

WANTING GUIDANCE



EXPLORE



*'Give me your lantern and compass,
give me a map.'* **Psalm 43.3***

Dear God,
I don't know what to do.
I can't see the path ahead.
If you are the light,
please show me.
Help me to think clearly,
see new possibilities,
and wait patiently
for what is right for me.
Then please give me the strength
and courage to take the next step.

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FEELING SAD OR ANXIOUS



Wells Cathedral

EXPLORE



*'God is a safe place to hide,
ready to help when we need him.'*

Psalm 46.1*

God,
I'm in a really dark place.
Life is very hard and painful
just now.
I'm really struggling.
Please help me.
Give me the courage and strength
to face each day.
Thank you that even in dark times
I need not feel alone
because you are there with me.

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WORRIED ABOUT SOMEONE



EXPLORE

The logo for 'EXPLORE' features the word in a bold, blue, sans-serif font. Below the letter 'O' is a stylized location pin icon. The pin's body is blue, and its base is a colorful, multi-colored shape composed of four overlapping triangles in shades of orange, yellow, green, and blue.

*'He heals the heartbroken
and bandages their wounds.'*

Psalm 147.3*

Dear God,
Someone in my life
is in trouble or pain.
Be close to them and help them
know they are not forgotten.
Make things better for them.
While we wait for that to happen,
give them strength to cope
- and hope for tomorrow.

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GRIEVING



EXPLORE

The logo icon for 'EXPLORE' features a stylized location pin with a white dot at the top, from which four lines extend downwards in a cross shape. Each line is a different color: red on the left, green on the right, blue at the bottom, and yellow at the top.

'If your heart is broken, you'll find
GOD right there.' Psalm 34.18 *

Dear God,
Someone I love dearly has died.
You know their name.
I miss them so much.
I place them in your hands.
Please help me face the future
without them.
I want to hold on to all
that they mean to me.
Help me to trust that nothing can
separate us from your love.

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WANTING FORGIVENESS



Coventry Cathedral

EXPLORE


'God, make a fresh start in me.'

Psalm 51.10*

Dear God,

There are things I wish
I hadn't thought, or said, or done.
There are things I could have done
to make a difference – but didn't.

I am sorry.

Thank you that it's never too late
to be forgiven,
to forgive myself,
to forgive others
- and begin again.

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BEING THANKFUL



EXPLORE

*'Thank GOD! And why?
Because he's good, because
his love lasts.'* **Psalm 106.1***

Dear God,
Thank you for all the good things
in my life, big and small.
Thank you for the people
who care about me.
Thank you for the
beauty of the world –
the birds, the trees, the sky.
Thank you for everything
that makes me who I am
or helps me grow as a person.

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FINDING PEACE



Salisbury Cathedral

EXPLORE


The logo for 'EXPLORE' features the word in a bold, blue, sans-serif font. Below the letter 'O' is a stylized icon consisting of a blue location pin shape with four colored lines (orange, green, blue, and red) extending downwards from its base, resembling a compass rose or a multi-directional arrow.

'You find me quiet pools.'

Psalm 23.2*

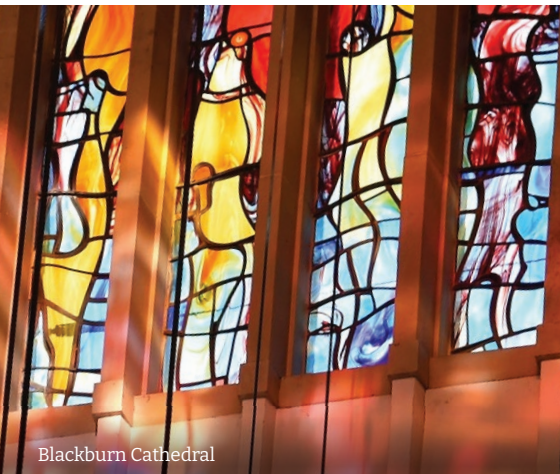
Dear God,
I am learning to be quiet.
Just to be –
and know that you are with me.
Thank you
that I don't need
special words to talk to you,
or even any words at all.
You are here; I am here.
You hold me
in the stillness of this moment.

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Image: Graham Wood

LOOKING FOR GOD



Blackburn Cathedral

EXPLORE


*'GOD's there, listening for
all who pray.'* **Psalm 145.18***

Dear God,
I don't know you,
but being here is making me think
I want to discover more about you.
Help me to sense you near me,
not just when I'm in the peace
and beauty I feel and see here,
but in my everyday life.

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FEELING ALONE



EXPLORE



*'Look at me and help me!
I'm all alone.'* **Psalm 25.16***

God,
I am feeling very alone right now.
Even when people are around me.
Sometimes I feel afraid.
Sometimes I feel worthless.
Please help me know
I matter to you.
Help me to feel you near me.
Show me how to connect
more deeply with others,
and find new comfort and hope.

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STRUGGLING WITH CHANGE



St Edmundsbury Cathedral

EXPLORE


*'Is anyone crying for help?
GOD is listening, ready to rescue you.'*
Psalm 34.17 *

God,
Life isn't going the way I expected.
I feel insecure and afraid.
I don't know what will happen
to me or those I care about.
It seems really unfair.
Help me to know what to do.
If this means a new start,
give me the strength and
confidence to move forward.

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BEING ACCEPTED



EXPLORE



'I am marvellously made! You know me inside and out.' Psalm 139.14,16*

Dear God,
Sometimes I feel
no one accepts me.
Sometimes I find it hard
to accept myself, or feel I belong.
Thank you that you made me,
you know me, and you love me.
Help me to see
I matter to your world.
Show me how to use
the gifts you have given me.

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FEELING HURT



Christ Church Cathedral, Oxford

EXPLORE


'I'm hurt and in pain.'

Psalm 69.29*

God,
I am hurting.
I feel so many things –
let down, bitter, angry.
I don't want to go on feeling like
this – it's eating away at me.
Please help me deal
with how I feel now.
Help me find ways
to forgive, let go, and
move on to something better.

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