



Christian Ambulance Association

Prayer Diary - May 2021

*Rejoice always, pray continually, give thanks in all circumstances;
for this is God's will for you in Christ Jesus.*

The Bible | Thessalonians 5:16-18

The following weekly prayers are based on Psalm 139: 1-18. The verses have been divided up for each week. You may find it helpful to read the verses for the chosen week and then read the following prayer. Let the prayer become your own. Take time in a quiet place to be with God. Change the words in the prayer if you so wish, to make it yours - I encourage you to use your own words.

Allow time at the end of prayer to listen for - **the still small voice of God.**

1st - 7th Psalm 139: 1-6

¹You have searched me, Lord, and you know me. ²You know when I sit and when I rise; you perceive my thoughts from afar.

³You discern my going out and my lying down; you are familiar with all my ways.

⁴Before a word is on my tongue you, Lord, know it completely.

⁵You hem me in behind and before, and you lay your hand upon me. ⁶Such knowledge is too wonderful for me, too lofty for me to attain.

Dear Father, You know me so well. You knew me even before I was a babe in arms. You have watched over me throughout my entire life and continue to do so. You know my actions, my reactions, my thoughts, my fears, my reasoning, my hurts and my joys. You have witnessed my fantastic achievements and successes and my heartfelt failures and disappointments. You know all there is to know about me, and all that is yet to be. Help me Father, to stay on the path that leads to You. Steer me from temptation. Keep me happy in the knowledge that You are always nearby. Always ready to draw close at any moment - to breathe Your Spirit upon me.

You place Your hand upon my life and gently whisper - 'I am Yours'.

8th - 14th Psalm 139: 7-10

⁷Where can I go from your Spirit? Where can I flee from your presence? ⁸If I go up to the heavens, you are there; if I make my bed in the depths, you are there. ⁹If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰even there your hand will guide me, your right hand will hold me fast.

There is no place where You cannot find me. You are always present in my life. Wherever I turn, You are there, waiting to show me signs of Your Love. If I went to the four corners of the globe - You would be with me. If I went to the moon and back You would still be beside me. At the depths of the ocean, or wherever I might be, at any given time, now or in the future, You will always be with me, and Father, I would have it no other way. How comforting to know that whatever befalls me, whatever trials I may face, You the Lord my God are with me. Your Spirit is my constant guide, it leads me and encourages me to do that which is right, whilst Your Love for me, holds me fast.

In the quietness of prayer, I hear Your tender whisper 'Peace be with you - always'.

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in the Ambulance Service**

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Registered Address: The Bridge, Whitefriars
Church, Whitefriars Junior School
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The Bible | Thessalonians 5:16-18

15th 21st Psalm 139: 11-14

¹¹ If I say, "Surely the darkness will hide me and the light become night around me,"
¹² even the darkness will not be dark to you; the night will shine like the day, for dark-
ness is as light to you. ¹³ For you created my inmost being; you knit me together in my
mother's womb. ¹⁴ I praise you because I am fearfully and wonderfully made; your
works are wonderful, I know that full well.

*With You Father – there is no night. There is no darkness or fear, for You are my guid-
ing light, with You each night will shine like day – for my faith is in You, whom I trust. I
know that You love me and want the best for me. You created my body – my shape
and my form. You created my mind – my thinking and my understanding and You,
Father, created my spirit -my living and my loving. I have been wonderfully made. You
took great care with me and I thank You. You have worked wonderfully well, and con-
tinue to breathe new life into me – You have given me a life that is so individual to
anyone else's. You have equipped me with a heart to love others, talents to share and
a faith to believe. In praise, adoration and gratitude – I thank You, Father.*

When I close my eyes, I hear your soft whisper 'Be still and know that I am God'.

22nd – 30th Psalm 139: 15-18

¹⁵ My frame was not hidden from you when I was made in the secret place, when I
was woven together in the depths of the earth.
¹⁶ Your eyes saw my unformed body; all the days ordained for me were written in
your book before one of them came to be.
¹⁷ How precious to me are your thoughts,^[a] God! How vast is the sum of them!
¹⁸ Were I to count them, they would outnumber the grains of sand— when I awake, I
am still with you.

*From the very beginning, my life has been held in Your hands and will be held until the
end of time. You alone know the length of my days, they are recorded in Your Book of
Life. Help me Father to live the days You have allotted to me, as best I can. May I seek
to do Your will, to be helpful and to be faithful and to love my brothers and sisters,
those known and unknown. Thank You, Father, that Your many thoughts of me out-
number the grains of sand and just like sand You allow my sins, including my repeated
sins to slip through Your fingers. I am truly sorry for the times I get things wrong.
Thank You for Your forgiveness. May I grow to be more forgiving - as forgiving as You
are. Thank You, Father, that I am Your Child. I know You constantly care for me, in my
waking and in my sleeping, and I know You love me, so very much just as I am. .*

*As I kneel to pray within this day, I listen to your quiet whisper 'Come to me'
Amen.*

Our thanks to Vanetta Griffiths—Chaplain

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