

PARISH OF ST PAUL'S, SALE
PRAYER DIARY
OCTOBER 2026



Thank you for using this Prayer Diary. Each week we suggest a prayer of Meditation to focus on as we start our prayers. Please also pray the thanksgiving prayer, for particular events or organisations, for the streets and for the World. On pages 3 and 4 there are some further prayers to use.

Week: 5 - 11 October

Meditation: Be strong, and let your heart take courage, all you who wait for the Lord! (Psalm 31.24)

Thanksgiving: For the beauty of autumn.

We pray for:

Local Food Banks
Those struggling with the cost-of-living crisis
Those who are vulnerable and lonely
The Salvation Army both at home and abroad



Streets: Chapel Walks, Kelsall Street, Simon's Close

World: All those working to enable a fairer sharing of the world's resources.

Week: 12 – 17 October

Meditation: I can do all things through him who strengthens me. (Philippians 4.13)

Thanksgiving: The ability to make a difference in someone's life.

We pray for:

Our Ministry Team
Our choir and organists
Sunday School
Eco-church



Streets: Cherry Court, Langdale Road, Springfield Road

World: Safety, shelter and comfort for families, forced to leave their homes due to violence.

Week: 19 - 25 October

Meditation: Seek the Lord and his strength; seek his presence continually. (1Chronicles 16.11)

Thanksgiving: For a good Samaritan helping someone in need.

We pray for:

The United Nations
Amnesty International
Trafford Job Clubs
Those in our community seeking employment

Streets: Claremont Road, Leicester Road, St David's Close

World: The worldwide church that faith communities act as beacons of hope, offering practical help and love to their neighbours.

Week: 26 October – 1 November

Meditation: The quieter you become, the more you can hear (Anonymous)

Thanksgiving: For those who have shown me how to love and care for others.

We pray for:

Springfield School
Our local Councillors
Local shops and businesses
Local Care Homes



Streets: Colville Grove, Linley Road, St James' Drive



World: For justice and peace worldwide.



Other prayers for this month

Prayer of St Francis

Lord, make me an instrument of your peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.
O Divine Master,
grant that I may not so much seek to
be consoled as to console;
to be understood, as to understand;
to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.



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### Prayer of St Teresa of Avila

Christ has no body but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
Compassion on this world,  
Yours are the feet with which he walks to do good,  
Yours are the hands, with which he blesses all the world.  
Yours are the hands, yours are the feet,  
Yours are the eyes, you are his body.  
Christ has no body now but yours,  
No hands, no feet on earth but yours,  
Yours are the eyes with which he looks  
compassion on this world.  
Christ has no body now on earth but  
yours.



HIS HANDS HIS FEET

## **A prayer for world leaders**

Lord, we pray for all those in positions of leadership across the world, in governments, communities, workplaces and organisations. Give them wisdom to make fair and thoughtful decisions and give them compassion to care for those who are vulnerable. We pray especially for leaders facing complex challenges and difficult decisions. Surround them with your clarity, humility, peace and a desire to serve others well. Amen.

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A prayer for justice

Living God,
deliver us from a world without justice
and a future without mercy;
in your mercy, establish justice,
and in your justice, remember the mercy
revealed to us in Jesus Christ our Lord. Amen.

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## **A Blessing from 1 Thessalonians**

Go forth into the world in peace;  
be of good courage;  
hold fast that which is good;  
render to no one evil for evil;  
strengthen the fainthearted;  
support the weak;  
help the afflicted; honour everyone;  
love and serve the Lord,  
rejoicing in the power of the Holy Spirit;  
and the blessing of God Almighty,  
the Father, the Son,  
and the Holy Spirit,  
be with you and remain with you  
always. Amen.

