

Sunday 1st November:

Today looking into a flower, or a leaf, I appreciate the miracle that it is.

Monday 2nd November:

Today I shall sit quietly, watching my breath and shall stay quiet, at one with God within me.

Tuesday 3rd November:

Today I truly appreciate one person seeing the good in another person and not taking them for granted.

Wednesday 4th November:

Today I try and quietly concentrate on every task I do without being distracted.

Thursday 5th November:

Today I shall eat slowly, appreciating all the people that helped produce this food.

Friday 6th November:

Today I shall smile at people, knowing this will brighten their day.

Saturday 7th November:

Today I shall identify something that annoys me, and try my hardest to overcome the negative thoughts.

Sunday 8th November:

Today I shall move slowly instead of rushing

Monday 9th November:

Today I give thanks for our new government and pray that those in power use that power for the good of others.

Tuesday 10th November:

Today I shall sit quietly, watching my breath and try and feel peaceful

Wednesday 11th November:

Today I shall appreciate the dusk where light softly dims, the town quietens and the air cools

Thursday 12th November:

Today I shall look at the trees and bushes and see the miracle of their beauty.

Friday 13th November:

Today I shall move slowly without hurrying and appreciating what I see.

Saturday 14th November:

Today I watch insects, birds and other wild aspects of my environment. I fully take in the importance of these living things.

Sunday 15th November:

Today I will try and be kind and patient with the people I meet.

Monday 16th November:

God is within me, I will feel God is there to help me today. I am not alone.

Tuesday 17th November :

I thank God for all the skills that people have; varied and remarkable skills

Wednesday 18th November:

I thank God for all the council workers keeping our town clean, collecting our rubbish working in council offices who look after us all.

Thursday 19th November:

Today I appreciate all the people in our area who are from different countries, bringing skills and diversity to our country.

Friday 20th November:

As I sit quietly today, watching my breath, I look to God within me to help me love those around me.

Saturday 21st November:

I am grateful today, Lord, for all the artists, musicians, writers and poets for the way they enrich my life.

Sunday 22nd November:

I am grateful today and everyday for all those who have led me and continue to lead me in the Christian faith.

Monday 23rd November:

I appreciate all skills people who help me, thank you Lord for plumbers, carpenters and others that make our living environment safe.

Tuesday 24th November:

In the wildfires all around me, we think of the wildlife lost, their habitats and their food. Let us pray that they will be less harmed in the future and that rain will come to lessen the danger for them.

Wednesday 25th November:

You are in me, with me, around me Lord. Please stay with me and guide me towards loving others.

Thursday 26th November:

*Be still in the presence of the Lord.
May these words be with me today.*

Friday 27th November:

As the seasons begin to change I look forward to the beauty of autumn colours and the cool of the air and am grateful for the seasons.

Saturday 28th November:

All life is connected, I am but a tiny part of it all, part of nature. By caring for living things, I take care of myself. This is my prayer.

Sunday 29th November:

Thank you for St Margaret's Lord, for the people who are friendly, kind, wise, patient, inclusive and welcoming.

Monday 30th November:

For those living in conflict situations may they find peace soon.

St.Margaret's Church
I P S W I C H



Prayer Diary
November 2026

Prepared by Beth Henley