

One of the wonderful things about the prayer and thoughts for the day, and the Sunday services is how often you send things in for me to share with others. When Maureen Noye saw the prayers for the night yesterday, she thought we might also enjoy this cross-stitch prayer she did some years ago.



And Brenda Cashell shares with us this kitchen prayer and grace combined

Bless my little kitchen
I love It's every nook
And bless me as I do my work
Wash pots and pans and cook

May the meals that I prepare
Be seasoned from above
With blessing and thy grace
But most of all thy love

As we partake of earthly food
The table thou hast spread
We'll not forget to thank thee Lord
For all our daily bread

So bless my little kitchen Lord
And those who enter in
May they find naught but joy and peace
And happiness therein.

These prayers from the heart remind us not only of the infinite variety of ways to talk to God but that he values our honesty and the way we care for each other. In fact, he'd rather sit and chat with us than have us trawl the prayer books for the 'right' words to address to him.

Jesus meant it when he started his prayer 'Our Father' – and he emphasised this relationship when he described the story of the Prodigal Son. Don't forget, the father in that story ran to meet his son who had returned to him - that's our God, running to meet us more than halfway, overjoyed that we should come to him for help, understanding and love. We don't need special words to speak to him, we don't really need words at all, he knows before we utter a sound just what we are thinking and what we really need.