

# Magnus Church of England Academy



## Prayer Book

Written by staff and students at Magnus Church of England Academy

*'And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for the Lord's people.' - Ephesians 6:18*

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# Introduction to Prayer

## This Book

Together with students and staff, Magnus Academy have put together this prayer book. Inside are prayers for all kinds situations and other ways to pray. We hope you enjoy this prayer book and are able to find comfort and wisdom in it. This book is only a starting point to aid you in ways of praying and things we can pray for. We pray that this will be a springboard for your own prayer life.

**- Chaplain, Megane Ranger**

## What is Prayer?

Let's start with what prayer isn't. Prayer isn't having fancy words or a pre-planned shopping lists of requests. Prayer isn't something that just vicars or super religious people do. Prayer isn't boring. Prayer isn't just wishful thinking. Prayer isn't a vending machine interaction.

Prayer is being able to talk to God, the Creator, about what is happening in your life. Prayer is joyful and something that people are a lot better at than we often think! Prayer instills hope. Prayer ignites a peace beyond human understanding. Prayer is having that open conversation with God about how you're feeling, about good things and bad things. Just like you would need to talk to your friends in order to have a friendship with them, people talk to God in order to grow in their friendship with Him.

If you have never prayed before, you can start by just telling God about your day. What things are you hoping for? What things are you fearful of? Is there anything you want help with? Nothing you say will shock God, He already knows! But loves it when we share with Him.



## Ways of praying:

- Journaling or writing a letter to God
- Get creative! You might draw, paint or dance out how you are feeling or what you are thinking
- With other people or by yourself
- Praying through worship songs
- Following other people's prayers (e.g. Ignatius' Prayers)
- Crying or shouting
- Speaking out loud or in your head

## The Lord's Prayer

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
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 for ever.  
Amen.

## Did you know?

Amen means "so be it", as found in the early scriptures of the Bible is a word of Hebrew origin. So when we say 'Amen' at the end of a prayer, we are saying 'We agree!' or 'Let it be so'.

# School

Holy Spirit, thank you for enrichment lessons and for all the incredible skills and experiences we gain from them. Thank you for the many unique individuals and gifts that are gathered in this cool family. Please allow us to see ourselves and each other through your eyes and with your heart. Amen.

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Lord, would you protect the welfare of our children? Give those involved in dealing with safeguarding issues the courage and resilience to do their work. Protect those who suffer with violent situations and change their lives for the better. Help us to have open eyes and ears to see and hear what is going on, and give us the strength to make a difference. Amen.

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Dear God, we pray that one day, both parents and students will want to be involved, share the vision of the school and go out of their way to promote Magnus' vision and values. We pray that parents and students will have high aspirations of what they can achieve and where they want to go. We ask that community perceptions of Magnus will genuinely and permanently change for the better. Amen.

*'I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.' – Psalm 32:8*





*'I can do all things through Him who strengthens me.' – Philippians 4:12*

*'I instruct you in the way of wisdom and lead you along straight paths.' – Proverbs 4:11*

Lord, as we are sat here in this classroom, we ask for your help throughout this day. We thank you for the teachers who spend their time investing in us. Thank you for the teachers who give up so much time and energy for us every day. They have to wake up early in the morning to teach us even when some of them live far away. Thank you for their selflessness and how they give up their free time to teach us and talk to us. They help us achieve our goals and we are very thankful for that. Thank you for the teachers who carry compassion and who are flexible whilst recovery is taking place; you know these people are precious and valuable and good. Amen.

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Dear God, forgive us for missing deadlines and help us to remember everything that we need to do next week. Help us to show the Magnus values more in every aspect of our lives. Help everyone to find purpose in every day, to avoid getting stuck in the day-in-day-out mind-set of school. Bless us with wisdom to understand their lessons quickly. Amen.

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We pray for safe places for young people to go and enjoy their free time. We pray for full childhoods and adolescence that prepare young people for the future well. We pray these will be times that they look back on and are proud of and have enjoyed. Amen.

# Exams

## Exams

Lord, thank you for the opportunity to take these exams. Thank you for the opportunities that the results of these exams will bring. May this be a time of hope and excitement of what is to come rather than a time of fear and dread. We pray against the pressure of failing. Please help us to remember that our identity is not in grades but being made and loved by you. Would you turn any fear of exams into motivation to revise and prepare effectively for them? Amen.

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Dear God, please help those who are taking exams right now. Help students to achieve the grades they need to go into what you want them to do and to fulfil the dreams they have. Bless them with determination to get through every exam and to keep going strong until the end. We pray that they will have more than enough time to finish every question. May they know your presence as they go home and prepare for the next exam. Please protect their sleep from anxiety and fear. Amen.

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Holy Spirit, we ask that you will keep students healthy during this exam season. We pray against all illnesses that might distract them from being able to revise and complete their exams. We pray for all anxiety to go away and for the exam room to be a place of peace where it is easy to concentrate and get through the questions. Amen.

***'So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.' - Isaiah 41:10***



***'Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.'** - James 1:12*

***'Stand firm, and you will win life.'** - Luke 21:19*

### **Revision**

Holy Spirit, please will you help students to understand and remember the new things that they are taught every day. Thank you for all the work that teachers put into their lessons and in supporting students to achieve all they can do. Lord, would you help students with motivation, ambition and determination to achieve immeasurably more than they thought they ever could. We ask for especially focussed minds in those who are in exam years. Amen.

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Lord, thank you for knowing us and loving us completely no matter how well we do in these exams. Please give us peace of mind as we prepare for this time of study. Help us to focus on our books and notes, keep us from all distractions so that we will make the best use of this available time. Give us insight that we might understand what we are studying, and help us to remember it when the time comes. Above all, thank you for the ability to be able to study and for the many gifts and talents you have given us. Help us to always use them in such a way that they honour you and do justice to ourselves. Amen

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Lord, we pray that Magnus will receive the external validation that will help the community mindset shift. We pray that Magnus will be granted the status that best reflects the hard work that both students and teachers have put in. May Magnus become so popular students will be bussed in if that is your will. Amen.



# Friendships

Holy Spirit, we thank you that there are always people around to build community with. Thank you for friendships and for the joy they bring! May they grow to be more and more strong. We pray that people will be able to disagree well and that this wouldn't lead to a breakdown in relationships. Spirit, we pray that this school would be known for not having gossiping but be a place where we're constantly building each other up and encouraging one another. Amen.

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Dear Lord, teach me to love others the way you first loved me. As I build relationships with others, let them see you in the extent of my generosity, the authenticity of my kindness, and the depths of my love. All of those things are only possible through you, the God who abides with me and calls me friend. Amen.

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Holy Spirit, we ask for deep, kingdom friendships that are honest and allow for us to be more like you. We pray that we will build each other up and encourage one another. Would you bless every friendship here at school with loyalty, faithfulness and grit together through life? We pray for lifelong friendships to find their foundation at this school. Amen.

***'Better is open rebuke than hidden love. Wounds from a friend can be trusted, but an enemy multiplies kisses.' – Proverbs 27:5-6***

***'As iron sharpens iron, so one person sharpens another.' - Proverbs 27:17***



*'My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.'* – John 15:12-15





# Family

Lord, we know that families can be really difficult. Ultimately, family is there to reflect your heavenly family. We pray against any schemes of the enemy that might be working against family units would stop in your name, Jesus. We lift up to you families who aren't getting along right now. Spirit, we pray that you would help them to reconcile and to treat each other with love. Amen.

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Father in Heaven, we thank you that you relate to us as a father. You are our good Father who delights to give his children good gifts. You are the father who runs after his lost children — whether we run away from you or we try to earn your favour by our good deeds. Show us the kind ways how you parent us — how you surround us like a house, how you shelter us under the shadow of your wings. Show us your intimate care as we care for our own families today.

Today, we confess our worries from yesterday. We confess all the ways specifically we've let the cares, concerns, and opinions of others shape how we respond to our families, our closest neighbours. Forgive us, Father, for the ways we've used spouses, friends, children, relatives, to make us feel seen and worthy. Forgive us for looking to our roles — as parent, spouse, friend, colleague — to define if we're worthy of love and belonging. Thank you, Father, that even in our mess you see us. Even in our sadness, grief, fear, doubts, and ways where we forget you, you call us your beloved child. Amen.

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Heavenly Father, please shine your light upon my family. Give us strength to overcome all of the difficulties that we are dealing with now and protect us against any and all problems we may encounter in the future. O Lord, please bring us together as we are meant to be. May the love that binds us only grow stronger as we fulfil the destiny you have laid out for us. Grant my family forgiveness for any sins we have committed. May we also forgive one another Lord, as it is sometimes difficult to do. Bless us Lord. In your name I pray, Amen.



*'Love is patient, love is kind. It does not envy,  
it does not boast, it is not proud. It does not  
dishonour others, it is not self-seeking, it is not  
easily angered, it keeps no record of wrongs.  
Love does not delight in evil but rejoices with the  
truth. It always protects, always trusts, always  
hopes, always perseveres.'*  
*- 1 Corinthians 13:4-7*

# Illness & Loss

Holy spirit, we pray for those in our families who are ill. We ask that you will comfort them when they are feeling sad and low. Would they know that they have not let us down? God, we pray for healing and that they would know your healing hand. We trust you and know that you have a plan for every life, even if it's not what we expect. Help us to trust you. Amen.

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Father above, please be with the families of those who have illnesses. It's such a scary time and one of confusion. We pray that they will receive emotional healing and the right respite. We thank you for the nurses and doctors in the hospitals because of the amount they do and for how they look after people. We thank you for how medicine has developed and ask that you'll help develop the right medicines. We pray that hospitals will be places where people will know your presence and be able to lean on you. Amen.

*'I have seen their ways, but I will heal them; I will guide them and restore comfort to Israel's mourners, creating praise on their lips. Peace, peace, to those far and near,' says the LORD. "And I will heal them.'*  
- Isaiah 57:18-19

*'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away.'*  
- Revelations 21:4

*'LORD, be gracious to us; we long for you. Be our strength every morning, our salvation in time of distress.' - Isaiah 33:2*

*'Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait on the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.'*  
– Isaiah 40:30-31

Dear Jesus, we pray for those in our school and town who are struggling with mental health illnesses. We pray that they will receive the help, support and services that they need in a timely manner. We pray that you will bring a stop to depression and self-harm. We pray that they will know that they are not alone and that there is always someone here willing to listen. Amen.

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Father God, we pray for those who have cancer. We ask that you would comfort them and take away some of the pain. We pray for the doctors who have to make hard decisions. Bless them with wisdom and insight to do what is best. We trust that you are good and have a plan for good but please draw near and let them know your presence . Amen.

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God of peace and mercy, we pray for those who are dealing with the grief of losing a loved one. Thank you for the memories they have had and lives they have lived. We pray for those who have unanswered questions and such a sense of loss. Lord, give them space and time to feel these emotions, to cry and to express their loss. Would you bring emotional healing in this time? Hold them close, by your Spirit. Amen.



# Conflict

Lord, please bring peace to war-torn countries. Help world leaders to make good decisions and find ways to try and end conflict and to save this world for future generations to enjoy. We pray for peace of mind for families, for politicians, for people on the front line. May they work for the good of those around them. Please draw near to them. Amen.

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Dear God, we pray for our world leaders as they grapple with the complexities of our world. Grant them the wisdom and resolve to explore every possible solution; to uncover and address the underlying causes of conflict. We pray that the interests of all humanity especially those who are most weak and vulnerable will be placed above any economic or political agenda. And as we recognise that the peace for which we strive for will never be accomplished through human endeavour alone, may it cause each of us to turn our face afresh to your Kingdom and your purposes. In the name of Jesus Christ our Lord we pray. Amen.

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Spirit, thank you for making us so different to one another. Help us to celebrate diversity and to live in peace with one another. Lord, we pray that we would be able to disagree well with one another. That conflict wouldn't lead to relationship breakdown but that, with your Spirit of reconciliation, friendships could be formed and grown from doing conflict well. Amen.

***'Bear with each other and forgive one another if any you has a grievance against someone. Forgive as the Lord forgave you.'** – Colossians 3:13*

***'But I say to you who hear, love your enemies, do good to those who hate you.'** – Luke 6:27*



# Environment

*'Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?' – Matthew 6:26*

Lord, we thank you for creation. We thank you for the beautiful mountains and oceans. Thank you for all the different places we can travel to and visit. Thank you for the air we breathe. Thank you for variety of living things on this earth and for how fascinating they are and for how well they work together. All of these things bring such life and hope. Help us to enjoy them fully and to take care of them as best we can. Amen.

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Dear God, we are sorry for how we have treated the planet and the habits we've got into for our own comfort. Help us to be more considerate and mindful of the resources we have so that people are more frugal in their usage and more generous in sharing and giving to those who are less fortunate. We're sorry for the rapid destruction of land, deforestation, the loss of habitat and waste in the oceans. Please help society change at every level to preserve the earth, not only for us and nature now but for future generations. Amen.

*'And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth."' – Genesis 1:28*



# Community

Holy Spirit, we pray for equality between all of society. Bring healing to the fractures in society. Reveal truth. Bless us so we can bless those around us and live generously. Please build the confidence of those who have been bullied. We pray that our school will be a place where bullying happens less and less. A place where people feel safe and supported and where they can be their whole selves. Amen.

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Dear God, thank you for blessing us with this Magnus family from staff, to students, parents and governors and anybody else associated. Please give us strength and good health, let us continue to thrive and develop with our school, and reap the rewards of our collective efforts. We thank you for family dining and for the amazing food we get to share together. Lord, we pray for those who don't have enough food. Would you somehow make the food they do have go further and be nutritious for them? Amen.

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Dear God, thank you for all the kind people in Newark who help others and how it is changing for the better. Thank you for free education; may we not take it for granted. Thank you for letting us live in a safe country. We thank you for the police and for how they protect us. We pray you protect them and for real insight into the situation they find themselves in. Be with their families as they are being brave for the rest of us. Amen.

*'I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought.' – 1 Corinthians 1:10*



*'For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.'* – Romans 12:4-5

*'How good and pleasant it is when God's people live together in unity!'* – Psalm 133:1





# Personal Development

Holy Spirit, please work with us to keep growing in who we are. Help us to be people of good character who are passionate about what we do. Forgive us for our wrongdoings and decisions. We are sorry for taking things and people for granted, help us to be thankful in the moment. Amen.

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Lord Jesus, forgive us for our behaviour not only in school but also outside of school. Forgive us for all the arguments and fights we have and also for all of the violence in this society. Forgive us for focusing on what we have not got and help us to focus more on the things we have got and to be grateful for them. Please forgive us for the things that we have done that are not your best for us. Help us to focus on the fact that you were willing to die for us. Amen.

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Dear God, there are things we are scared of and that stop us from doing things. Would you help us with our fears and weaknesses? We know that we need to release our problems into your hands and trust in your promises for our lives. Forgive us for losing perspective. We have so much to be grateful for — more than many. Amen.

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God, sometimes we find it really hard to be patient. Would you show us the benefit of it and to have a larger perspective on things that happen? We pray that we will reflect you more and more by being more and more creative, whether that's with spreadsheets, drawing, dancing or anything else! Help us not to judge each other but let our first reaction be to love and accept. Help us to call out the 'gold' in people that makes them unique. Amen.



*'For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God.'* – Colossians 1:9-10

*'When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.'*  
– 1 Corinthians 13:11-12

# Future & Decisions

Dear God, we pray that our students and staff will make the most of the windows of opportunities presented to them. We ask for courage to take these opportunities and for wisdom to know which ones are right for them. Please guide us on the path you have for them that is full of life and goodness. Help people discover the gifts you've given them, the personalities that they have, the joys and dislikes, the passions and desires. Help us to feel confident in who we are and to live out the calling you have placed on our lives. Amen.

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Father God, thank you for education and the teachers who come into our school to help us as we grow in our tracks of life, as we grow to be more independent. Thank you for those who guide us in life: our family, our friends, peers and teachers because they are the ones who help us take the right paths in life. Thank you for helping them help us to grow in character and not only knowledge. We pray for those who have hard decisions to make. Bless them with peace, wisdom and insight to make the best decision they can. Quiet the voices that need to have less power and highlight the next step they need to take. Amen.

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Holy Spirit, thank you for standing with us through everything. Help us to lean on you to make decisions. We're sorry for when we make bad decisions. We don't always mean to do it, give us forgiveness for those things. Help us to always find our light in the darkness; the light will bring us hope, love and strength to continue. Amen.

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Dear Jesus, we thank you for the fantastic students we have here at Magnus. Please ensure that the summer exams provide all students with what they need to take the next step in their lives and provide them with the determination and ambition to achieve. We pray that students will leave with the skills, understanding and belief that they can achieve incredible things. Would they place no limits upon their achievements and know that they can always access support when they need it? Amen.

*'Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.'*  
– Deuteronomy 31:6



*'For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you future and a hope.'* – Jeremiah 29:11

*'Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'* – Matthew 11:28-30



