

SEA SUNDAY



PRAYER RESOURCE: *Peace In The Storm*

Instructions for the Leader:

Read each prayer point slowly. After each point, pause and invite the congregation to respond, "Lord, hear our prayer."

Leader: Gracious and Almighty God, we pray for all your servants at sea. In the midst of violent storms and moments of isolation, may they feel Your calming presence and unfailing love.

Congregation: "Lord, hear our prayer."

Leader: We lift up every seafarer who battles both literal storms and the inner tempests of anxiety and depression. May Your peace, like a lighthouse in the dark, guide them safely home.

Congregation: "Lord, hear our prayer."

Leader: We remember the families and loved ones waiting on shore whose hearts ache with worry. Grant them strength and trust in Your providence during times of separation.

Congregation: "Lord, hear our prayer."

Leader: We ask that You bless the work of The Mission to Seafarers. Renew the vigour of their chaplains, volunteers, and staH as they extend Your care to those at sea.

Congregation: "Lord, hear our prayer."

Leader: Lord Jesus, just as You calmed the furious winds and raging waters, we pray that You calm the storms in the hearts of those overwhelmed by life's challenges.

Congregation: "Lord, hear our prayer."

Leader: Almighty God, inspire us to trust in Your sovereign care during our own trials. Strengthen our faith and help us to be beacons of hope and agents of Your peace within our church and our community.

Congregation: "Lord, hear our prayer."

Leader: O Lord, unite the churches of the UK in prayer for seafarers and for every person navigating stormy waters. Let our collective prayer be a testament to Your love that brings calm amid chaos.

Congregation: "Lord, hear our prayer."

Leader: We pray that the peace of Christ, which surpasses all understanding, may dwell richly in our hearts and spread to every corner of this world. In Jesus' name we pray, Amen.

Congregation: "Lord, hear our prayer."



Continued >>

Guidance for Crafting Personal Prayers

Encourage your congregation, small groups, or individuals to craft a personal prayer that reflects the theme “Peace in the Storm.” You may offer the following structure as a guide:

1. Begin with Adoration and Acknowledgement:

Example: “Heavenly Father, You who govern the winds and the waters, I acknowledge Your infinite power and tender care over every storm.”

2. Confess and Reflect:

Invite individuals to consider their personal “storms” (be they fears, isolation, or moments of despair) and express their need for divine intervention.

Example: “Lord, in the midst of my trials and the tempest of my emotions, I seek Your calm and guidance.”

3. Present Specific Requests:

Encourage intercession for both the seafarers and their families as well as personal petitions for courage, peace, mental and emotional strength.

Example: “We pray for every seafarer facing danger at sea, for every family longing for a safe return, and for our hearts to be fortified by Your presence.”

4. Close with Trust and Commitment:

End by affirming trust in God’s plan and expressing gratitude.

Example: “In all the storms of life, I trust in Your unfailing love and commit to being a bearer of Your peace. In Jesus’ name, Amen.”

You may offer these prompts on a simple worksheet or prayer card to inspire personal reflection and prayer writing or use it within your Sea Sunday service as a time of personal prayer.

Additional Prayer Ideas and Resources for Sea Sunday Services

To further enrich your Sea Sunday service, consider incorporating the following ideas:

• Scripture Reflection:

Display key verses on banners or slides that echo the theme of calming the storm. Recommended texts include Luke 8:22–25; Psalm 107:28–31; and Philippians 4:6–7.

• Hymn Integration:

Choose hymns such as “It Is Well with My Soul” or “Eternal Father, Strong to Save.” After a hymn, allow a moment of silence so congregants may meditate on the lyrics and the promise of God’s peace.

• Prayer Cards:

Distribute small cards printed with prayer prompts or reflective questions (e.g. “In what area of your life do you need God’s calm? Who could you pray for today?”). These prompts help guide individual or silent prayer.

• Maritime Imagery:

Use visuals like projections of a lighthouse, calm after the storm, or ships at sea to reinforce the message that God is our safe harbour. Such imagery can be especially powerful during moments of silent reflection.



Mission to Seafarers Southern Ontario

Email: getinvolved@mtso.org

Website: mtso.org

