

When I feel like I have nothing left to give, Lord, take my weariness and emptiness and fill me with your strength. As the deer pants for the water, so my soul longs for You, God.

When I am tired and weary, raise me up on wings like eagles. Strengthen me with your word and your Spirit. Renew me with your love. Give me grace for this moment.

*Mary Beth Thomas*



Beloved Lord, Almighty God,  
Through the rays of the sun,  
Through the waves of the air,  
Through the all-pervading life in space;  
purify and revivify us  
And we pray, heal our bodies,  
hearts and souls. Amen.

*Nayaz (healing prayer)*



Love of Jesus, fill us.  
Joy of Jesus, surprise us.  
Peace of Jesus, flood us.  
Light of Jesus, transform us.  
Touch of Jesus, warm us.  
Strength of Jesus, encourage us.  
By your glorious wounds, heal us  
And bring us with all your saints  
Into your kingdom of perfect peace.

*CPS*

Creator God,  
at the start of this New Year,  
when thoughts turn again  
to beginnings, starting afresh,  
new leaves and turning  
skeletons free from cupboards,  
be with us as we gaze into the  
distance of fresh mission grounds,  
of hopes and dreams,  
opportunities for service,  
challenges and uncertainties.

Take our fears  
and turn them into strengths.  
Take our lack of faith  
and empower us, through the Spirit  
who breathes life into this world,  
whose presence is reflected  
in the icy chill of winter's breath,  
as well as the comforting warmth  
of a summer breeze.  
Walk with us into this New Year  
of opportunity.

*Author Unknown*



## Caerphilly & Aber Valley Ministry Area

### *Prayers for Renewal & Regrowth*



*Produced by your Ministry Area*

God, I pray for an illumination of  
Your truth in this season.

May the truth of Your Word  
become real to me in my life.

I pray for revelation from heaven.

Help me to absorb Your Word  
in such a way that it grows up  
from within me – growing and  
growing so that it flows from out  
of me and into my life, my family,  
my church, and into the earth.

*ibelieve.com*



Spring is a metaphor for change.  
Some changes we eagerly await,  
and some we abhor. Some changes  
we plan and others arrive uninvited.

To all these changes we ask  
the gift of Your perspective  
beckoning us to expectation,  
hope, and rebirth.

May the sunlight and the rain be  
reminders that You are at work  
renewing the earth. As a God of renew-  
al, You are ever at work in our lives, too.

Open our eyes and lives to the  
needed changes in our lives this Spring.  
Awaken us to new life and perspective,  
for we pray in Jesus' name. Amen.

*Natalie Regoli*

Father, thank You for reminding me  
that You take delight in me.

I am loved and cherished.

Your Word says that You give me  
new life. You sing joyful words of life  
over me! I am blessed to be Your child.

Thank You for loving me with  
the kind of love that frees me  
and brings me to life. Amen.

*ibelieve.com*



For seasons on life  
When fall turns to winter  
and winter to spring  
let me embrace  
the seasons of life.  
From highs and lows  
From joy to sorrow  
and back again  
From birth to breath  
and life to death.

God, make yourself known.

*Author Unknown*



Jesus, thank You for making me new.

You raise me to life and  
redeem my life as I follow You.

Jesus: You restore my future.

Thank You for never leaving my side  
as we walk this journey hand in hand.

Help me to keep taking steps  
forward with You. Amen.

*ibelieve.com*

Father, draw me close to Your heart.

I open up my heart to You,  
and I invite You to search my heart  
and renew my spirit. Bring me into  
alignment with Your Spirit. Thank You  
for the work You do in me. Teach me  
Your ways, Father. Reveal to me  
any area that I am not in agreement  
with Your Word. I pray for a deep  
revelation and understanding of Your  
truth. I trust You, Father, and I love  
that I can open my heart up to You.

I know that Your love is an  
unconditional, everlasting love.

*ibelieve.com*



A sleeping world emerges  
to new possibilities,  
weakening winter's icy grip,  
and birdsong and bleating lamb  
announce to all the promise that  
in due season creation bursts into life.  
And whilst leaves that fell in winter  
lie upon the ground,  
soon to feed the earth,  
in nature's wondrous cycle  
of death and rebirth,  
within the tree is a stirring  
of new growth.

*www.faithandworship.com*