

Ness Bank Church Prayer Prompts for Autumn 2025

Praying for ourselves, our community, our world – and for God’s kingdom to come!

O God, who has been the Refuge of my fathers through many generations, be my Refuge today in every time and circumstance of need.

Be my Guide through all that is dark and doubtful. Be my Guard against all that threatens my spirit’s welfare. Be my Strength in time of testing.

Gladden my heart with thy peace; through Jesus Christ my Lord, Amen.

(John Baillie: A diary of private prayer, OUP London, 1972)

These headings and suggestions are to help you pray for our church, our family, our world, and above all, to pray that God will build his kingdom. Please use them in any way that suits. There are significant spaces between each section in case you want to note particular items for prayer.

“Our Father, who is in heaven”

It is always good to start here, getting our perspective right and remembering that we come to the Almighty, the Maker and Sustainer of the universe, before whom we are as dust. We acknowledge that God is ruler of all things, and that he is worthy of all praise and honour. All the issues which trouble us, are His business, and we are invited to bring everything to him in prayer. All that we have and are comes from Him, and we give thanks, offering it back to Him for His use.

“Hallowed be your name! Your kingdom come, your will be done, on earth as it is in heaven.”

The whole purpose of all creation, and of all history, is that God will be glorified, and so we pray for that to happen. We acknowledge that even when we cannot see it, God is working; we pray that heart-by-heart people will come to living faith in Jesus Christ, and join the kingdom. We pray that people will be set free from all that keeps them in fear and darkness – pride, sadness, addiction – so that they can live fully as God’s beloved children. There are many, many ways that God opens minds and hearts, and we can pray for these – for the work of Scripture Union among young people in schools and at youth camps; for the witness of Street Pastors here in Inverness and other city centres; for the impact of media such as the Chosen TV series, and The Greatest Story Ever Told, a book re-telling the story of Jesus written by the adventurer and broadcaster, Bear Grylls.

We can pray for ourselves, that we might share the good news of Jesus with our friends and family – wisely, gently and faithfully, not being ashamed of our Saviour.

www.suscotland.org.uk

www.streetpastors.org/our-network/united-kingdom/scotland/

“Give us today our daily bread”

It is not only bread, but breath that we need each day. We pray for ourselves but also for others that they might receive the portion they need today – of courage for hard situations; of wisdom for difficult decisions; of patience for prolonged challenges; of love and support in a time of grief and loss. God has called us to live for Him, and He promises that all we need to do that will be supplied. So even as we pray, we give thanks for that faithful provision and let go of our worries.

Organisations like Tear Fund, Christian Aid, Embrace the Middle East others give us much information to help us pray for people in need of physical help and support – food, medicine, education, clean water – and for those who are trying to provide that aid.

www.tearfund.org

www.christianaid.org.uk

www.embraceme.org

“Forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the Evil One”

We pray for ourselves and for one another as fellow believers, and for Christians around the world, that we might all grow more like Jesus. We may be able to do little in one sense for those far away, but prayer is practical, and we can always use it to bless the church around the world. Christians are called to live in ways that show people what Jesus is like – and that is not always easy! So let us pray for self-control, wisdom, courage, love, a humble and forgiving spirit that forgets the wrongs done to it, and for God to keep all his children trusting in Him and close to Him always.

Organisations like Release International, and Christian Solidarity Worldwide give us so much information to inform our prayers for those who are particularly suffering for their faith; and our daily news gives us much material for prayer for people around the world as they experience war, drought, floods, famine, persecution, displacement. When we pray for these situations, we are acknowledging that only our Heavenly Father is big enough and powerful enough to bear this world’s troubles. When we pray, we are only doing what He asks us to do, which is to ask Him to build His kingdom, reveal His glory and make all things new.

www.releaseinternational.org

www.csw.org.uk

“For Yours is the kingdom, the power and the glory, for ever and ever, Amen!”

All the power is in the hands of God – and when we pray, we are simply asking that power to be used to reveal this glorious kingdom of which we are part.

So we pray for our churches – Inverness has many different kinds of churches, but all proclaim the truth that Jesus is Lord, and invite people to come and find out for themselves. We can pray for the wisdom and strength of church leaders – teachers and others – as they have to make decisions about using their resources well. We can pray that God will work through the churches to reach people here in Inverness, and that each of us will be so full of God’s goodness to us, that we want to tell others about it.

We can pray particularly for Ness Bank, for its leadership – the Kirk Session and Minister – that together they will lead our congregation in what God would have us do. We can pray that all we have – our building, our energies, our money – would be used by God to create a worshipping, loving community where people meet Jesus, and learn to worship Him.

Organisations and Occasions – prayer prompts

Funerals

Pray for those who come to funeral services at Ness Bank, often it is on these occasions that people are moved to seek God for the first time, or to return to a long-abandoned faith.

Weekly Sunday Worship

Pray for all who come to worship week by week, and for our minister, Stuart, as he preaches and teaches us from God’s living word. The Holy Spirit works as people listen, meditate, and open their lives to being changed.

Pray that we might truly become a family of believers, knowing and sharing one another’s lives, and demonstrating God’s love in action to our wider community.

Guild, Work Party, Crafties, Monthly Ladies’ lunch

Pray for all who gather to share common interests, and to enjoy one another’s company. As we open our hearts and lives to each other, God uses us to show His love, His compassion, and to teach us how to live for Him by faith.

Girls’ and Boys’ Brigade companies, Messy Church, Sunday School

These organisations exist to make Jesus known among our families and young people, and to make disciples who can serve and love Him. Their leaders need wisdom, strength and humour, and each and every child – and the family they represent – need Jesus.

Inverness Foodstuff

This organisation provides practical loving care to some very vulnerable people in our town, and is also a great community. Its paid staff and the Board members need wisdom in planning for the future, and strength and humour to tackle the everyday challenges of such service.

Blythswood

This is about so much more than shoeboxes! An incredibly practical and far-reaching ministry, where again the leadership require wisdom in using their resources well. Their aim is to share God's love with some of the neediest people, through foodbanks, charity shops, and many practical ministries here in Scotland and overseas. We can pray that this will be the case, and that people will be drawn to faith in Jesus as they are met with love, compassion, and the gospel.

Scottish Bible Society

We believe that God reveals Himself to us through His Word, and so we pray for this word to be available, accessible, and for the Holy Spirit to speak through it. The Bible Society produce many resources to help people meet Jesus, from the 'Bibles for Bairns' initiative, to the youth editions of the gospels, and many others. We know for ourselves, that as we read, we hear God's voice, and encounter Jesus for ourselves – let's pray for that lifechanging experience to be shared by many people in Scotland and around the world.

Luwero Community Ministries, Uganda

The church in Uganda is growing – like its population – very fast, and needs good teachers and wise leaders to make disciples. We can give thanks to God for this wonderful demonstration of His power, and pray for our brothers and sisters that they will be kept safe from false teaching; strengthened in faith when they face trials; delivered from fear when they face danger. We can pray for Gabriel Kijambu and his wife Deborah as they lead the work at Luwero, and especially for the hundreds of churches in that district. May God be glorified in the church in Uganda and around the world, as people witness to the transforming power of the gospel in their lives.

Delight yourselves in the Lord, yes, find your joy in him at all times. Have a reputation for gentleness, and never forget the nearness of your Lord.

Don't worry over anything whatever; tell God every detail of your needs in earnest and thankful prayer, and the peace of God, which transcends human understanding, will keep constant guard over your hearts and minds as they rest in Christ Jesus.

(Philippians 4.4-7; JB Phillips translation)