

## **St Peter's Pastoral telephone support**

*Read through these tips and pray before you begin, asking God to enable you to be positive, attentive, astute and as joyful as appropriate for the conversation.*

*Thank you so much for reaching out to our community.*

### **We can talk...**

- Listen to how they are feeling and what they are concerned about,
- Ask about the people they love,
- Chat about the small blessings each other have witnessed or experienced,
- Be open to listening (within reason) to people wanting to offload about more tricky things; financial worries, relationship struggles, spiritual big questions...

### **We can pray...**

Ask: Can I pray for you?

- Yes please - Set prayers to read out are on the second page – The Lord's prayer could be prayed with folk together. Others you can suggest the person says 'Amen' at the end if they agree with it. You can also offer to pray extempore for specifics they've mentioned eg people, needs, thanksgiving, feelings, thoughts.
- No thank you - would you like me to pray for you later about anything? Would you like me to add that to our list for our prayer team to pray for?

### **We can offer to...**

Collect shopping and bring the receipt back, collect prescriptions, take letters to the post box. (encouragement for the less electronically connected)

### **We can provide...**

- **Local phone numbers** for; hug-a-mug foodbank 0151 909 3452 (local emergency food parcel), Salvation Army support line 0151 252 6130,
- **Supermarket special provisions; Tesco** (*excludes express stores*)- Monday, Wednesday and Friday morning between 9-10am; **Sainsbury's** - NHS ID holders Monday to Saturday 07:30 - 08:00, Elderly, carers & disabled customers Monday, Wednesday & Friday 8 – 9am; **Morrisons** NHS badge holders 7 - 8am Mon-Sat and the café has become a takeaway service.
- **Additional contact numbers;** South Liverpool Debt Centre 0800 328 0006 St Andrew's Debt Advice 0151 226 3406, Premier lifeline open 9am-midnight 0300 111 0101

## **Prayers**

### **The Lord's Prayer**

Our Father in heaven, hallowed be your name.

Your kingdom come, your will be done,

On earth as it is in heaven.

Give us this day our daily bread,

And 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 forever,

Amen.

### **Prayers for peace** (from Lifewords 2009)

John 14:27 Jesus said: I am leaving you with a gift – peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.

God, send your peace. Peace to this world, peace to this country. Peace for our friends and our community. Peace for **N**'s family and his/her loved ones.

God, give us your peace, and then help us to give it away. Amen.

Dear God, **N**s mind is restless and his/her heart is troubled. She/he is worried, stressed and fearful. Send him/her the peace you promised, and take away his/her fear. Amen.

### **Prayer for family** (from Lifewords 2009)

God, we place **N**s family in your hands, we trust them to your safekeeping. Protect them, guard them, watch over them. Bless them, God, and care for all their needs. Amen.

### **Prayer for healing** (from Lifewords 2009)

Psalm 34:17-18 When his people pray for help, he listens and rescues them from their troubles. The Lord is there to rescue all who are discouraged and have given up hope.

Exodus 15:26 I am the Lord who heals you

Lord, bring healing, wholeness of heart, mind and body to **N**. Restore strength and renew hope. In your mercy, Lord, deliver **N**. Amen.

### **Prayer for provision** (from Lifewords 2009)

Dear Father,

Thank you that you already know what **N** needs. Thank you that you love to give good gifts to your children. Please provide for **N** and for those she/he loves. And let him/her not lack for anything. Amen.

### **A prayer for more faith** (from Lifewords 2009)

Hebrews 11:6 Anyone who comes to God must believe

Dear God, Thank you that you do not require us to know all the answers.

Thank you that you reward those that earnestly seek you.

God **N** wants more faith, help him/her to believe. Amen

### **The Serenity Prayer**

God grant us the serenity to accept the things we cannot change;  
courage to change the things we can; and wisdom to know the difference.

Living one day at a time; enjoying one moment at a time;

Accepting hardships as the pathway to peace;

Taking, as Jesus did, this sinful world as it is, not as we would have it;

Trusting that He will make all things right if we surrender to His Will;

That we may be reasonably happy in this life and supremely happy with Jesus forever in the next.

Amen.

### **Acknowledgement**

*Selected prayers are from Lifewords publications who have a range of prayer resources on their website [www.lifewords.global](http://www.lifewords.global)*