**Prayers of intercession 17.08.2025**

When I say: Lord, help us to keep going.  
Please respondKeep our eyes on Jesus.

Lord, help us to keep going.  
**Keep our eyes on Jesus.**

Let us pray to the God who walks with us, who calls us to follow, and who gives us courage when the path is difficult.

God of the faithful,  
We thank you for those who have gone before us –  
For Abraham and Sarah, for Moses and Miriam,  
For those who crossed the Red Sea and trusted in your promises.  
We thank you for the great cloud of witnesses —  
People who kept believing, even when they couldn't see the end.  
We remember those who suffered for their faith,  
Who stood up for what was right,  
Who loved even when it was hard.

We pray for your Church today —  
In every land, in every language, among every people.  
Give us courage to keep going when faith is tested,  
When your way is unpopular,  
When being kind or truthful or just feels like swimming against the tide.  
Help us to be a church of hope,  
A people of peace,  
A family of faith.

Lord, help us to keep going.  
**Keep our eyes on Jesus.**

God of fire and truth,  
We hear Jesus’ words —  
That he came not to bring an easy peace,  
But to set the world on fire with love and justice.  
Help us to understand that your peace is not passive —  
But full of challenge and change.

We pray for places where your fire is needed —  
Where injustice burns and people are hurt by war, greed, or hatred.  
We lift up those suffering because of natural disasters,  
Because of war, poverty, or oppression.  
We pray for leaders — that they may lead with wisdom and compassion,  
And for those who work for peace — that they may not give up.

Help us, even in small ways,  
To be part of your healing and your hope in the world.

Lord, help us to keep going.  
**Keep our eyes on Jesus.**

God of comfort and healing,  
We bring to you those who are struggling today:  
Those who are sick,  
Those who are lonely,  
Those who are grieving,  
And those who are afraid.  
We pray particularly for Fred as he continues treatment and for Jeannie who has been in hospital again recently.  
We hold silence now to name others known in our hearts…  
*(Pause for silence)*

Surround each person with your love.  
Give peace to troubled minds,  
Rest to weary bodies,  
And light to those walking in dark places.  
May we be your hands and your kindness —  
Visiting, calling, sharing, caring.

Help us never to forget that no one is ever alone —  
Because you walk with us always.

Lord, help us to keep going.  
**Keep our eyes on Jesus.**

God who goes before us,  
We each have our own race to run —  
Sometimes it’s easy, and sometimes it’s very hard.  
Sometimes we feel strong and full of faith,  
And sometimes we feel tired, confused, or far away from you.

Help us to remember that we are not running alone.  
We are surrounded by a great crowd of witnesses —  
Cheering us on, praying for us, encouraging us.  
Help us to throw off everything that holds us back —  
Fear, anger, pride, doubt —  
And run with perseverance the race marked out for us.

Help us to keep our eyes on Jesus —  
Not on the storms, not on the distractions,  
But on Jesus, who shows us how to live and how to love.

May we be patient, faithful, joyful, and kind.  
And may we never forget: you are with us every step of the way.

Lord, help us to keep going.  
**Keep our eyes on Jesus.**

This week, in our road prayers,  
we especially hold before you all who live in Melrose.  
Loving God, may each person, each household,  
know your presence walking with them,  
and your peace resting in their hearts.

Help us to be good neighbours —  
to show your love with our words and actions,  
to share your light in quiet, everyday ways,  
and to find new ways of bringing your hope and your word  
into the heart of our local community.

Lord, help us to keep going.  
**Keep our eyes on Jesus.**

God of all ages and all people,  
We thank you that you hear our prayers —  
The ones spoken out loud,  
And the ones whispered in our hearts.

Send us out today in your strength,  
To live faithfully, to love deeply,  
And to keep following Jesus —  
Today, tomorrow, and always.

**Amen.**

And now we say together the prayer that Jesus taught us.