pursuing a deeper relationship with Him. Let today begin and end with the dying of my selfish will, ambitions, and emotions so that His righteous will be done in my life. Help me take up my cross and face the rejection and persecution of this world so that the Good News of Jesus's forgiveness and salvation is proclaimed through my words and actions in a world that views the cross as foolishness.

May your Holy Spirit convict me of being an enthusiastic admirer of Jesus. I dedicate my life to be His disciple and follow wherever He leads.

**I WILL FOLLOW JESUS**

**WHEREVER HE LEADS  
WHENEVER HE CALLS  
WHATEVER THE COSTS**

**NO RESERVE  
NO REGRET  
NO RETREAT**

**Amen.**

*(Father Robert C. Douglas)*

## *Heavenly Father Prayer*

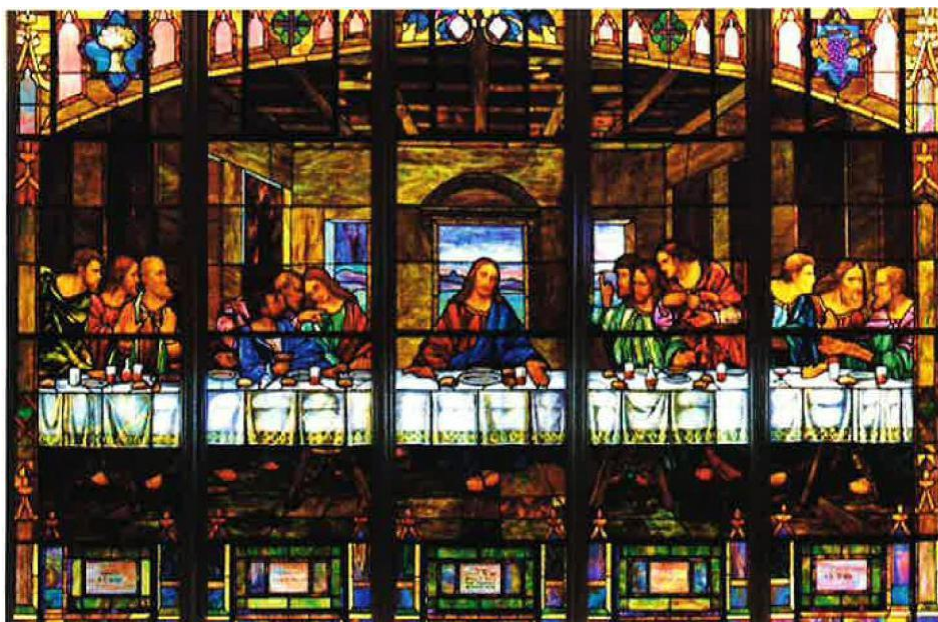
I call on You right now in a special way.  
It is through Your power that I was created.  
Every breath I take, every morning I wake,  
and every moment of every hour, I live under Your power.

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)*





**Who are you in God?  
This is what scripture reveals to us!**

**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

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## *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



