

A prayer of adoration inspired by the title of a prayer anthology by Donal Hilton called No empty phrases.

Join me in prayer

No empty phrases God

That's your prayer for us given to us through your son Jesus Christ.

Our Father we pray, as Jesus taught us

No empty phrases you respond

Pray to me you say

Tell me how you feel

I'm here

I listen

And so, we do.

Sometimes by ourselves in quiet rooms

Other times gathered by Jesus as your community, the church.

For Jesus told us to praise you for you are god and so we do

Hallowed be your name

Thy kingdom come,

But don't forget to help others Jesus said too

And so we do.

Help those in need, that is

Act properly towards one another .

We try for fairness

We try to be positive

To forgive those who sin against us

No empty phrases you say.

No empty phrases we agree as we pray.

For we do dedicate ourselves to you

To your way of working

To helping you build your kingdom here on earth as it is in heaven

But of ten we do need your help to ensure our prayers are not just empty phrases.

So here, now, we bring to you your world.

Breathe loving relationships into the empty phrases spoken in this, your, world.

No empty phrases Lord

That's our goal. Help us to live the life fulfilling phrases
you have given us.

To make every line given to us through your word to
us, your son Jesus, count.

Make us turn to our neighbour time and time again
with offers of help as we take our daily bread from
you,

Our desire is to praise you as we help those people we
meet each day.

For thy kingdom the power and the glory are yours
and as we pray that phrase we marvel at how you fill
the words with your spirit

as you allow us to experience that power and glory
together as we pool all our experiences of you our
creator who with the son and the holy spirit guides our
lives

One god father, son and holy Spirit

Protect us from empty phrases.

No empty phrases you say

No empty phrases, we promise

But we know that will only happen with your help,
Amen.