

This prayer is based upon the colours of the rainbow.  
A symbol of God's promise.

## Red



We remember with thanks the Fire and Rescue service: its bravery and dedication, saving lives and property.



We pray for Postal Workers and others delivering parcels, news and goods.



We give thanks for for Blood Donors and precious gift they give.

We pray for the Red Cross, Red Crescent and similar organisations seeking to save lives and relieve suffering.

# Orange



We give thanks for the people who produce and bring us food giving a balanced diet of vitamins and nourishment and pray that the world may find a way to feed the hungry and the dispossessed.



# Yellow



We remember  
Paramedics and the work  
of the Ambulance  
Service getting people to  
and from hospital



We give thanks for the  
warmth of the sun and  
people who bring  
sunshine into the lives of  
others.



We pray that you will  
guide us to use the gold  
that we have wisely and  
for the benefit of others.  
Forgive our greed which  
shames us.



We pray for prisoners  
and the work of  
Amnesty and other  
organisations.  
We pray for people who  
are afraid and cannot  
find the courage they  
need to face their  
problems and  
challenges.



## Green



We thank you for the doctors and nurses helping patients at this difficult time.



We thank you for the abundance of nature, and its variety. Teach us to respect the earth on which we live. Forgive us our extravagance in the way we use your gifts. Give to people everywhere a caring concern that the world may be a safe place to live.



We pray for people who are consumed with envy, unable to rejoice in the success or good fortune of others. Help us to put aside jealous thoughts which prompt malicious words and deeds.

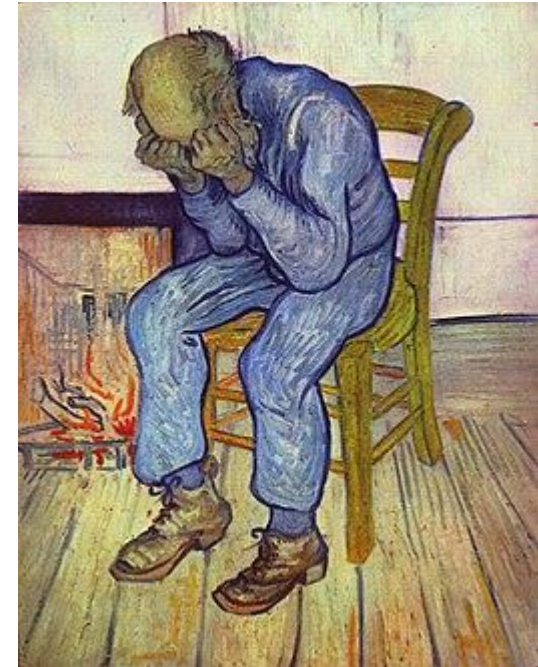
## Blue



We thank you for all who work in the NHS: the medical staff, technicians, pharmacists and all who help hospitals and surgeries function.



We give thanks for the police and the armed forces.



We pray for people who suffer from depression, frustrated that life can seem so hard, and for whom it is difficult to find joy.

# Indigo

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Mystery Colour  
Neither Blue  
Nor Violet



We pray for people who are  
unsure of their role in life  
pulled in opposite directions.



We pray for people who face  
an uncertain future.





# Violet



We pray for those called to be leaders of nations, their servants and their ministers. We pray that the world may be governed with wisdom and in a way that is fair to all.



We pray for people whose nature is to be shy, quiet and uncomplaining. It is your nature to value all your people, and we pray for any who feel exploited. The flowers which you have made enrich the world by their natural beauty and sweetness.



We pray for all who mourn. Be with them in their loss. Help them to rejoice in the story of a life. We pray for people who have gone before us, and know that one day we shall meet again.





We thank God for all the experiences of life.  
Bless us all and those for whom we have prayed.  
We ask this in the name of your son Jesus Christ, our Saviour and Lord.  
**Amen.**