



CHRIST
PRESBYTERIAN CHURCH

6565 E. BROADWAY • TUCSON, ARIZONA 85710

JOIN US FOR A WORSHIP SERIES

PRAYERS OF THE WORLD

JANUARY 2026

Sunday
Mornings

EXPLORE VARIOUS
PRAYERS AS WE GROW IN
OUR FAITH

WORSHIP TIMES:

8:30 a.m.

10:45 a.m.

**CHRIST
PRESBYTERIAN
CHURCH**

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Tucson, AZ 85710

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Reflections...



A note from Pastor Steve...

Thank you for joining me and our congregation in a journey of faith through prayers from around the world. In my own prayer life I find that sometimes my prayers flow freely and the connection with God is so evident.

Sometimes my prayers flow freely, but the connection to God, is, well, lacking. Sometimes, my prayers are requests or thank-you's; sometimes my prayers are simply quiet, no words, just presence. Sometimes my prayers are for others; sometimes they are just about me.

And sometimes, I want to pray, and just don't know how, what to say or what to think, ask, or thank. I just can't pray on my own. So, I use prayers that others have put together. My first go-to prayer, is of course, the Lord's Prayer. I pray it over again several times. And sometimes, I change the "our" to "my." "Our Father," to "my Father." While I appreciate the "our," the sense that others pray this prayer, too. I more deeply appreciate Jesus' help in teaching me to pray... just me and God.

In preparing for January 2026's worship theme, I have come to deeply appreciate the prayers of others. I have studied Christian prayers from lots of different people through lots of different eras. And, I have used prayers from other faith traditions. I have discovered God in all of them, revealing Godself in so many ways. And in so doing, I have deepened my relationship with God through Jesus, my Lord and Savior, the Messiah of all creation.

And now, I pray this prayer booklet will help you do the same. I have included prayers that I have been using in preparing for this worship theme, and I have left space for you... to add prayers that you find from others, and space for your own prayers. I encourage you to use this booklet in a regular practice of prayer, praying that you, too, will come closer to God, especially through Jesus, your Lord and Savior, the Messiah of the creation.

Let us pray...

The Lord's Prayer

Luke 11:1-4 and Matthew 6:5-15
(used Sunday, January 4, 2026)

Our Father who art in heaven; hallowed be thy name.
Thy kingdom come, thy will be done,
On earth as it is in heaven.
Give us this day our daily bread;
And forgive us our debts, as we forgive our debtors;
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power and the glory,
Forever. AMEN

Our Father who art in heaven; hallowed be thy name.
Thy kingdom come, thy 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.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power and the glory,
Forever. AMEN

My Father....



St. Francis of Assisi (c. 1182–1226) was an Italian Catholic friar and mystic who renounced a wealthy, carefree youth for a life of radical poverty, preaching, and service to the poor and sick, founding the Franciscan Order; he's famous for his love of nature, inspiring the Franciscan nuns (Poor Clares), receiving the stigmata, and becoming a patron saint of ecology and animals.

Prayer of St Francis

(used Sunday, January 11, 2026)

Lord, make me an instrument of your peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O Divine Master,
grant that I may not so much seek to be consoled
as to console;
to be understood, as to understand;
to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to Eternal Life.

Bodhisattva Prayer for Humanity

(used Sunday, January 11, 2026)

***“May I be a guard for those who need protection
A guide for those on the path
A boat, a raft, a bridge for those who wish to cross
the flood
May I be a lamp in the darkness
A resting place for the weary
A healing medicine for all who are sick
A vase of plenty, a tree of miracles
And for the boundless multitudes of living beings
May I bring sustenance and awakening
Enduring like the earth and sky
Until all beings are freed from sorrow
And all are awakened.”***

This is a prayer the Dalai Lama uses daily in his morning prayer in the Buddhist tradition. It comes from Shantideva, an Indian Buddhist sage around 700 A.D.

A Bodhisattva is a noun, (pronounced Bode-Satve) {notice how close satva is to salve). This is believed to be a person who has reached Nirvana but delays doing so out of compassion in order to save suffering beings.

In Buddhism, Nirvana (or *Nibbana*) is the ultimate spiritual goal: a transcendent state of liberation, peace, and enlightenment achieved by extinguishing the "fires" of greed, hatred, and delusion, thus ending suffering (*dukkha*) and the cycle of rebirth (*samsara*). It's not a place, but a state of being characterized by pure awareness, freedom from attachment, and profound spiritual joy, often described as "blowing out" the flame of desire, similar to a candle going out.

Muhammad's Prayer of Light

(used Sunday, January 11, 2026)

O God,
Give me light in my heart
And light in my tongue
And light in my hearing
And light in my sight
And light in my feeling
And light in all body
And light before me
And light behind me.

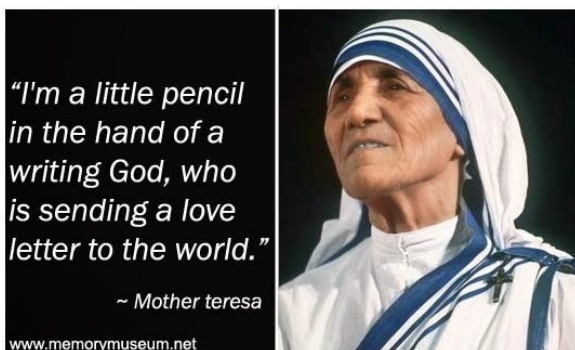
Give me, I pray,
Light on my right hand
And light on my left hand
And light above me
And light beneath me.

O God, increase light within me
And give me light
And illuminate me.

Muhammad (c. 570–632 CE) was the Arab prophet, founder, and central figure of Islam, born in Mecca, who is said to have received divine revelations from Allah (God) via the Archangel Gabriel, which form the Quran, Islam's holy book. In Islam he is considered the final prophet, restoring the pure monotheistic faith of earlier prophets like Abraham, Moses, and Jesus, and his teachings and example (Sunnah) guide Muslims, unifying Arabia under Islam. He is believed to be descended from Abraham through the mother Hagar, the handmaid of Sarah. Hagar bore to Abraham the son, Ishmael. It is this lineage that is traced in the Muslim tradition. Christians trace their tradition through Abraham and Sarah's son, Isaac.

Mother Teresa's Fragrant Prayer

(used Sunday, January 11, 2026)



Dear Jesus, help me to spread Your fragrance everywhere I go.
Flood my soul with Your spirit and life.
Penetrate and possess my whole being so utterly,
That my life may only be a radiance of Yours.

Shine through me, and be so in me
That every soul I come in contact with
May feel Your presence in my soul.
Let them look up and see no longer me, but only Jesus!

Stay with me and then I shall begin to shine as You shine,
So to shine as to be a light to others;
The light, O Jesus will be all from You; none of it will be mine;
It will be you, shining on others through me.

Let me thus praise You the way You love best,
by shining on those around me.
Let me preach You without preaching,
not by words but by my example,
By the catching force of the sympathetic influence of what I do,
The evident fullness of the love my heart bears to You.

Reflections...

Prayers of Dr. Martin Luther King, Jr.

Most gracious and all wise God, before whose face the generations rise and fall; Thou in whom we live, and move, and have our being. We thank thee [for] all of thy good and gracious gifts, for life and for health; for food and for raiment; for the beauties of nature and human nature. We come before thee painfully aware of our inadequacies and shortcomings. We realize that we stand surrounded with the mountains of love and we deliberately dwell in the valley of hate. We stand amid the forces of truth and deliberately lie. We are forever offered the high road and yet we choose to travel the low road. For these sins O God forgive. Break the spell of that which blinds our minds. Purify our hearts that we may see thee. O God in these turbulent days when fear and doubt are mounting high give us broad visions, penetrating eyes, and power of endurance. Help us to work with renewed vigor for a warless world, for a better distribution of wealth and for a brother/sisterhood that transcends race or color. In the name and spirit of Jesus we pray. Amen.

Lord, I am here taking a stand for what I believe is right. But now I am afraid. The people are looking to me for leadership, and if I stand before them without strength and courage, they too will falter. I am at the end of my powers. I have nothing left. I've come to the point where I can't face it alone.

(After receiving a telephone call from a white racist who threatened his life, his home, and his family, King said this prayer in the kitchen of his residence in Montgomery, Ala., on January 28, 1956.)

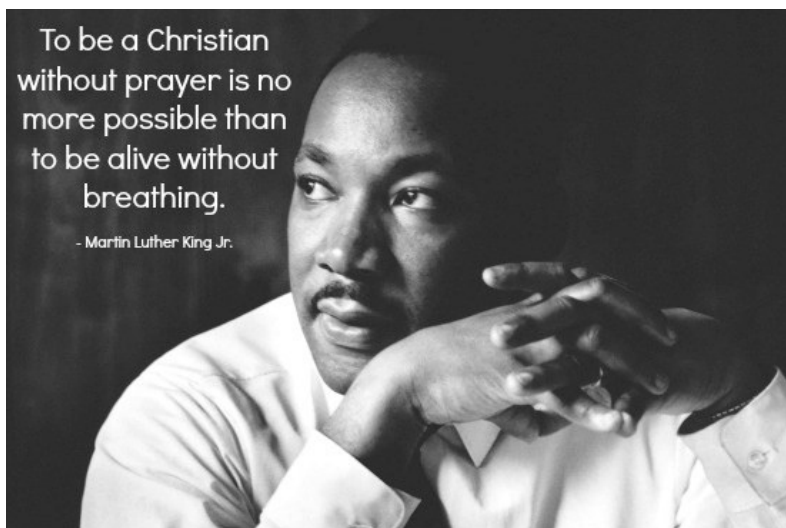
God remove all bitterness from my heart
and give me the strength and courage to
face any disaster that comes my way.

used Sunday, January 18, 2026

Prayers of Dr. Martin Luther King, Jr.

Dearest Jesus, come and sit with us today. Show us the lies that are still embedded in the soul of America's consciousness. Unmask the untruths we have made our best friends. For they seek our destruction. And we are being destroyed, Lord. Reveal the ways the lies have distorted and destroyed our relationships. They break your shalom . . . daily. Jesus, give us courage to embrace the truth about ourselves and you and our world. Truth: We are all made in your image. Truth: You are God; we are not. You are God; money is not. You are God; jails, bombs and bullets are not.

And Jesus, give us faith to believe: Redemption of people, relationships, communities and whole nations is possible! Give us faith enough to renounce the lies and tear down the walls that separate us with our hands, with our feet, and with our votes!



O God, make us willing to do your will, come what may. Increase the number of persons of good will and moral sensitivity. Give us renewed confidence in nonviolence and the way of love as taught by Christ. Amen.

St. Patrick (c. 387–461 AD) was a 5th-century Romano-British Christian missionary and bishop, known as the "Apostle of Ireland," who played a pivotal role in converting pagan Ireland to Christianity after being kidnapped and enslaved there as a youth. After escaping and returning to Britain, he felt called by God to go back, establishing churches, ordaining priests, and famously using the shamrock to explain the Holy Trinity, becoming Ireland's primary patron saint. (used Sunday, January 25, 2026) This is an annotated version of his Loricæ)

I arise today
Through a mighty strength, the invocation of the Trinity
Through belief in the threeness
Through confession of the Oneness
Towards the creator.

I arise today
Through the strength of Christ with his baptism,
Through the strength of his crucifixion with his burial,
Through the strength of his resurrection with his ascension
Through the strength of his decent for the Judgement of doom.

I arise today
Through God's strength to pilot me:
God's might to uphold me,
God's wisdom to guide me
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's host to secure me
against snares of devils
against temptations of vices
against inclinations of nature
against everyone who shall wish me ill,
afar and anear,
alone and in a crowd.



Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left
Christ where I lie, Christ where I sit, Christ where I arise
Christ in the heart of every man who thinks of me,
Christ in the mouth of every man who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the Thrones,
Through confession of the Oneness
Towards the Creator.

Salvation is of the Lord
Salvation is of the Lord
Salvation is of Christ
May thy salvation, O Lord, be ever with us.

Thomas Merton (1915-1968) was a famous American Trappist monk, writer, poet, mystic, and social critic known for his spiritual autobiography The Seven Storey Mountain. He became a leading voice in 20th-century spirituality, advocating for interfaith dialogue (especially with Eastern religions) and social justice during the Civil Rights Movement and Vietnam War, challenging conventional religious and social norms from his monastery in Kentucky.

“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore will I trust you always, though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.”

From Thoughts in Solitude

St. Teresa of Ávila

(used January 25, 2026)

Govern everything by your wisdom,
o Lord,
so that my soul may always be serving you
In the way you will
And not as I choose.
Let me die to myself
so that I may serve you;
Let me live as to you who are life itself.

Amen.

Saint Teresa of Ávila (1515-1582) was a Spanish Carmelite nun, a major mystic, and a key figure in the Catholic Reformation, renowned for her profound spiritual experiences, writings on contemplative prayer like The Interior Castle, and her successful reform of the Carmelite Order to return to stricter, more contemplative roots, establishing numerous new convents despite opposition. She became one of the first two women declared a Doctor of the Church, recognized for her theological depth and spiritual guidance.

Reflections...

A prayer of St. Ethelwold (c.904-984 a.d.)

May God the Father bless us,
May Christ take care of us,
The Holy Ghost enlighten us all the days of our life.
The Lord be our defender and keeper of body and soul,
Both now and forever, to the ages of ages.



Let this cup pass from me, yet, not my
will, but yours be done...

Father, forgive them,
they don't know what they are doing...

Into your hands I commit my Spirit ...

Jesus of Nazareth

Thanks be to thee, my Lord Jesus Christ,
For all the benefits thou hast won for me,
For all the pains and insults thou hast borne for me.
O most merciful Redeemer, Friend, Brother,
May I know thee more clearly,
Love thee more dearly,
And follow thee more nearly:
For ever and ever. AMEN

St. Richard of Chichester (c.1197-1253)
(reportedly prayed just before he died)

Martin Luther 1483-1546
Leader of the Protestant Reformation

Behold, Lord, an empty vessel that needs to be filled. My Lord, fill it. I am weak in faith; strengthen thou me. I am cold in love; warm me and make me fervent that my love may out to my neighbor. I do not have a strong and firm faith; at times I doubt and am unable to trust thee altogether. O Lord, help me. Strengthen my faith and trust in thee. In thee I have sealed the treasures of all I have. I am poor; Thou art rich and didst come to be merciful to the poor. I am a sinner; Thou art upright. With me there is an abundance of sin; In Thee is the fullness of righteousness. Therefore, I will remain with Thee of who I can receive, but to whom I may not give. AMEN

By John Wesley (1703-1791)
(founder of the Methodist Church)

O God, seeing as there is in Christ Jesus an infinite fullness of all that we can want or desire, may we all receive from him, grace upon grace; grace to pardon our sins and subdue our iniquities; to justify our persons and to sanctify our souls; and to complete that holy change, that renewal of our hearts, which will enable us to be transformed into the blessed image in which you created us. O make us acceptable to be partakers of the inheritance of your saints in light. AMEN

May all beings be peaceful.
May all beings be happy.
May all beings be safe.
May all beings awaken to the light of their true nature.
May all beings be free.

The Metta Prayer (Loving-Kindness Prayer) is a Buddhist practice for cultivating unconditional love and compassion, traditionally starting with oneself and radiating outward to all beings.

A Native American Prayer

Oh, Great Spirit,
Whose voice I hear in the winds
and whose breath gives life to all the world.
Hear me! I need your strength and wisdom.
Let me walk in beauty, and make my eyes
ever hold the red and purple sunset.
Make my hands respect the things you have made
and my ears sharp to hear your voice.
Make me wise so that I may understand
the things you have taught my people.
Let me learn the lessons you have hidden
in every leaf and rock.

Help me remain calm and strong in the
face of all that comes towards me.
Help me find compassion without
empathy overwhelming me.
I seek strength, not to be greater than my brother,
but to fight my greatest enemy: myself.
Make me always ready to come to you
with clean hands and straight eyes.
So when life fades, as the fading sunset,
my spirit may come to you without shame.

- *Translated by Lakota Sioux Chief Yellow Lark in 1887*

God, be merciful to me, a sinner!

A Tax Collector, Luke 18:13

“Jesus, Remember me when you come into your kingdom.”

A criminal on the cross next to Jesus

Loving Lord and heavenly Father, I offer up today all that I am, all that I have, all that I do, and all that I suffer, to be Yours today and Yours forever. Give me grace, Lord, to do all that I know of Your holy will. Purify my heart, sanctify my thinking, correct my desires. Teach me, in all of today's work and trouble and joy, to respond with honest praise, simple trust, and instant obedience, that my life may be in truth a living sacrifice, by the power of Your Holy Spirit and in the name of Your Son Jesus Christ, my Master and my all. Amen.

Elisabeth Elliott (1926-2015)

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.

You have given all to me.
To you, Lord, I return it.

Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.

St. Ignatius of Loyola (1491-1556)

These last pages are for you...

Use them for your own notes...

... for inserting prayers you find from others...

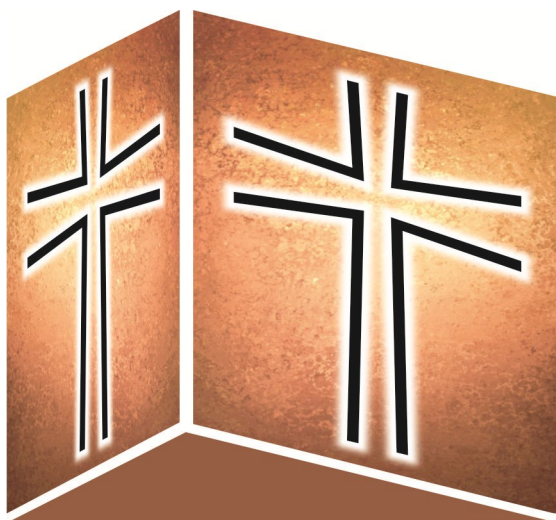
... for prayers you write on your own...

... perhaps draw something and let that be your prayer

... or write one word or a few words and reflect on them

... or... you decide...

Let us Pray....



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