

## As we long for peace, for ourselves and the world

"In peace I will lie down and sleep:  
for you alone Lord, make me live unafraid"  
(Psalm 4)

O God, whose will is to fold both  
heaven and earth in a single peace;  
let the design of your great love lighten upon  
the waste of our wraths and sorrows;  
and give peace to your Church,  
peace among nations,  
peace in our homes,  
and peace in our hearts;  
through your Son our Saviour Jesus Christ.  
Amen.



"The soul is immediately at one with God, when it is  
truly at peace with itself"  
(Julian of Norwich)

If you would like to talk to someone about  
the things you have brought to God in prayer,  
please do contact the vicar:

The Reverend Canon June Lawson  
Tel: (01977) 706803  
Email: vicarofpontefract@gmail.com

Or speak to one of our Open Church  
Volunteers.

For more prayers please visit our website:  
[www.stgilespontefract.org.uk](http://www.stgilespontefract.org.uk)

We are on:



**St Giles'**



**One Church, One Community**

*You will find the book of Psalms almost  
halfway through the Bible.*

**All other prayers taken or adapted from:**  
*Contemporary Parish Prayers, Frank Colquhoun;  
Prayer for use at the Alternative Services, David Silk;  
Jesus Christ - The Way, The Truth, The Life, David Konstant*

## The Parish Church of St. Giles, Pontefract.

### To help you pray

There has been  
a place of  
prayer on this  
site for over  
1000 years.  
Over many  
centuries  
people have  
found it a place  
of tranquillity and peace. A place to  
reflect on things that are important, the  
good as well as the bad. A place to  
discover God's presence and find  
strength and encouragement to deal with  
whatever you have to face in the world.



For one reason or another, people  
sometimes find that they do not have the  
words with which to share their  
thoughts with God.

The words printed in this leaflet may  
help you to join with the many who have  
prayed here over the centuries.

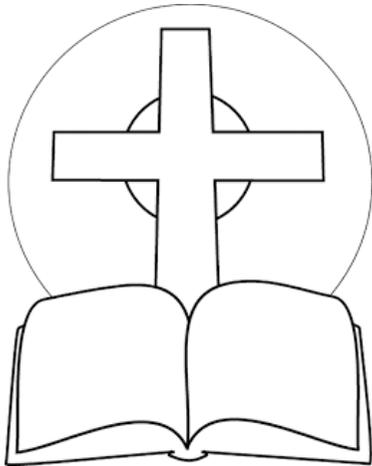
Please take this leaflet to use in the  
church or elsewhere.

## In times of suffering and hurt

"Hear my cry. O God, listen to my prayer.  
You have been my shelter, a tower for refuge.  
I will dwell in your tent for ever, and find  
shelter in the covering of your wings"

(Psalm 61)

Lord Jesus,  
by the loneliness of your suffering on the cross,  
be near to all who are desolate,  
and in pain and sorrow;  
and let your presence transform their sorrow  
into comfort,  
and their loneliness into fellowship with you;  
for the sake of your tender mercy.  
Amen.



*God did not say 'You shall not be tempest-tossed,  
you shall not be weary, you shall not be  
discomforted'. But he said 'You shall not be  
overcome'.*

(Julian of Norwich)

## When we are sorry for what we have done

"You Lord are a God, gracious and  
compassionate, slow to anger, full of goodness  
and truth. Turn to me and be merciful"

(Psalm 86)

Almighty, ever-living God,  
whose love surpasses  
all that we ask or deserve,  
open up for us the  
Treasures of your mercy.  
We have put our hope in you,  
but we often lose our way.  
Help us to turn to you afresh.  
Forgive us all that  
weighs on our conscience,  
and grant us more  
even than we dare to ask.  
We make our prayer  
through Christ our Lord. Amen.

*"Do not be too downcast by the sin which overtakes  
you against your will.  
The Lord looks on his servant with pity and not with  
blame."*

(Julian of Norwich)

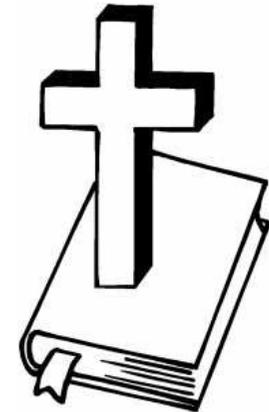


## In times of joy and thanksgiving

"I will give you thanks O God with my whole  
heart."

(Psalm 138)

We thank you, Father,  
for all our joy and all our longing.  
You have given us in this  
world beauty and love:  
you have also given us the ordinary,  
necessary things of daily life.  
We thank you, Father,  
not only for these things  
but for the gift of hope,  
and for all that reminds us of  
your promise of eternal life;  
through Jesus Christ our Lord.  
Amen.



*"Thankfulness and prayer belong together...  
The simple enjoyment of our Lord is in itself a most  
blessed form of thanksgiving"*

(Julian of Norwich)