

# *Exploring prayer*



St Aidan's Uniting Church  
26<sup>th</sup> October 2025

## Call to Worship

We come to this place,  
to pause and reflect,  
to draw near –  
draw near to God and each other.

In this time of gathering,  
we come to hear God speak into our lives,  
and into our context today;  
we come to worship God.

## Prayers

As we come to our confession,  
I invite you to be still.

Breathe in deeply,  
breathe out, saying to yourself:  
let go, let God.

*Pause to allow space for breathing.*

Reflect on the week that has been:  
what is something that happened where you feel you fell  
short of God's hope for you?

What happened?

Who was hurt by your actions or inactions?

How do you feel about it?

*Pause*

Breathe in deeply,  
breathe out, saying to yourself:  
let go, let God.

*Pause to allow space for breathing.*

Imagine yourself bundling up that event  
and handing it over to God:  
Let go, let God.

*Pause*

Reflect on our wider society:  
what is something that happened where you are aware that  
we as a society have fallen short of God's hope for us?  
What happened?  
Who was hurt by the actions or inactions?  
How do you feel about it?

*Pause*

Breathe in deeply,  
breathe out, saying to yourself:  
let go, let God.

*Pause to allow space for breathing.*

Imagine yourself bundling up that event  
and handing it over to God:  
Let go, let God.

*Pause*

## Words of Assurance

Hear God's response to you:  
I have taken your pain, guilt, and shame;  
I am reaching out to embrace you in love;  
I will help you start again.

You are loved, you are forgiven:

**thanks be to God.**

## Prayer of Intercession

There has been plenty of items in the news this week.  
Take a moment to cast your mind around the news  
and see what is a piece of news that leaps out.  
It might be local, national, or international;  
don't think about why that news came to you,  
simply hold it.

Reflect on what you remember about that piece of news –  
who, what, when, where, how, why.

Pray for the people who were involved –  
the people featured in the article,  
and the people they represent in our society.

Pray for anyone hurt by that news –  
those mentioned who have been injured,  
the people they represent in wider society,  
the people for whom this news has triggered old pain.

Pray for the people who caused the news,  
especially when the cause was malicious  
or just out of stupidity;  
then pray for the people they represent.

Pray for the people who make a difference into that situation –  
first responders, professionals, volunteers who care.

Finally, pray for yourself and this community  
that when we are faced by people in trouble,  
we may learn to make a difference where we can.  
Amen.

## Benediction & Blessing

Let us go our from this place  
living our lives as a prayer,  
seeking to hear God in our lives  
every day and every place.

And go, knowing that God goes with you,  
Christ, our friend, leads us on the way  
and the Holy Spirit inspires our path.