

Prayers for Every Occasion: A Printable Collection

Welcome. These simple prayers are here for ordinary moments and difficult ones, offering a quiet place to turn towards God. Use the words as they are, or let them help you find your own.

A note on the Scripture: the verse summaries in this guide are plain-English paraphrases, not quotations from a particular Bible translation. Read each passage in your preferred Bible for its full wording and context.

waking up

God, thank you for the gift of this new day. Guide my choices and help me meet each person with patience, courage and kindness.

going to bed

God, thank you for carrying me through this day, in its joys and its challenges. Quiet my thoughts, restore my strength and hold me in your care as I rest.

before a meal

God, thank you for this food and for everyone whose care helped bring it to us. May it nourish us, and may we share generously with those in need.

giving thanks

God, thank you for the people, places and small kindnesses that have brightened my life. Keep my heart attentive to goodness, and teach me to pass it on with joy.

feeling anxious

God, meet me in this anxious moment and help me breathe slowly. Give me steadiness for what is in front of me, and remind me I do not have to face it alone.

Prayers for care and connection

in sickness

God, be near to me in sickness and ease what feels heavy today. Guide those who care for me, and give me comfort, patience and hope through each step of healing.

for a friend who is struggling

God, hold my friend close in the struggle they are facing. Send support, moments of relief and people who will listen well, and show me how to care without judgement.

before a difficult conversation

God, help me enter this conversation with honesty and a listening heart. Guide my words away from blame, and give us patience to seek understanding together.

before an exam or interview

God, steady my mind and help me remember what I have prepared. Whatever the outcome, give me confidence to do my best and grace to take the next step.

for family

God, bless my family with patience, care and room to grow. Help us speak with kindness, repair what is strained and share one another's joys and burdens.

Prayers for community and peace

for the church

God, guide the church in every place to serve with humility and love. Help us welcome our neighbours, care for those in need and work together for what is good.

for the nation

God, give wisdom and compassion to those who make decisions for our nation. Help communities act with fairness, listen across differences and protect the dignity of every person.

for peace

God, bring peace where fear and conflict have taken hold. Strengthen those working to protect life, restore trust and make a path towards a just and lasting peace.

when you have done wrong

God, I have done wrong and I am sorry. Help me take responsibility, make amends where I can and choose a more loving way forward.

for strength to forgive

God, give me strength to move towards forgiveness at a pace that is honest and safe. Help me seek wise support, release bitterness where I can and hold clear boundaries with care.

Prayers for change and reflection

in grief

God, be close to me in grief, when words may be hard to find. Give me space to remember, people who can sit beside me and strength for the next small step.

for guidance

God, I need guidance as I consider what comes next. Help me notice wise counsel, weigh my choices with care and take the next faithful step.

at the start of a new year

God, meet me at the beginning of this new year with hope and wisdom. Help me carry forward what is good, learn from what has passed and make room for the needs of others.

at a birthday

God, thank you for the life of the person we celebrate today. Bless them with love, encouragement and meaningful moments in the year ahead, and help them know how valued they are.

at the end of a hard day

God, thank you for staying with me through this hard day. Help me set down what I cannot solve tonight, receive the rest I need and begin again when morning comes.

A traditional prayer

The Lord's Prayer is found at Matthew 6:9-13. Its wording varies between Christian traditions; read the passage in your preferred Bible.