



In touch at sea

HAPPY

LONELY

insecure

Sad

Afraid

Hurting

tempted

LONGING

fed up

GRATEFUL



However you feel, wherever you are, on deployment 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 have already learnt 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.*

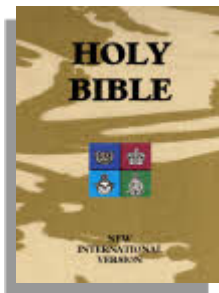
*If you forgive others for the wrongs they do to you, your Father in heaven will forgive you.
But if you don't forgive others, your Father will not forgive your sins.*

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.

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

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

1 Peter 5:7

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."

Psalm 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

Praise the Lord for his kindness.

Shout praises to the Lord!

Praise God in his temple.

Praise him in heaven,

his mighty fortress.

Praise our God!

*His deeds are wonderful,
too marvellous to describe.*

Psalm 150:1-2



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 watchman
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

Footprints

One night a man had a dream. He dreamed he was walking along the beach with the LORD.

Across the sky flashed scenes from his life. For each scene he noticed two sets of footprints in the sand: one belonging to him, and the other to the LORD.

When the last scene of his life flashed before him, he looked back at the footprints in the sand.

He noticed that many times along the path of his life there was only one set of footprints.

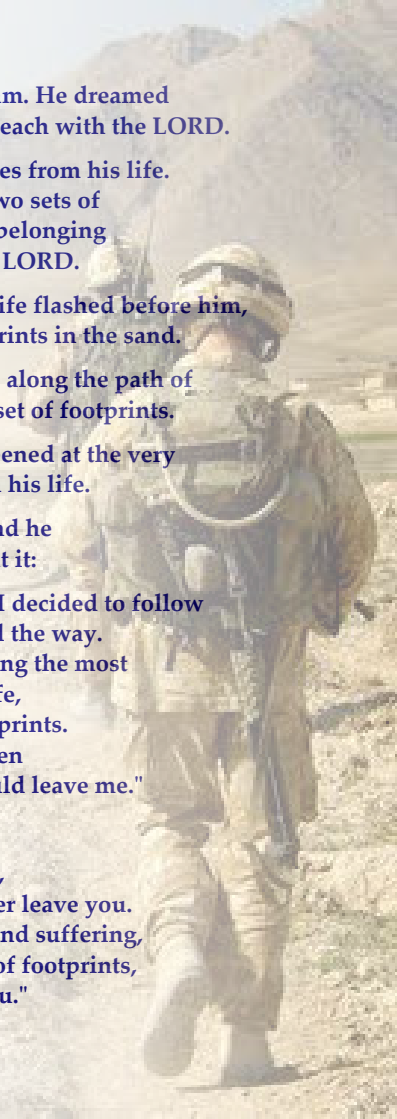
He also noticed that it happened at the very lowest and saddest times in his life.

This really bothered him and he questioned the LORD about it:

"LORD, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most you would leave me."

The LORD replied:

"My son, my precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."



*Some of you made a living
by sailing the mighty sea,
and you saw the miracles
the Lord performed there.*

*At his command a storm arose,
and waves covered the sea.*

*You were tossed to the sky
and to the ocean depths,
until things looked so bad
that you lost your courage.*

*You staggered like drunkards
and gave up all hope.*

*You were in serious trouble,
but you prayed to the Lord,
and he rescued you.*

*He made the storm stop
and the sea be quiet.*

*You were happy because of this,
and he brought you to the port
where you wanted to go.*

Psalm 107:23-30

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Naval Military & Air Force Bible Society
Castaway House
311 Twyford Avenue
Portsmouth PO2 8RN

www.nmafbs.org



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