

THE DIVINE FELLOWSHIP

Book of Prayers and Gratitudes



By Janice Lynch

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Introduction

Prayers yield powerful results, yet sometimes we don't know quite what to pray or how to pray.

There is no wrong way to pray!

Opening one's heart opens the gates of Heaven, (the ethereal realms).

Prayers are hopes with wings. Pray and let it be. What is good and right and best will flow to you. Doors will open and insights will come to guide the next step.

You may want to open your prayer with . . .

Heavenly Father; or Living Light of Love; or Divine Source; or Beloved Jesus, All That Is – or whatever fits for you.

You may want to close your prayer with . . .

“And so it is” or “May it be so” or “As is right and good.” or, if you are a Follower of The Way, “In the name of Jesus” or some combination thereof. I've written these prayers with an opening and a closing but adjust to your own preferences.

I believe that prayer changes the one who prays.

You may wish to select a prayer from the Table of Contents, or you may prefer to pray each prayer in order as it appears. You may wish to keep a prayer journal and note what you were experiencing when you prayed a prayer and review the prayer journey once you've concluded this book.

There are more than a month's worth of prayers. Some may not fit for you in this moment. Pray what feels right to you.

Gratitudes

I've included Gratitudes with each prayer. Speaking our gratitude allows us to move into a state of feeling grateful and appreciative. This state of being amplifies our receptivity and allows us to move into a conscious state of Grace.

You may wish to pray a prayer with an open heart and then allow the gratitude to remind yourself to let go of the issue and trust that you will be guided and uplifted.

You might even want to recite the gratitude throughout the day as an ongoing reminder.

Gratitudes and Tapping

If you are familiar with EFT (Emotional Freedom Technique) you may wish to tap on the tapping points for each of the Gratitudes.

The tapping points are:

Karate chop point on the heel of the hand
Above the eyebrow
Beside the eye
Under the eye
Under the nose
Under the mouth
Collarbone
Armpit
Top of head

However you choose to use this little book of Prayers and Gratitudes, remember:
What your heart speaks, Heaven hears.

Many blessings to you,

Janice Lynch

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Prayer for Release

Great Spirit,

It is time.

My heart and mind are at odds.

I want to hang on and yet it is right,
well, and good for me to let this go.

Please guide me in the journey of releasing.

If I'm blessed with ease of passage, thank You.

If I'm blessed with struggle, help me to lean upon You as I learn to do things
differently.

Grant me hope that things will be better
even if I cannot imagine it.

Grant me clarity for my next step beyond this.

Thank you. . .



Gratitude

I am grateful for the opportunity to let go.

This heaviness lifts as I continue to let go
and trust the process.

Thank you for helping me release and trust.

Prayer for Endurance

Grant me strength, Oh God,

I fear I might falter.

This situation requires my endurance, and yet

I feel as if I have nothing left.

Pour Your Divine Essence into my will.

Grant me stamina.

Send your Angels to assist me.

Send your Power to support me.

Help me be brave.

In the name of Jesus, Amen . . .



Gratitude

I'm grateful for the strength and the Angels

You send to me now.

As I await this strengthening and this assistance,

I feel greatly blessed

Prayer for Clearer Connection

Draw near to me Loving Spirit,
Bring understanding to my mind,
Wisdom to my heart, and
Sensitivity to my soul.

Help me to perceive our connection.
Help me to recognize the signs You bring.
Help me to be mindful of You.

Clear the rubble of doubt and fear
from my awareness.

Grant me a clearer, deeper connection
With YOU.

In the Name of Jesus, Amen . . .



Gratitude

I am grateful for the connection I share with Spirit.
I am grateful for this restored connection and awakened awareness.

Prayer for Awakening

All That Is,

Awaken me!

Bring me into the Light of Love.

Shake me out of my shielded awareness.

Stir within me the desire to awaken fully.

Remove fear so that I may see MORE.

Remove doubt so that I may perceive MORE.

Enhance my perceptions so that I may sense MORE.

Restore the Light of Love within me

so that I may know MORE.

Shield me with the Light of Love

so that I may be MORE.

So may it be . . .



Gratitude

I'm so grateful for the clear perceptions

coming to me now.

Prayer for Joy

Return me to joy, Oh, My Beloved One.

My heart has broken and been
burdened with unrelenting sorrow.

Release me from this sorrow and grant me a clear passage into joy.

I've forgotten how to laugh.

I've forgotten how to sing.

I've forgotten how to dance.

Bring not only a remembrance of laughter, but

Bring a new, brighter laughter.

Bring a new song to my soul.

Bring a new dance into my heart.

Bring it!

Bring it now!

May it be so . . .



Gratitude

I am grateful for this clear passageway into joy.

Prayer for Faith

Loving Father of Light,

I don't know anymore.

I don't know what is real from what is
other people's expectations.

I just don't know how to trust anymore.

I don't know what to feel or what to believe.

I'm longing for Truth.

I'm yearning for a knowing and a sense of assurance.

Help me to find my way into Faith.

A lasting Faith.

A real Faith.

Help me to know Truth.

In the name of Truth may it be so . . .



Gratitude

I am grateful for the Light of Love that brings me
a new faith, a new trust, and a new way of being.

Prayer for Today

Divine One,

Help me get through today.

Help me to do the next right thing.

Help me to step up in my own life so that I may be a blessing
to myself and others.

Help me to be kind to myself and others.

Help me to be present in the here and now.

Help me to know the lessons from past experiences
without living in the past.

Help me to have hope for the future without projecting
myself out of this moment.

Shift me out of autopilot
and bring me fully back into my life.

Awaken me to joy and peace in this moment as this
moment gently flows into the next moment without my effort or striving.

Help me to be, Amen

Gratitude

I am grateful for Divine Assistance in this moment.

I am grateful for Divine Peace
and Joy in the here and now.

Prayer for Rest/Sleep

Loving Creator,

As my head settles into the pillow,
help my soul to settle into rest.

Help me to know that I did my best
– even if I feel as if I could have done better.

Allow my mind to ponder the beauty
of the night sky or a sunset as I close my eyes.

Grant my weary body ease
as it seeks comfort in the bedding.

Grant my heart peace as it slows to resting pace.

Grant my soul grace
as I rest calmly in Your Presence.

Send Angels to watch over me and my loved ones
and grant me restorative sleep.

Thank you, Jesus, and so it is.



Gratitude

I'm grateful for my open heart that seeks rest and
for God's loving heart that brings rest to me.

Prayer for the World

Loving Spirit of Light,

Send more Light into the world.

Break through the darkness.

Uplift those who are faltering
and bless those who help.

Amplify hope, joy, and love in the
highest octave.

Help me to do my part.

As is right and good . . .



Gratitude

I'm grateful for the Light of Awareness
that breaks through the darkness
and brings Truth and Peace.

Prayer for Healing

Heal my wounded heart, Divine One.

Clear away betrayal and loss
and grant me comfort.

Heal my troublesome thoughts, Divine One.

Release me from worry and fear
and grant me peace.

Heal my damaged soul, Divine One.

Bring forgiveness
and grant me grace.

Heal my body, Divine One.

Restore my health
and free me from suffering.

Help me to see a way to clarity and healing.

May it be so. . .



Gratitude

I am truly grateful for healing energy
coming to me now.

Prayer for Another

Loving Spirit of Light,

As I hold this person in my awareness now,
please turn Your Divine Attention to them as well.

They seem to be hurting.

They seem to be struggling with life.

They seem to be discouraged.

They seem to be dealing with difficult things.

Guide them . . . Shield them . . . Deliver them.

It hurts my heart to see them suffering.

Help me to be a blessing when it is appropriate,

And help me to stand back and hold

Sacred Ground when necessary.

Help us both to trust in You and the process of life.

In the Name of Jesus, Amen.



Gratitude

I appreciate the people in my life and the opportunities to learn, share, and grow.

Prayer for Safe Travels

Divine Source,

Please grant us safe travels.

So many forces are out of our control as we travel. The weather,
other travelers, traffic on land, sea, and air.

Please grant us safety, wisdom, and clarity as we move
through unfamiliar territory.

Please send your holy angels to protect us
and protect our loved ones as we travel great distances.

Bring us into a state of calm attentiveness that we may be alert in
any situation, yet peacefully so.

As we reach our destination, thank you.

May it be so



Gratitude

Thank You, Divine One, for keeping me safe.

Prayers for Homeless Ones

Loving Spirit of Light,

My heart aches for those without a home.

I cannot imagine their circumstances,
nor can I know how they feel.

Be with them, Lord.

Help them find their way to safety.

If I can be of assistance,
show me what you would have me do.

Grant them safety, peace, and hope.

Guide them as only you can.

In the name of Jesus, Amen



Gratitude

Thank you for my home and safety. Thank you for bringing to my heart opportunities to share and be a blessing.

Clarifying and Living One's True Purpose

Divine One,

I feel as if I came into this life to do something special.

I want to do something special and meaningful.

I know that there are little things that I do out of kindness . . . is that it?

Show me what you would have me do.

Guide me into my soul's bliss.

Direct my steps into fulfillment.

My heart and soul yearn for more!

Just doing day to day things feels empty.

There is more!

Show me!

Make it really clear so that I may move forward fearlessly and joyfully.

May it be so!



Gratitude

Thank you for awakening my true purpose
into my awareness.

Clearing Blocks

Oh, Dear Lord,

I feel blocked.

I cannot move forward.

Is my dream too big? Am I too afraid? Do I not have enough information or skills?

Something holds me back.

Help me to see and perceive that holdback
and allow me to break through into joyful action
on my sacred path.

Release me.

Help me to release my own self.

Grant me power to do the next thing and then the next.

Bring me courage, strength and clarity.

And so it is!



Gratitude

I am grateful for a clear path towards my destiny!

Prayer for Loved Ones

Living Light of Love,

Please guide and protect my loved ones.

Their hearts and minds are troubled.

Their actions seem chaotic and destructive.

I feel helpless to help them.

Guide them to Peace.

Guide them to the answers and the help they need.

Show me what actions I can take and protect me from trying to fix them.

Bring me out of worry and fear
and into calm and serenity.

Guide us all with your LOVE.

In the Name of Jesus,

Amen



Gratitude

I'm grateful for my loved ones
and the love we share.

Prayer regarding Terminal Illness

Divine Source,

Though I know we all must pass from this life into the next, time is coming sooner
than I'd hoped.

This illness is progressing.

We have done what can be done, and options are limited from here.

Help us to find grace in these moments we have left.

Bless us with a vibrant today!

Bring our awareness keenly upon each moment
and each breath. Help us to cherish what is right before us right now!

Before this illness we lived oblivious to time.

Now we feel each second as it passes.

Bring this moment into sharp focus
that we may truly live in the now.

Help us to move beyond regret and fear into
the brightness of today.

I entrust myself and this situation to YOU,

And so it is . . .

Gratitude

I am grateful for today.

Prayer for Justice

Oh, Dear God,

Things seem so unfair.

Things appear to be out of balance.

Grant me balance as I trust You to bring

truth to light,

integrity to the forefront,

honor into the field,

and allow Justice to unfold.

You know what lessons we are learning.

Help us all to learn them, peaceably.

You know which paths rise before us.

Help us to yield into the true path of Light.

Take charge of this situation, Lord!

Guide me so that I may see

and do what must be done with fairness and balance.

And so it is . . .

Gratitude

I'm thankful that God's got this.

Prayer for Going on after the Loss of a Loved One

Oh Creator!

How can I go on?! I am anguished!

My world has changed abruptly, and I feel lost, alone and shaken deeply.

Bring me courage to face the new dawn.

Bring me clarity to make decisions that seem impossible for me to make.

Give me new direction

since the direction I was going has been torn from me.

I don't ask that you take away the memories, but can you soften them, so they
don't hurt so much?

I don't know how to even "be".

Help me find a new way to "be" and

I know a different kind of happy can follow.

I don't see it yet. . . . I don't feel it yet.

Walk with me. . . . Let me feel your presence.

May it be so . . .

Gratitude

Thank You, God for a new day, a new way of being and new
opportunities to grow and love.

Prayer for our Children

These little ones are so precious, Dear Lord.

We hope the best for them and know

The world will send its worst.

We delight in their joyous laughter and know

life's sorrows will find them.

Help them to know how much they are loved.

Help them to remember this love always.

Help us to lead them in a good way.

Help us to reflect your love in every way.

Guide them,

Protect them,

Walk with them when we cannot.

Thank you,

In the name of Jesus, Amen



Gratitude

Thank you for these young souls, their new perspectives and their bright spirits.

Prayer for Relief from Loneliness

I feel alone.

Help me feel your Divine Presence.

I feel abandoned.

Help me see your Face.

I feel as if no one cares.

Show me your tender mercies.

Help me to befriend myself.

Teach me to like, love,
and honor myself in a new way.

Help me to be willing to reach out,

One . . . more . . . time.

Allow a helping, caring hand to reach back.

Bring me companionship and teach me to trust again.

This is hard.

Walk with me.

Help me feel your Love.

Teach me to love and be loved.

In the Name of Jesus, Amen

Gratitude

I am grateful for new opportunities to connect with myself,
with others and with Divine Source.

Prayer to Awaken

Loving Spirit of Light,

Awaken me to the sweetness of today.

Whatever yesterday held, assist me in awakening to a new perspective.

Whatever the weather,

Whatever my health,

Whatever my circumstances,

Reveal to me the sweetness You bestow to our world

Reveal to me the Sweetness You bestow to me.

Sometimes I miss it.

I Get distracted.

Quiet my mind,

Open my heart.

Help me to see and experience this sweetness.

In the name of Jesus, Amen.



Gratitude

I'm grateful for my open heart
and the new perspective it brings.

Uplift Me

(This prayer was written as a hawk circled above me)

Loving Spirit of Light, Uplift me!

Past hurts, current fears,
and worries of a future I cannot control, ,
these weigh me down.

Uplift my feeling self so that I feel secure and free.

Uplift my spirit/soul so that I may
soar above life's challenges.

Assist me in rising into the flow of Love and Light that supports my journey.

Help me to feel Your presence.

May it be so,

Amen



Gratitude

I am grateful for Divine Presence
that supports me now.

Plea for Sacred Ground

Loving Spirit of Light

Plant my feet on Sacred Ground

Help me to view life from this Sacred Perspective.

This Sacred Place holds no fear, no criticism,
and no judgment.

Just me, You and this journey with clear discernment.

Help me to see things as they truly are

Rather than from a perspective of pain
and wounded-ness.

Help me to see old wounds from this perspective.

Help me understand my old pain reveals

opportunities to learn and grow

within my ascension process.

From Sacred Ground,

Help me ascend.



Gratitude

I am grateful for my journey to Sacred Ground.

Prayer for a New Hope

Loving Spirit of Light,

Implant hope within my Being.

In the past, hopes were crushed by other's opinions

Or by the challenge of life's circumstances.

The thought of hope feels fear filled.

I might fail.

Life's circumstances might destroy

what little hope I have left.

Might You fail me? I don't think so, yet my fears speak so loudly

that doubts arise.

Implant a new hope within me. A lasting hope.

A hope that does not depend upon other's approval

Nor my own perfection.

Rather, instill within me a new Hope that uplifts and sustains me.

Anchor this Hope through Your Love.

Teach me to access this Hope. And so it is . . .

Gratitude

I am grateful for this sustainable Hope
now given to me.

Walk with Me

Loving Spirit of Light

Help me to see Your presence in my life.

Help me to see Your Divine Guidance through this day.

Walk with me as the day unfolds

And

Bless me when I lay down to rest.

Help me to recognize when you speak to me
through the voice of friends.

Help me to see you manifested
in my own words to others.

May I be a blessing to others
as You are a blessing to my soul.

Help me to see Your love,

Help me to walk in Your love,

Help me to know I am Love.

And so it is . . .



Gratitude

I am grateful that Your Love blesses me.

Prayer for Peace

Loving Spirit of Light,

I long for peace within my heart and soul.

I feel distracted from peace by things I cannot control,
things that I feel are disruptive.

Guide me into a new perspective of peace.

Rather than the transient peace that comes from
having it my way,

Help me to find the Peace that transcends all
outside circumstances.

Help me to find Peace within the shelter of
wisdom and Compassion.

Send Peace. Your Peace.

Send Your Peace to descend upon me
and wrap around me like angels' wings.

Let this Peace find its home in my heart-of-hearts.

Let me rest in this Peace. Amen

Gratitude

I am grateful for the Wisdom and Compassion that resides within Divine Peace.

Moving Beyond Restlessness

Loving Spirit of Light,

Help me to engage the restlessness within me.

Help me to harness the feeling of being incomplete.

Help me to gather the energy of impatience

And turn these into power to move forward.

Even if moving forward requires a look back at old sorrows, wounds, and regrets.

Rekindle fresh energy within me to take the next step.

Even if that next step is to observe the beauty of life and the joy of living.

Release me from the old patterns.

Grant me renewed vitality and joy.

In the name of Jesus, Amen



Gratitude

I am grateful for renewed energy
and vitality in this moment.

Prayer for Seeking

Loving Spirit of Light,

I am seeking the Light.

I am seeking the Light within

I am seeking the Light within me

I am seeking the Light within others

I am seeking the Light within circumstances

I am seeking the Light within situations.

I am seeking the ability to choose Light.

I am seeking the ability to walk in the Light.

Strengthen me with Your Light

So that I may stay in the Light and not give up.

Help me release fear and doubt and step into this

Light of Power

So that I may walk in Light.

And so it is, Amen.



Gratitude

I am grateful for the strength

I find within Divine Light.

Prayer for Deliverance

Loving Spirit of Light,

Save me.

Save me from my mental musings

Save me from judging myself and my past.

Save me from judging others as well.

Save me. Deliver me.

Lift me above the anguish I impose upon myself through old thought patterns.

Life teaches me I'm not good enough,

I'm undeserving of good things,

I'm not valued,

I can and will fail.

Reveal to me my successes and strengths

For my past blinds my awareness

Open my heart and teach me the Truth.

Save me. Amen.

Gratitude

I am grateful for Divine Deliverance

into the truth of who I really am.

Prayer for Kindness

Loving Spirit of Light,

Bring kindness into my world today.

Help me recognize kindness

when it appears in my behalf.

Amplify that kindness and guide me

to bestow it upon others:

A kind word,

An act of kindness,

A kind thought,

A prayer of compassion for another.

Bring more kindness into this world and

Grant me the heart of compassion.

May it be so,



Gratitude

I am grateful for awakening

to kindness in my life.

Prayer for Protection

Shield me from the ever-present unkindness
we humans express.

Not that I turn a blind eye to the suffering of others,
But rather, act from a heart of compassion
without feeling overwhelmed and burdened.

Let Your Light of Love shield me and protect me
So that I may see how to be of service in a good way.

Help me to see the Truth –
An unkindness is the voice of pain.

Help me to know compassion for the pain
without falling victim to it.

Free me from being the victim.

Protect me from another's pain.

Strengthen me in Love.

And so it is, Amen



Gratitude

I am grateful for the protection and safety
within Divine Compassion.

Prayer for Willingness

Loving Spirit of Light,

I'm bored and restless at the same time

Things to do and no desire to do them.

Assist me in shifting into a new state of being

Guide me out of duty and obligation

Guide me out of dread and disdain

Guide me out of frustration and irritation

Guide me into trust and forward movement.

Open the doors of my heart to willingness

Open my eyes to opportunities for joy

Guide me into trusting Your assistance

Guide me into trusting my inner voice

Guide me into trusting You to open the doors

Guide me into discovering the joys and blessing

Of walking with You.

Grant me grace in this journey.

Thank you Jesus

Gratitude

I'm grateful for the small shift into willingness

that changes everything.

Prayer for Strength

Loving Spirit of Light,

I cannot do this by myself.

I feel like I will fail. I have before. I fear I will again.

Grant me strength

Strength of will that leads to willingness

Strength of character that leads to truth

Strength of faith that leads to grace

Strength of trust that leads to courage

Strength of spirit that leads to joy.

Pour Your strength into me

Show me the way that will work for me

Guide my steps towards courage

Allow Your courage to take hold within my heart

and strengthen me even more.

Walk with me.

I am strong when we walk together.

Thank You, In the Name of Jesus,

Gratitude

I am delighted that I sense Spirit and I find courage,
encouragement, and strength in Divine Presence

Help me Walk Away

Loving Spirit of Light

I find myself where I don't want to be

I am surrounded by people who neither support me, nor appreciate me.

In the past, their opinion of me mattered and I changed to please them.

Not anymore.

I'm ready to reclaim my own worth and integrity

Assist me in extracting my heart from their uncaring hands.

Allow me to place my heart in Your loving hands.

Guide my feet in the direction that brings me peace and nearer to YOU.

And so it is, Amen



Gratitude

I am grateful for finally seeing the truth of my worth.

I'm grateful for the strength to walk in that truth

and away from harm.

Prayer of Gratitude

Loving Spirit of Light,

The sun rose brilliantly in the sky.

The sunset blazed its way into my memory.

The night sky, bedazzled with stars,
took my breath away.

I felt the warmth of the sun upon my face.

I experienced the force of wind as it whipped through the branches.

I heard the quiet of the snowfall.

The rainfall turned my attention inward.

Whatever the time of day or the season of the year,

I feel Your Presence.

I see You in all of it.

Thank you.

In the Name of Jesus, Amen



Gratitude

I am grateful for Divine Presence
in all aspects of my life.

Prayer of Forgiveness

Loving Spirit of Light,

My intentions guide me toward my hopes and dreams.

When I feel frustrated, misunderstood,
blocked or distressed, my pain sends me
reeling in another direction.

I feel wounded by others and I wound others
with my words and actions.

My goal is to bless, yet, I cannot right now.

My imperfections come to the surface and I feel out of control and out of phase
with Your Love.

Clear the wounds received and given.

Restore my peace and my joy.

Erase the pain that knocks me off my path.

Guide me into understanding of myself and others

So that I might heal fully.

May it be so!

Gratitude

I am grateful for the healing of forgiveness.

The Ultimate Prayer

Loving Spirit of Light,

I have no words.

I know Holy Spirit hears the groanings of my heart

and gently brings them to You

You hear me

You shield me,

You strengthen me,

And You deliver me.

Thank you.

In the Name of Jesus, Amen



Gratitude

Thank You

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