**Prayers for help in times of trouble:**

1. God of the present moment,

God who in Jesus stills the storm

and soothes the frantic heart;

bring hope and courage to all

who wait or work in uncertainty.

Bring hope that you will make them the equal

of whatever lies ahead.

Bring them courage to endure what cannot be avoided,

for your will is health and wholeness;

you are God, and we need you. Amen.

*Adapted from New Zealand Prayer Book, p. 765*

1. When evil darkens our world, give us light.

When despair numbs our souls, give us hope.

When we stumble and fall, lift us up.

When doubts assail us, give us faith.

When nothing seems sure, give us trust.

When ideals fade, give us vision.

When we lose our way, be our guide, that we may find serenity in your presence, and purpose in doing Your will. Amen.

John D. Rayner

1. Merciful God, you are my guide, the joy of my heart, the author of my hope, and the object of my love. I come seeking refreshment and peace. Show me your mercy, relieve my fears and anxieties, and grant me a quiet mind and an expectant heart, that by the assurance of your presence I may learn to abide in you, who is my Lord and my God. Amen.

*A prayer “For Serenity” from Grace Cathedral, San Francisco.*