

1. Busyness

Is your life so hectic you barely have a moment to breathe?

Dear God

It's so easy to get caught up in busyness, rushing from task to task, appointment to appointment, conversation to conversation. Some days, I can go for long periods when I completely forget about you, God, and I'm sorry for that. Please help me to slow down and be still each day. Help me to choose to do the things you want me to do, and let go of the things I don't need.

Amen

4. Trusting in my own wisdom rather than God's wisdom

Have you ever forgotten to trust God's wisdom and leant solely on your own?

Wise and Gracious God

So often I get caught up with my own plans, opinions and timetable, and forget to turn to you for guidance. Please help me to remember that you are the source of all wisdom, and grant me the humility to seek your help at all times.

Amen

2. Perfectionism

Have you ever decided something or someone was no good because of a flaw?

Dear God

There are times I zero in on what is wrong with something and get annoyed, even angry. I can find myself rejecting the whole thing as hopeless and no good. Please help me to remember that perfection is never the point, and that when I focus on what's wrong with something or someone, I completely miss out on what's right. Help me see the world through your loving and forgiving eyes.

Amen

5. Holding grudges

Are you holding a grudge against someone?

Loving God

I long for peace, but someone did something to me and I'm finding it very hard to forgive them. Help me to remember that you graciously offer your forgiveness to everyone. Please grant me the willingness to forgive this person so that we may both be free and at peace.

Amen

3. Remaining silent about injustice

Have you ever noticed an injustice (personal, local or global) and decided it was too hard to do anything about?

Dear God

All around the world people are being treated unjustly. Sometimes I feel as if I'm just one person so how can I make a difference? Help me to know when to speak up and act, and please give me the courage to do so even if I feel scared, uncomfortable or unmotivated.

Amen

6. Hopelessness and despair

Have you ever felt hopeless about a situation?

Dear God

You call us to be a people of faith, to trust in you and hope for a better world. Yet sometimes, I fall into despair and feel as if there is no solution to my problems. At these times, please help me to trust you more, lean on you more, and listen carefully to your words of wisdom. Grant me clear sight that I may see the way forward.

Amen

7. Hating my enemy

Is there someone you really don't like? It could be someone you know personally, a group of people, or strangers who are different from you.

God of All

There are some people I truly dislike and I want nothing to do with them. Loving them seems not only impossible, I don't really want to do it. Help me to remember that you love everyone, even people I don't like. Help me to understand the deeper meaning of love so that I may find a way to want what's best for others, even if we never see eye to eye.
Amen

10. Using the words should, must and ought

When did you last use the word should, must or ought?

Compassionate God

When I'm stressed, it's easy for me to focus on how I believe other people should think or what they should do. Sometimes I turn those 'shoulds' on myself, telling myself off for not doing or saying what I think I ought. Please help me to cultivate a compassionate heart for myself and for others.
Amen

8. Doing things I don't want to do just to be accepted

Have you ever gone along with the crowd just to fit in?

Gracious God

Sometimes I go along with the crowd because I want to be accepted. I'll agree with things I don't agree with, and go along with plans I don't like. Teach me to know that my needs matter as much as anyone else's. Help me to value and accept myself as a worthwhile person, and grant me the courage to use the voice you gave me.
Amen

11. Not including people

Have you ever become so absorbed in your own friendship group, you forgot to welcome a stranger?

Dear God

I know you want us to welcome the stranger, but I feel most comfortable with my own friends and family. Speaking to someone new makes me nervous, and anyway, others are better at it than me. Help me remember that when I welcome the stranger, I welcome you. Please grant me the courage to approach someone I don't know, and help me to find words of welcome.
Amen

9. Forgetting about nature

Have you ever gone through a whole day without once stopping to notice nature?

Dear God

Sometimes I rush about from the moment I get up to the moment I fall asleep. At other times, I get so lost in my thoughts, I forget to look outside myself and experience the wondrous world you created. Please help me to stop and take notice of the beauty around me. May your creation feed my soul.
Amen

12. Comparing myself to others

Have you ever compared yourself to someone else and thought you weren't as good as them? Or perhaps you thought you were better than them?

Dear God

Help me remember that you made each one of us unique. When I'm tempted to compare myself to others, help me to accept myself just as I am. And grant me the ability to appreciate others for who they are.
Amen

13. Complaining

What is something trivial you have complained about this week?

Dear God

When I'm feeling grumpy and irritable, it's easy for me to focus on the things that annoy me. But when I do so, I miss out on all the amazing things – big and small – that are happening in the world you created. Please help me to keep my eyes on you. Help me choose to see what is good, and appreciate the gift that is my life.

Amen

16. Making assumptions

When did you last make an assumption about someone only to discover you were wrong?

Dear God

There are times I've been unfair to others. I've been quick to jump to wrong conclusions without taking the time to properly check what was going on. Help me to become more aware of when I've made a false assumption so that I can pause and ask for your guidance. Grant me the willingness to welcome all people and situations with an open heart and an open mind.

Amen

14. Being a stickler for rules

Have you ever put rules before people?

Dear God

From time to time, I get hung up on how things should be done, and forget that being kind to people comes first. Help me to know when rules are important to keep and when it's okay to relax them. And help me live by the most important rule of all: to love one another as you love us.

Amen

17. Hiding my gifts

Have you been holding back from sharing your gifts? Do you fear you're not good enough? That people might criticise you or expect too much from you? Perhaps you think you don't have any gifts?

Patient God

I know you've given me a gift, but I'm afraid to use it in case people judge me. Help me to remember that you gave me this gift to share with others, and that I am the channel through which your gifts flow. For those times I'm not sure exactly what my gift is, show me so that I can use it to spread your love to the world.

Amen

15. Holding onto control

Is there something you are trying very hard to keep control of? Does letting go feel scary or unthinkable?

Ever-present God

Sometimes I forget that you see things from a bird's eye view while I'm on the ground only able to see a situation from my own perspective. At those times, I can hang onto control and not let anyone else in just in case they mess up my plans. Help me to relax my grip and trust you more. May the breath of the Holy Spirit flow through my life, making things turn out infinitely better in accordance with your will.

Amen

18. Getting Even

Have you ever felt the urge to pay someone back?

Forgiving God

Sometimes, when someone hurts me, I want to pay them back with actions or sharp words. Getting even makes me feel better for a while, but afterwards, I feel awful. Please help me to forgive those who hurt me just as you forgive me for the things I have done.

Amen

19. Believing I'm not good enough

Have you ever felt you weren't good enough? Have you rejected an offer of friendship because you feared they'd discover you weren't enough? Have you kept silent because you thought your opinion was unimportant?

Dear God

Sometimes my fears take over and I feel as if I'm not good enough. Help me to understand that when you created humankind, you saw that it was good. And that includes me. May your love transform my negative thoughts and feelings so that I can see myself as I truly am – loveable and worthwhile. Amen

22. Doing it all by myself

Have you ever needed help but not asked for it?

Dear God

Sometimes it's hard for me to ask for help, let alone receive it. I feel like I'm putting people out, and it can make me feel beholden. Help me to remember that as Christians, we are the body of Christ. We only work properly together when each member gives and receives according to their gifts and needs. Help me to let go of control and receive help when I need it. Amen

20. Feeling sorry for myself

Have you ever wallowed in self-pity?

Dear God

There are times I wallow in self-pity. I catch myself feeding my bad feelings and working myself up into a state. If I'm honest, I might even get a perverse sense of enjoyment out of dwelling on how hard done by I've been. Please renew my thoughts and feelings, and open my eyes to the good things in life.

Amen

23. Saying to myself, 'What will people think?'

Have you ever stopped yourself from doing something because of what people might think?

Dear God

Sometimes I'm afraid of what people might think. Please help me to remember that the only opinion that matters is yours. Help me look to you for guidance rather than listening to others whose fears may be clouding their judgement. Grant me the wisdom to know when you are speaking through others, and grant me the strength to carry out your will.

Amen

21. Resisting change

Have you resisted change recently (big or small)?

Dear God

Change can make me feel uncomfortable and unsafe. Sometimes, I get angry and refuse to even consider if the change might be good for me. Please help me to let go of pre-conceived notions of how things should be. Transform my rigid thoughts and grant me the willingness to explore new options. May you protect and guide me as I wrestle with the challenges of change.

Amen

24. Coveting my neighbours' possessions (wishing for the things other people have)

Have you ever wanted something someone else had?

Dear God

Even when I have enough to live on, I look at what others have and I want even more. I might feel jealous, or greed might get the better of me. Please help me be grateful for what I do have, and happy for others for what they have. May you help me remember I have enough and I am enough.

Amen

25. Avoiding boredom

Do you search for something to distract yourself the moment you get bored?

Dear God

Help me to understand that boredom isn't necessarily a disease to be cured. When I choose to fill my life with distractions, there's no room left for you to speak to me. Please show me the gift hidden inside boredom – that it's a sign I need to spend more time with you where I can simply be. Grant me the patience to sit with my boredom so I can receive any messages you have for me today.
Amen

28. Judging Others

When have you judged someone in the past week? For example, for their clothes, hairstyle, politics, a choice they made, or a belief they hold.

Dear God

Please help me to remember that we are all God's children and that it is not my job to judge another person, it is my job to love them. Please help me to forgive them, and help me trust that you will guide them in the right direction. Please guide me in the right direction too.
Amen

26. Worrying about things I can't control

Have you ever lain awake at night worrying about something?

Dear God

Sometimes my head is filled with worries. Some are about little things while others are about big problems that I feel powerless to fix. Today, I lay my worries before you and leave them in your care. Please watch over those in need of your protection and guidance, and grant me peace.
Amen

29. Judging myself

When have you been hard on yourself this week?

Dear God

When I make mistakes, I sometimes find it hard not to beat myself up about it. Please help me to see myself through your eyes so that I may forgive myself. Help me remember that love, not harsh criticism, will help me make better decisions in the future.
Amen

27. Gossiping

Have you ever gossiped about someone?

Loving God

I know I'm not supposed to gossip, but it's fun and it can make me feel important to share a juicy piece of information. Please help me to remember to treat all people with respect, and that includes protecting their privacy. Forgive me for those times I've gossiped. And help me to know deep in my heart that my sense of self-worth and belonging doesn't come from being the one with the inside story. It comes from being your beloved child.
Amen

30. Believing the ends justifies the means

Have you ever done something a bit dodgy and convinced yourself it was okay because it was for a good cause?

Dear God

When I know my goal is worthy, there are times I'm tempted to do something a bit dodgy to make sure we get there. Help me to realise that the end result doesn't justify the means. Help me to trust that you will guide me.
Amen

31. Not forgiving myself

Is there something you're having trouble forgiving yourself for – something recent or from a long time ago? What do you regret?

Dear God

I did something wrong, and I feel as if I don't deserve forgiveness, but I know that you offer forgiveness to everyone. Teach me to treat myself with gentleness. Help me to understand that you love me, and the more I love myself, the more I can love others. Grant me the willingness to forgive myself. And if you desire me to make amends, help me to do that too.

Amen

34. Impatience

Is there something you're impatient to begin? Is there something you can't wait to end?

Dear God

Sometimes I desperately want to race to the finish line. I'm either trying to get through something as fast as possible so I don't have to feel bad anymore, or I'm so excited about something coming up, I forget to appreciate the present moment. Please help me to be present so I can experience your loving presence.

Amen

32. Saying yes to everything

When is the last time you said yes to something when you really needed to say no for your own sake?

Dear God

Sometimes I allow other people's needs to overwhelm me to the point where I forget about my own. Help me to remember that you want me to be cared for too, and that sometimes, it's okay to say no. Help me to work out when to say yes and when to say no.

Amen

35. A bad habit (insert your own)

How is this bad habit affecting you and/or others?

Compassionate God

I have this bad habit, and it's harming me and maybe others too. Please help me to see the real reason I'm hanging onto this bad habit, and help me to let it go.

Amen

33. Saying no too quickly

Have you ever missed out on an opportunity because you said no too quickly?

Creator God

Sometimes when I get scared, my automatic reflex is to say no – to situations, opportunities, new ways of doing things, and people. Help me to grow in trust, knowing that you are forever sending good things my way. Grant me the ability to be open to new opportunities.

Amen

36. Rescuing others

Have you ever wanted to fix another person's problem when you really needed to let them sort it out for themselves?

Dear God

Sometimes I feel an overwhelming impulse to rescue people which ends up robbing them of the chance to grow and develop new skills and confidence. Help me to know when to step forward and when to step back.

Amen

37. Thinking we must always be happy

Have you ever rushed to cheer someone up (including yourself) without first allowing them to express their sadness?

Dear God

It's hard not to listen when society tells me I should be happy all the time. Yet you gave us lots of different emotions for a reason – joy, sadness, anger, love, grief, hope and more. When I'm tempted to push the uncomfortable emotions away, please grant me the strength to sit with them. And if someone needs a listening ear, help me to be that for them without forcing them to cheer up. Amen

40. Choosing fear over love

What scares you? Failure? Being alone? Talking to strangers? The threat of war? Losing your independence?

Dear God

We live in a world that reminds me of scary things every day. When others are drawn into this fearful way of thinking, that makes it even harder for me to see things differently. Please help me to remember that love casts out fear, and that when I invite you into my heart, my fear melts away. May your peace spread throughout the world. Amen

38. Turning away from someone with an illness or disability

Have you ever avoided talking to someone with an illness or disability because you felt uncomfortable?

Dear God

I like to think of myself as someone who is kind to people with an illness or disability. But there are times I've turned away because I didn't know what to say. Please help me to stop concentrating on what a person lacks, and instead appreciate and love them for who they are and what they have to give.

Amen

39. Overthinking about the past and/or the future

When have you dwelled on something that happened in the past or thought constantly about something that may or may not happen in the future?

Loving God

I often find myself drifting off, reliving an incident that has occurred in the past or planning for an event in the future. When I do so, I miss out on the gifts of the present moment. Please help me to find some time today to be still and quiet, for that is where I'll find you.

Amen