



**St James, Fuerteventura**

**Prayer Newsletter**

**January  
February  
March  
2022**

So, how is your prayer life going? Are you praying regularly on your own, or perhaps with others?

Have you been practising different ways of praying, like we used at our prayer focus afternoons in October 2021? If you remember, those who attended were given the opportunity to try out different ways of praying, including:

- Lectio Divina, meditating on a bible verse
- Using a pool of water and holding a stone, to let go of your worries
- Using salt, thinking how you can be salt in our world today
- Holding a yellow ribbon, to pray for others
- Holding a red heart, as a symbol of offering yourself to God

**There are many things that we can pray for during this period, for example:**

<b>Give thanks for</b>	<ul style="list-style-type: none"> <li>• God's love for us in our lives</li> <li>• Our friends and family</li> <li>• Our church family</li> <li>• Gods' wonderful creation</li> <li>• Our wonderful health service workers</li> <li>• The opportunity to worship together in churches across the world</li> <li>• God's word, the Bible, written for us</li> <li>• Those taking part in our Alpha Course</li> </ul>
<b>Pray for and with</b>	<ul style="list-style-type: none"> <li>• Those struggling with depression</li> <li>• Those feeling lonely and isolated</li> <li>• Those feeling unwell</li> <li>• Those struggling with long covid</li> <li>• Those who are mourning the bereaved</li> <li>• Refugees and the poor across the world</li> <li>• Christians around the world</li> <li>• Ruth as she becomes a licenced Reader in the Chaplaincy</li> </ul>

**If you haven't yet been on a prayer workshop, let us know as we will be running another soon.**

**A prayer you could use during this period:**

"My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone." — **Thomas Merton, Thoughts in Solitude**

If you want to know more about growing your prayer life, then have a look at our website, [www.fuertechurch.org](http://www.fuertechurch.org)



**Look out for future news re Prayer events on our website during 2022!**