

Constructing a Prayer. You – Who -Do - Through



Here is a simple template for making up your own prayer using the headings You - Who - Do - Through.

It can be used for any occasion to develop personal or shared prayer. This pattern or structure can be used to compose a prayer for any occasion; grace, opening prayer, closing prayer, blessing

<p>You – begin by naming God, “Loving God”, “Jesus my Friend”, “God of the Poor”</p>	<p>God of new beginnings Jesus, ever patient and loving God our creator Forgiving God Generous God Jesus, friend of the poor. God, our help in times of trouble.</p>
<p>Who – we now name who God is for us.</p>	<p>You are always ready to listen Giver of all creation My strength and hope You help us to love all people</p>
<p>Do - we name what it is that we are asking God to do.</p>	<p>Help us to be more generous. Help us to welcome all to our school Help us to take care of creation Give us courage to speak out when we see injustice Help us to treat all others fairly Make us people of peace and joy Give comfort to those who are suffering illness</p>
<p>Through - we address our prayers to God THROUGH Christ.</p>	<p>We ask this through Jesus our brother. Amen We ask this through Christ our Lord. Amen</p>

For Example, 1: YOU: Gracious God,

WHO: You created this world for us all to enjoy.

DO: Help us to share all our resources.

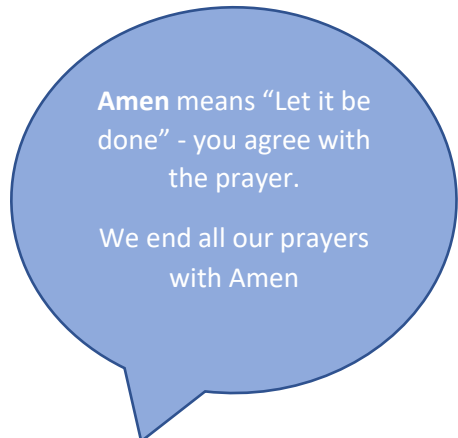
THROUGH: We ask this through Jesus Christ our Lord. Amen

Example 2 (an on-the-spot grace):

YOU: God our Father,

WHO: Provider of all good things

DO: Bless this food that we will share together and those who have prepared it for our enjoyment. Amen



HAVE A GO like everything praying becomes easier the more you do it.

Write a prayer and you might like to share it at home.



Loving God,

Amen