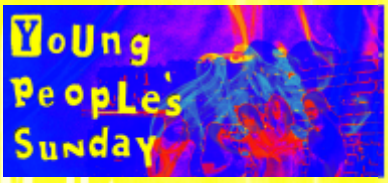

Prayers 3

Frontier Youth Trust

This selection of prayers is offered for use during a Young People's Sunday service.

You could use just one of the prayers, a selection of them, or you could develop your own.

Some of the prayers are for the service leader to say, some for young people to say, and some for the whole congregation to say.

Feel free to adapt and pick and mix them to suit your own needs.

You could use some of the images to help focus your prayers and/or use background music to help people engage.

15. Victims

Lord, we live in a risky world, for some people – both young and old - just stepping out the door is a big deal; especially those who have been the victim of others actions. People are victims in all kinds of ways, from crime, bullying, to cruel action or words from others, to being a victim of family or life situation; victims can be young or old, rich or poor. Being a victim makes us vulnerable, scared and confused about what to do.

Jesus, be close to those who find themselves victims. Give them courage; repair the damage that has been done to their confidence, their body, their mind and their spirit. Help them rebuild their lives through the support of good friends and loving people around them, we pray they receive practical help where it is needed. Help others to understand and be patient as they learn to trust again.

16. Life and hope

Someone once said "To be born is to have a destiny" there's a reason why we are here. You are the One thing that brings us hope throughout our life, You are the One we can rely on.

When we doubt our future	Father guide us
When we feel unsure of which way to go	Jesus be near us
When we have choices to make	Spirit speak to us
For the purpose that you give us	Father we thank you
For the life you won for us	Jesus we thank you
For the way that you leads us each day of our lives	Holy Spirit we thank you.

17. Family

Is family a good thing or a bad thing? Sometimes I just don't know. When we argue and fall out and it all seems too much I wonder why you I ended up in this one. But there are times Lord when I look at those around me and I am grateful. When I know I take my family for granted because I want to be with my friends and be my own person. Help me to remember and to realise how much I need my family sometimes. When I find it hard to be kind to them, help me to speak good words, not harsh. When I am running out of patience and I walk away, help me to say sorry and to turn back to them. When I feel embarrassed by them help me to let them be themselves in just the same way that I want to be myself. Help me to see the blessing of my family, help me to do what I can to help it be a good place to be.

18. Exams

Holy Spirit, you are the source of wisdom. Help me at this time in my exams. Help me to work hard and focus my attention at this important time in my life. When it comes to the day, help me to stay calm and keep my head clear. Help me to trust in my abilities and to know that I can only try the best I can. Help me always to remember I am precious no matter what the outcome. May this bring me peace at a what can be a stressful and worrying time.

19. Expectations

Lord, I feel there is some much pressure on me from others. Sometimes it just seems too much. Some of the things that are worrying me are: (Pause) – (you could use pebbles to symbolise and hold in hands). People put expectations on me, the world puts expectations on me through magazines, tv, newspapers, friends put expectations on me to do things I know aren't right sometimes, teachers and workers expect me to be a certain way and all I want to be is myself. Help me to have the courage to listen to your voice amidst all the noise and confusion of the world's voices. Help me to still myself and to hear you remind me how much you love me for who I am. Help me to find myself for who I am, not who others want to be and what they want me to do.

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