

Prayer Basics

Spring Retreat 2026



Offering Grace



Have You Ever Been Asked To Say Grace?

Public graces are best kept short, thankful, and welcoming to everyone. They commonly thank God for the food, the people who prepared it, and the time shared together. They may also remember those in need. It is a moment to pause and reflect.

Examples of common graces:

“For what we are about to receive, may the Lord make us truly thankful. Amen”

“God is great, God is good, and we thank Him for our food.”

“Some hae meat an canna eat, And some wad eat that want it; But we hae meat, and we can eat,
And sae the Lord be thankit.”

~Text of the Selkirk Grace (Scots dialect)

“Some have meat but cannot eat, Some have none that want it; But we have meat and we can eat,
So let the Lord be thanked.”

~ Modern English

“Come, Lord Jesus, our Guest to be, And bless these gifts bestowed by Thee.
Bless our loved ones everywhere, And keep them in Thy loving care.”

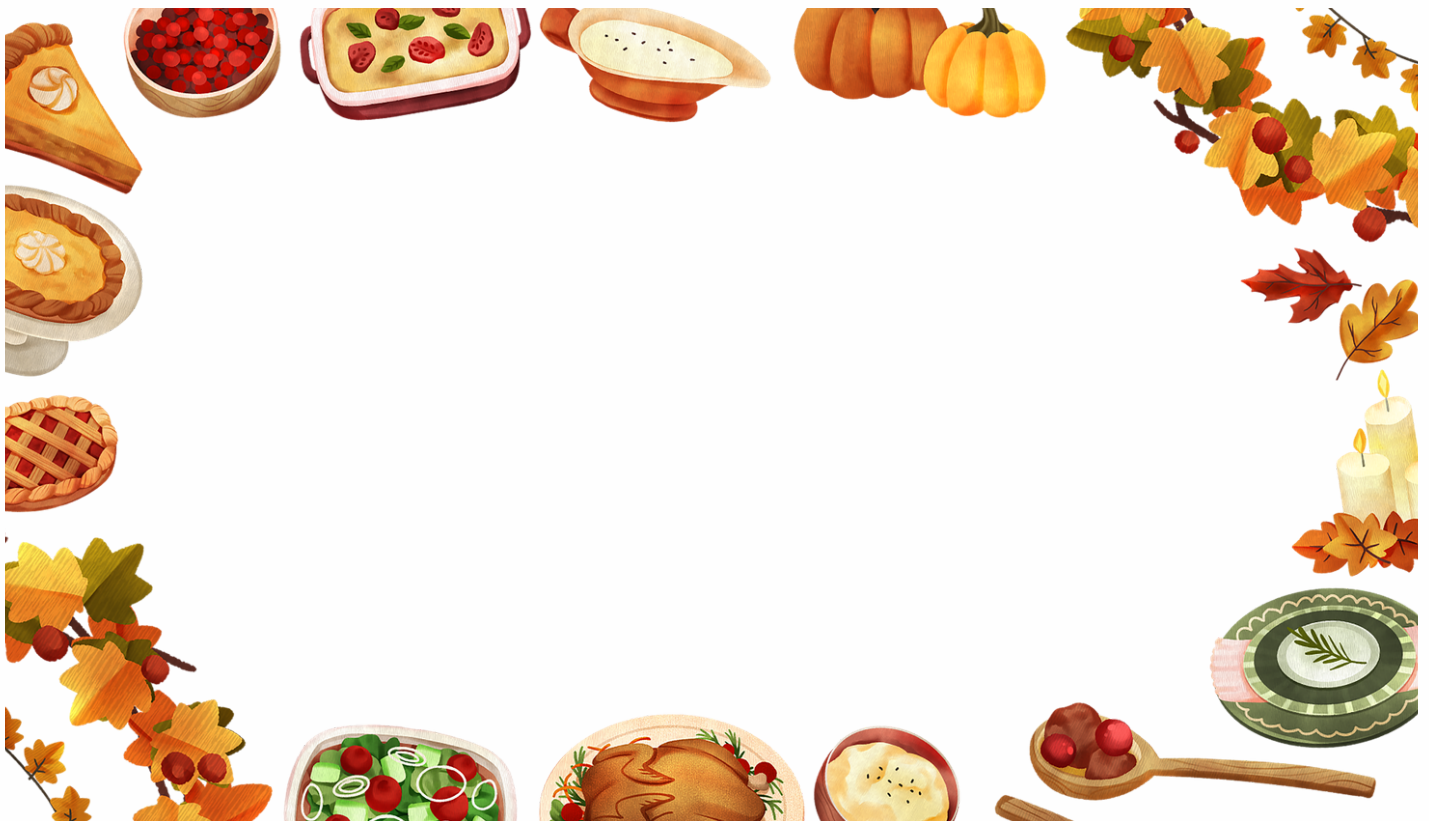
~The Moravian Table Blessing

Sample using the outline above.

“Gracious God,
Thank You for this food and for bringing us together.
Bless this meal, the hands that prepared it, and our time together.
Help us listen for Your guidance and grow closer to You and one another.
In Christ’s name, Amen.”

Assignment

Write your own grace using one of the prayers as a model or use the outline above.



Public Prayer



The Trinity Prayer

Many Christians address the Trinity in prayer because God is understood as Father, Son, and Holy Spirit—one God in three persons. So praying in a Trinitarian way can express the fullness of Christian belief. For example, Christians may pray to God the Father, in the name of Jesus Christ, and ask for the guidance or power of the Holy Spirit.

Why would you do this? This reflects the Christian understanding of God as Trinity and gives a simple pattern for prayer in worship and public devotion. It connects prayer to worship and doctrine. It can also show that prayer involves the whole life of God, not just one title or person.

Now we know through the Bible, hymns and spiritual songs that each of these three persons have some reverent, commonly used names that you could use in prayer.

God the Father	Jesus the Son	The Holy Spirit
Heavenly Father	Jesus	Holy Spirit
Almighty God	Lord	Spirit of God
Creator	Redeemer	Spirit of Truth
God of mercy	Prince of Peace	Comforter
God of peace	Good Shepherd	Helper
Lord of heaven and earth	Saviour	Breath of God

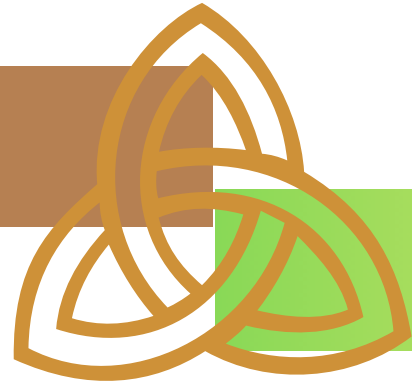
End the prayer by addressing the trinity.

For example:

“One God, Father, Son, and Holy Spirit, receive our prayer and our praise. Amen.”

“Lord God—Father, Son, and Holy Spirit—receive our worship, hear our prayers, and draw us ever closer to You. In Jesus' name, we pray, Amen.”

Assignment



Create a prayer addressing the Trinity for public or corporate worship using a theme of your choice.

1. Choose names for Father, Son, and Holy Spirit from the table or other words you chose.
2. Pick a theme for your prayer.
3. Write at least one sentence to the **Father**. You can thank or praise Him for something connected to your theme.
4. Write at least one sentence to the **Son**. Perhaps asking for help, mercy, leadership, or peace.
5. Write at least one sentence to the Holy **Spirit**. Perhaps asking for guidance, strength, wisdom, or renewal.
6. Add a Trinitarian closing.

