

Prayer Diary

Cruden Parish Church

Autumn/Winter 2021



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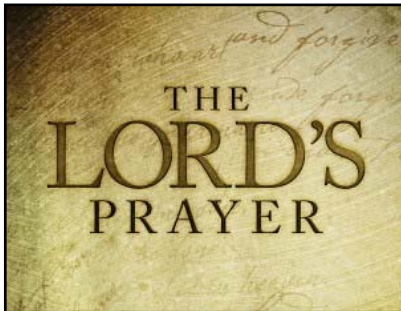
Dear Friends,

I was recently asked by a member of the congregation if I could produce a prayer diary to help people pray for the church and local community. This is something which has been on my mind for some time.

For each day of the month there is a Bible verse and some suggested points for prayer. These include things to give thanks for, things to ask for and things to simply hold before God. Why not conclude by saying the Lord's Prayer?

I do hope you find the prayer diary helpful in your personal devotions. Any comments or suggestions of topics for a future edition in the New Year, would be welcomed.

Warmest greetings
Rev Sean Swindells
Parish of Cruden
07791 755976



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.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power
and the glory are yours
now and forever.
Amen



1st day of the month

Mark 10:27 “Jesus looked at them and said, ‘With man this is impossible, but not with God; all things are possible with God.’”

- Today give thanks for the church, our rich spiritual heritage, and the freedoms we enjoy.
- Pray for the coming Sunday Service, that God will speak and make His presence known For the people leading worship and preaching. For the people attending or following the service online. That faith will be challenged and enriched and nurtured.
- Remember those unable to come to church due to age or ill health.



2nd Day of the month

Philippians 1:6 “...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”

- Pray for the communities of our parish – Hatton, Cruden Bay, Port Erroll, Whinnyfold, Longhaven and the many farms, houses, and cottages.
- Remember the farmers and all who work on the land.



3rd Day of the month

Psalm 37:23-24 “The LORD makes firm the steps of the one who delights in him; though he may stumble, he will not fall, for the LORD upholds him with his hand.”

- Pray for the people who have the privilege and responsibility for leading our nation.
- Pray for the Queen and members of the Royal Family
- Pray for the leaders of our parliaments at

Westminster and Holyrood. Pray for the Prime Minister and First Minister and all who hold positions of authority and influence in these places.

- Pray for our local political representatives. MP David Dugid, MSP Gillain Martin, Local Counsellors, Alan Fakley, Stephen Smith and Stephen Calder
- Pray for members of the Community Council and Community Associations in Cruden and Hatton.



4th Day of the month

Hebrews 10:24-25 “And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

- Give thanks for the friends and members who make up our Christian family at Cruden Parish Church. Pray that God will help and inspire us all to deeper faith and greater Christian love for one another.
- Remember those whose belief and commitment has waned or grown cold. Pray that they may rediscover their first love and faith may be reawakened and rekindled.



5th Day of the month

Luke 12:32 “Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.”

- Give thanks to God for the confidence we have in Jesus.
- Fear comes in many forms and from a variety of sources.
- Remember those who live in fear, that their

anxiety may be eased by the love which casts out all fear.



6th Day of the month

1 Thessalonians 2:11-12 “For you know that we dealt with each of you as a father deals with his own children, encouraging, comforting and urging you to live lives worthy of God, who calls you into his kingdom

- Reflect on your own faith journey. What are things you find helpful in following Jesus? What are the things that may be a hinderance and holding you back?
- Pray for yourself and any situations you may be facing at the present time.
- Give thanks to God for the people who have helped and nurtured you. Pray for your family and friends.



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7th Day of the month

Deuteronomy 31:6 “Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.”

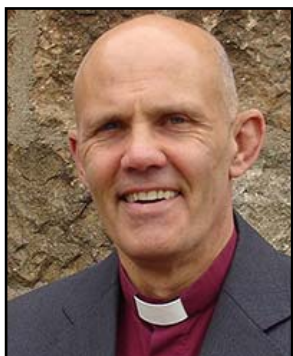
- What are the challengers and difficulties facing our community?
- Remember all the people who keep us safe and secure and uphold the rule of law.
- Pray for the local police, social workers and all who support us.
- Pray that God will work against all who seek to bring harm through crime, drugs and inappropriate attitudes and behaviour.



8th Day of the month

2 Corinthians 5:7 “For we live by faith, not by sight.”

- Give thanks for all who support and contribute to Cruden Parish Church. Remember our Christian sisters and brothers at the Congregational Church and St James the Less, Episcopal Church. Pray that God will draw us closer together, that through our united Christian witness the local communities will be blessed.
- Pray for the coming Sunday Service, that God will speak and make his presence known. For the people leading worship and preaching. For the people attending or following the service online. That faith will be stirred and enriched, and Jesus made known.



9th Day of the month

Psalm 23: 5-6 “You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD for ever.”

- One of the privileges of being a parish church is offering a ministry of pastoral care.
- Give thanks to God for everybody who is helped, encouraged and strengthened by the ministry of God’s people.
- Pray for Sean the minister, the pastoral care team (Maureen, Jean & Kathleen) and all who offer care.



10th Day of the month

Philippians 4:7 “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

- One of the fruits of the Holy Spirit is peace. To

know God's peace is a great blessing.

- Reflect on your own faith and spirituality. Have you encountered the peace which transcends all understanding?
- Pray that people of our church and parish will yearn and encounter God's peace.



11th Day of the month

Matthew 5: 9 "Blessed are the peacemakers, for they shall be called sons of God."

- Conflict is a horrible thing. Yet there is much of the world embroiled in conflict and war.
- Pray for members of our armed forces. May they serve with courage, diligence, and compassion.
- Remember those seeking to confront injustice and bring reconciliation often in the most trying of circumstances.
- Closer to home, let us pray for families and relationships dominated by disharmony. May God bring peace and meaningful reconciliation.
- May God bless the peacemakers, whoever they may be!



12th Day of the month

1 John 4:4 "You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world."

- Give thanks to God for the young people within our community. Give thanks for those who freely give of their time and lead voluntary activities.
- Pray for their close and extended families and parents/carers, that they will be

nurtured in secure and happy homes.

- Pray for the establishment of new children's and youth organisations.
- Hold before God those who are struggling at this time, who find it difficult to fit in and are vulnerable to negative influences.



13th Day of the month

Psalm 28:6-7 “Praise be to the LORD for He has heard my cry for mercy. The LORD is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.”

- One of the most neglected fruits of the Holy Spirit is joy! Genuine heart felt joy is the mark of authentic faith.
- What are the things that make you feel happy and joyful? Give thanks to God for the gift of joy!
- Pray for people who are trying to find joy and happiness in the wrong places.
- Pray for people who are struggling and sad, that they might discover the light of God’s presence.



14th Day of the month

Hebrews 12:1-3 “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.

- The ‘great cloud of witnesses’ is a description of the church in heaven. They are the saints from every nation and generation, gathered together in God’s presence and ‘lost in wonder, love and praise.’
- Give thanks for the saints in heaven, especially those who we have known and loved.

- Pray that in our time, we also may encourage and inspire the people around us.



15th Day of the month

Psalm 46:1-3 “God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.”

- Today give thanks for the church, our rich spiritual heritage, and the freedoms we enjoy.
- Pray for the coming Sunday Service, that God will speak and make His presence known. For the people leading worship and preaching. For the people attending or following the service online. That faith will be challenged and enriched and nurtured.
- Remember those who are unable to attend worship due to age, poor health or loss of habit! Pray also for those following the service online.



16th Day of the month

Isaiah 40:31 “...but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

- Pray for the communities of our parish – Hatton, Cruden Bay, Port Erroll, Whinnyfold, Longhaven and the many farms, houses, and cottages. That our communities will be blessed, and the knowledge and awareness of God’s love would increase.
- Remember the staff at Cruden Medical Practice, and those who strive to bring help and support and healing to the most vulnerable members of our communities.
- Remember the staff and residents at Bayview Care Home.

- Remember all who are ill at home or in hospital.



17th Day of the month

1 Chronicles 16:11 “Look to the LORD and his strength; seek his face always.”

- We are privileged to live in beautiful part of the Scotland. Give thanks to Lord for the beauty and diversity of creation that is on our doorstep.
- Let us also remember our personal responsibility to care for creation, not to use more of the earth resources than we need.
- Pray for environmental campaigners. Pray for leaders in business and industry that their decision will be environmentally wise and sustainable.



18th Day of the month

Romans 15:13 “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

- We are fortunate to be served by a number of local businesses – as diverse as hotels offering food and accommodation, shops selling everyday necessities, folk who fix garden equipment; to joiners, builders, mechanics etc.,
- Pray for our local businesses – that they prosper and provide much needed local services and employment.
- Let us remember that the founder of our faith, Jesus Christ, was also a time served craftsman, a carpenter.

19th Day of the month



Philippians 4:13 “I can do all this through him who gives me strength.”

- Today we remember the work of Christian

Aid. May God bless their efforts as they seek to support people in the most difficult of circumstances.

- Pray for healthcare workers who risk their lives each day to heal and care for the sick with supplies that are running out, that they receive the medicines and equipment they need to give vital treatment.
- Pray for Christian Aid's partners, that their messages of protection may reach and help the most vulnerable people.



20th Day of the month

Psalm 16:8 “I keep my eyes always on the LORD. With him at my right hand, I shall not be shaken.”

- The Church of Scotland at national and local level is about to go through a period of change. Exactly how this will affect us at the Parish of Cruden is not clear at this stage. So much is up in the air!
- Pray for the Church of Scotland that it would be open and pliable to the renewing work of the Holy Spirit.
- Pray for the local leadership: Sean the Minister, Robert the Session Clerk, and members of the Kirk Session.
- Pray for the wise heads, the gift of discernment and spiritual common sense that our church may find new life and energy.
- Pray that the congregation would be receptive to change.



21st Day of the month

Hebrews 6:19 “We have this hope as an anchor for the soul, firm and secure.”

- One of the most challenging and painful experiences of life is bereavement.

- Give thanks for the hope we have in Jesus Christ.
- Remember those who mourn. May they be surrounded by the love of friends and families.
- Pray for those who minister to the bereaved. Local funeral directors, medical staff etc.
- Pray that the church would be an appropriate witness to the hope revealed in Jesus Christ.



22nd Day of the month

Jeremiah 29:11-13 “For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

- Today give thanks for the church, our rich spiritual heritage, and the freedoms we enjoy.
- Pray for the coming Sunday Service, that God will speak and make His presence known. For the people leading worship and preaching. For the people attending or following the service online. That faith will be challenged and enriched and nurtured.
- Remember the people for whom church is a strange or unfamiliar place, who need the encouragement to step across the door. May they find acceptance and a warm welcome!



23rd Day of the month

Ezra 10:4 “Rise up ... take courage and do it.”

- One of the many character traits we humans possess is procrastination! It is the way we delay and put off things that need to be done! This also applies to the Christian faith when we spiritually procrastinate!

- Think about people who have thought about pray or reading the Bible but never get round to it!
- Pray for our members who never attend church, that their faith may be renewed.
- Pray that we may all dutifully attend to the responsibilities and commitment required as disciples of Jesus., not motivated by obligation but by love for Lord.



24th Day of the month

John 16:33 “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

- Give thanks to God for all the good things in your life. Give thanks for strong relationships and those times when everything has gone well.
- Think about people who are in trouble at the present time, for whatever reason.
- If their trouble is of their own making, may they learn and be transformed by the experience.
- If their trouble is due to others, may God give them strength, surround them with his presence and provide a way forward.



25th Day of the month

Leviticus 19:32 ‘You shall rise up before the grey-headed and honour the aged, and you shall revere your God; I am the Lord.’

- Today give thanks for the older members of our community and the contribution they have and continue to make.
- Pray that God would equip the older generation, to speak wisdom into the lives of young people.

- Pray for the preservation of their health and well-being. We pray for companionship as they grow older, that none would be isolated or alone.
- Pray for those who help and support them – family members, carers, medical staff, neighbours and friends, etc.



26th Day of the month

Luke 1:37 “For no word from God will ever fail.”

- The church needs renewal and revival.
- Pray and ask the Holy Spirit to visit the church again with spiritual power.
- Pray for the Holy Spirit to inspire new zeal and commitment to the Lord.
- Pray for the Holy Spirit to blow away the spiritual cobwebs and fill the church with fresh passion and zeal for mission and evangelism.
- Most important of all, pray for the Holy Spirit to baptise the Church afresh with the love of God, and love for each other.



27th Day of the month

Nahum 1:7 “The LORD is good, a refuge in times of trouble. He cares for those who trust in him.”

- We are fortunate to be served by many different people and organisations who will come to our aid if required.
- Give thanks to God for the emergency services, (police, ambulance, fire & rescue, coastguard, and air ambulance).
- Pray for those who travel on the roads for safe journeys and responsible driving!
- Pray for those at sea, for leisure, fishermen

and offshore workers.

- Pray for those who fly – communising down to London, travelling abroad, heading offshore.

28th Day of the month

Proverbs 17:6 ‘Children’s children are a crown to the aged, and parents are the pride of their children.’

- Give thanks to God for families of all shapes and sizes!
- May the homes within our parish be places of blessing and joy
- Remember families going through difficult times, struggling with debt, poverty and financial insecurity.
- Pray that relationships may deepen and prosper.
- Pray for families expecting a new child
- Pray for families where the boundaries are being stretched by children who are growing up to quickly!



29th Day of the month

Romans 12:2 “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.”

- Today give thanks for the church, the people we know and love, and the freedoms we enjoy.
- Pray for the coming Sunday Service, that God will speak and make His presence known. For the people leading worship and preaching. For the people attending or following the service online. That faith will be challenged and enriched and nurtured.
- Remember those for whom the church is a



difficult and challenging place, due to past experience or present-day pain.



30th Day of the month

Jeremiah 17: 14 ‘Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.’

- A large proportion of Jesus’ ministry was spent healing people. Whilst supernatural miracles of healing are incredibly rare (unless you are a televangelist!) people do encounter the healing hand of God – in mind, body and spirit. Not always the reversal or eradication of an illness, but encountering God’s shalom.
- Give thanks for the NHS and skills and technology which have made a vaccine for Covid 19 possible.
- Give thanks for all the people in our parish who are dedicated to healing.
- Remember those who are struggling with ill health and in pain.



31st Day of the month

Philippians 3:13-14 “Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”

- Give thanks to God for the month that is past. For the many blessings we have enjoyed. Give thanks to God for the gift of time.
- As you look back on the past weeks, what are your key memories? What are the things that enriched you?