

From the Manse: A Thought for the Week

Sunday 9th March 2025

The Gift of Prayer

Dear Friends,

I hope this letter finds you well. As we begin our journey through this Lenten season, I want to take a moment to reflect on the gift of prayer.

Prayer is one of the most profound and yet simplest ways we can connect with God. It doesn't require eloquence or perfection—just a willing heart. Sometimes, we think of prayer as something reserved for the deeply faithful or those who have the right words, but Jesus reminds us that prayer is for everyone. He taught his disciples to pray not with long-winded speeches, but with the simple yet powerful words of the Lord's Prayer.

In prayer, we bring before God our hopes and our worries, our gratitude and our struggles. It is a conversation with the One who knows us better than we know ourselves. Sometimes our prayers are full of words; other times, they are simply a silent moment in God's presence. Romans 8:26 tells us that "the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words." Even when we do not know what to say, God understands.

Yet prayer is not only about speaking—it is also about listening. In the stillness, God speaks to our hearts, guiding, encouraging, and sometimes gently challenging us. Prayer is not about changing God's mind, but about opening ourselves to be changed, to align our hearts with His will, and to grow in faith and trust.

At the Strathspey Kirks, we have long valued the use of Prayer Trees—those we keep throughout the year and those that appear for special occasions like Christmas. These opportunities to ask for prayer are deeply important, but we believe there can never be too many ways to reach out for prayer and support.

That's why we are introducing a Prayer Circle as an additional way to offer prayer within our church community. A Prayer Circle is a group of people who have committed to praying when requests arise—providing

near-instant support in times of need. If you or someone you know would like prayer, simply send an email to thestrathspeykirksprayercircle@gmail.com and your request will be shared with those in the Prayer Circle.

Confidentiality will be respected as much as possible, while still following Safeguarding guidelines. The Prayer Trees will continue to be available, and our Bible Study and Prayer Group will still be faithfully praying for all requests. The Prayer Circle is simply another way we can extend love, care, and spiritual support as a church family.

With every blessing,

Rev Jade 😊