

# In touch on operations



**HAPPY**

**LONELY**

**afraid**

*Sad*

*Insecure*

**LONGING**

*Hurting*

**tempted**

*Ashamed*

**GRATEFUL**



However you feel, wherever you are, on operations or at home, worried about someone far away, **God will listen and is waiting to hear from you at any time.**



If you are not sure how to pray, try using some words and prayers from the Bible, God's own book, to talk with him about your concerns for friends and family and your own personal problems.

## Lord, teach us to pray - praying is talking to God.

When Jesus had finished praying, one of his disciples said to him:

*“Lord teach us to pray*

Luke 11:1



## Learn from the best teacher.

Jesus said we should pray like this (you may already know a different version of the Lord's prayer):

*Our Father in heaven,  
help us to honour your name.  
Come and set up your kingdom,  
so that everyone on earth  
will obey you,  
as you are obeyed in heaven.  
Give us our food for today.  
Forgive us for doing wrong,  
as we forgive others.  
Keep us from being tempted  
and protect us from evil.*

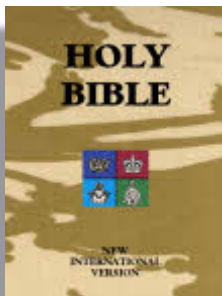
*If you forgive others for the wrongs they do to you, your Father in heaven will forgive you.  
But if you don't forgive others, your Father will not forgive your sins.*

Matthew 6:9-15

## Get to know Jesus and his teachings, because Jesus said:

*Stay joined to me and let my teachings become part of you. Then you can pray for whatever you want, and your prayers will be answered.*

John 15:7



Prayer is a relationship between us and God. He knows all our thoughts. We can trust God to answer our prayers in His way, knowing that we and those whom we love are always in His care. He asks us to be open to His love and His word as we read it in the Bible.

## Think about these verses:

*What if I could speak all languages of humans and of angels?*

*What if I could prophesy and understand all secrets and all knowledge?*

*And what if I had faith that moved mountains?*

*What if I gave away all that I owned and let myself be burnt alive?*

*I would gain nothing, unless I loved others.*

*Love is kind and patient, never jealous, boastful, proud or rude.*

*Love isn't selfish or quick-tempered. It doesn't keep a record of wrongs that others do.*

*Love rejoices in the truth, but not in evil.*

*Love is always supportive, loyal, hopeful, and trusting. Love never fails!*

1 Corinthians 13:1-8

*We must love each other. Love comes from God.*

1 John 4:7

## **Ask God for all you need. Your Father in heaven is always listening.**

*So I tell you to ask and you will receive, search and you will find, knock and the door will be opened for you. Everyone who asks will receive, everyone who searches will find, and the door will be opened for everyone who knocks. Which one of you fathers would give your hungry child a snake if the child asked for a fish? Which one of you would give your child a scorpion if the child asked for an egg? As bad as you are, you still know how to give good gifts to your children. But your heavenly Father is even more ready to give the Holy Spirit to anyone who asks.*

Luke 11:9-13

## You can pray by yourself.

*When you pray, go into a room alone and close the door. Pray to your Father in private. He knows what is done in private, and he will reward you.*

Matthew 6:6



*Our God says, "Calm down, and learn that I am God!"*

Psalms 46:10

## Or you can pray with others.

*Whenever two or three of you come together in my name, I am there with you.*

Matthew 18:20



*Never stop praying. Whatever happens, keep thanking God because of Jesus Christ. This is what God wants you to do.*

1 Thessalonians 5:17-18

## Pray for others.

*First of all, I ask you to pray for everyone. Ask God to help and bless them all, and tell God how thankful you are for each of them.*

1 Timothy 2:1



Here the Bible reminds us to pray for those with the heavy responsibility of leadership and government, as well as our friends around us and our families at home.

## Take these short prayers with you;

*You are my God and protector.*

*Please answer my prayer.* Psalm 4:1

*You are always merciful!*

*Please wipe away my sins.* Psalm 51:1

*Create pure thoughts in me and make me faithful again.*

Psalm 51:10

*I love you, Lord God,  
and you make me strong.*

Psalm 18.1

*I pray that the Lord will listen  
when you are in trouble,  
and will keep you safe.*

Psalm 20.1

*I will praise you, Lord!  
You always do right.*

Psalm 7:17

*Let my words and my thoughts  
be pleasing to you, Lord,  
because you are my mighty rock  
and my protector.*

Psalm 19:14

## A prayer of trust in God.

*You, Lord, are my shepherd.*

*I will never be in need.*

*You let me rest in fields of green grass.*

*You lead me to streams*

*of peaceful water,*

*and you refresh my life.*

*You are true to your name,*

*and you lead me*

*along the right paths.*





*I may walk through valleys  
as dark as death,  
but I won't be afraid.  
You are with me,  
and your shepherd's rod  
makes me feel safe.  
You treat me to a feast,  
while my enemies watch.  
You honour me as your guest,  
and you fill my cup until it overflows.  
Your kindness and love  
will always be with me  
each day of my life,  
and I will live forever  
in your house, Lord.*

Psalm 23

## When you are sorry

*From a sea of troubles*

*I call out to you, Lord.*

*Won't you please listen*

*as I beg for mercy?*

*If you kept record of our sins,*

*no one could last long.*

*But you forgive us,*

*and so we will worship you.*



*With all my heart,  
I am waiting, Lord, for you!  
I trust your promises.  
I wait for you more eagerly  
than a soldier on guard duty  
waits for the dawn.*

Psalm 130:1-6



## Remember - keep prayer simple.

*When you pray, don't talk on and on as people do who don't know God. They think God likes to hear long prayers.*



*Don't be like them. Your Father knows what you need before you ask.*

Matthew 6:7-8

# A Soldier's Prayer

Almighty God, whose command is over all, and whose love never fails, let me be aware of your presence and obedient to your will. Help me to accept my share of responsibility with a strong heart and cheerful mind. Make me considerate of those with whom I live and work, and faithful to the duties my country has entrusted to me. Let my uniform remind me daily of the traditions of the Army in which I serve. When I am tempted to sin, help me to resist. When I fail, give me courage to try again. Guide me with the light of your truth, and keep before me the example of Jesus in whose name I pray.

Amen.



Lord, I shall be  
very busy today.  
I may forget you  
but do not you  
forget me.

Sir Jacob Astley's prayer  
before the First Battle of  
Newbury, 1643.

*God cares for you,  
so turn all your  
worries over to  
him.*

1 Peter 5:7

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