



You may find these words from the book of Psalms (one of the books of the Old Testament), and other prayers, helpful:

### Psalm 31

<sup>1</sup> In you, Lord, I have taken refuge;  
let me never be put to shame;  
deliver me in your righteousness.

<sup>2</sup> Turn your ear to me,  
come quickly to my rescue;  
be my rock of refuge,  
a strong fortress to save me.

<sup>3</sup> Since you are my rock and my fortress,  
for the sake of your name lead and guide me.

<sup>4</sup> Keep me free from the trap that is set for me,  
for you are my refuge.

<sup>5</sup> Into your hands I commit my spirit;  
deliver me, Lord, my faithful God.....

<sup>9</sup> Be merciful to me, Lord, for I am in distress;  
my eyes grow weak with sorrow,  
my soul and body with grief.

<sup>10</sup> My life is consumed by anguish  
and my years by groaning;  
my strength fails because of my affliction,  
and my bones grow weak.

<sup>11</sup> Because of all my enemies,  
I am the utter contempt of my neighbours  
and an object of dread to my closest friends—  
those who see me on the street flee from me.

<sup>12</sup> I am forgotten as though I were dead;  
I have become like broken pottery.

<sup>13</sup> For I hear many whispering,  
“Terror on every side!”  
They conspire against me  
and plot to take my life.

<sup>14</sup> But I trust in you, Lord;  
I say, “You are my God.”

<sup>15</sup> My times are in your hands;  
deliver me from the hands of my enemies,  
from those who pursue me.

<sup>16</sup> Let your face shine on your servant;

save me in your unfailing love.

<sup>17</sup> Let me not be put to shame, Lord,  
for I have cried out to you;  
but let the wicked be put to shame  
and be silent in the realm of the dead.

<sup>18</sup> Let their lying lips be silenced,  
for with pride and contempt  
they speak arrogantly against the righteous.

<sup>19</sup> How abundant are the good things  
that you have stored up for those who fear  
you,  
that you bestow in the sight of all,  
on those who take refuge in you.

<sup>20</sup> In the shelter of your presence you hide them  
from all human intrigues;  
you keep them safe in your dwelling  
from accusing tongues.

<sup>21</sup> Praise be to the Lord,  
for he showed me the wonders of his love  
when I was in a city under siege.

<sup>22</sup> In my alarm I said,  
“I am cut off from your sight!”  
Yet you heard my cry for mercy  
when I called to you for help.

<sup>23</sup> Love the Lord, all his faithful people!  
The Lord preserves those who are true to him,  
but the proud he pays back in full.

<sup>24</sup> Be strong and take heart,  
all you who hope in the Lord.

Holy and Gracious God  
We pray for the people of the Ukraine and the  
people of Russia; for their countries and their  
leaders.  
We pray for all those who are afraid; that your  
everlasting arms hold them in this time of great  
fear.  
We pray for all those who have the power over life  
and death; that they will choose for all people life,  
and life in all its fullness.  
We pray for those who choose war; that they will  
remember that you direct your people to turn our  
swords into ploughshares and seek for peace.  
We pray for leaders on the world stage; that they  
are inspired by the wisdom and courage of Christ.

Above all, Lord, today we pray for peace for Ukraine.

And we ask this in the name of your blessed Son.

Lord have mercy.

Amen

Sovereign Lord,

you observe all those who dwell on earth.

Have mercy we pray on those who now suffer the miseries of a war not of their own making.

Have compassion on the wounded and dying; comfort the broken-hearted;

confound the hatred and madness of those who make war;

guide our rulers,

bring war to an end,

bring peace across the world.

Unite us all under the reign of your Son,

the Prince of Peace,

before whose judgement seat the rulers of the world will give account,

and in whose name we pray. Amen.

## SOME PRAYER POINTS

### • *Pray for a different story*

- + Our politicians are predicting the biggest war in Europe since 1945, so let's cry out God that he would write another story in our time; that he would tear down evil schemes and give wisdom from heaven to peacemakers seeking a less violent way.

### • *Pray for those in fear*

- + Pray for those who have already lost loved ones and homes
- + Pray for those who have been called to fight but have no heart for bloodshed.

### • *Pray for those in power*

- + President Putin, that he might be convicted of the wickedness of his actions, and dishonesty of his words and pull back from war.
- + The politicians and power brokers in Russia who have influence over President Putin
- + President Biden, the leaders of NATO, Europe and our own government. That they will be swift and unequivocal in their efforts to halt the advance of Russia.

- + For President Zelenskyy of Ukraine, that he will have wisdom, fortitude and safety to lead his people in the best way.

- + For those with power over the media. Pray for honest reporting and an end to false propaganda.

### • *Pray for those in pain*

- + For those already injured by the fighting.
- + For those suffering mental and emotional anguish through displacement or separation
- + For those who offer help and support: medical services – hospitals, doctors, carers, churches and mosques.

## Some words from St. John in the New Testament:

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.

## Some words from St. Paul in the New Testament:

"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." (Ephesians chapter 6 verse 12)

## The Lord's Prayer

Our Father in heaven,  
hallowed be your name,

your kingdom come,

your will be done,

on earth as in heaven.

Give us today our daily bread.

Forgive us our sins

as we forgive those who sin against us.

Lead us not into temptation

but deliver us from evil.

For the kingdom, the power,

and the glory are yours

now and for ever.

Amen.