

DAILY PRAYERS

FROM THE WORLD'S FAITHS



REV ANDY ROLAND
AND FRIENDS

WHY BOTHER WITH THIS BOOK?

You will discover new and interesting prayers.

You will appreciate the spirituality of your colleagues, friends and neighbours of other faiths.

You will gain insights into world news.

You will be blessed.

WHAT THEY SAY

“One of the deepest levels of interfaith encounter is reached when we understand how our neighbours and friends of different faiths express themselves in prayer before the One who is absolute in their own tradition. In this wide-ranging selection of prayers, Andy Roland, writing as a Christian, provides some varied trustworthy stepping stones for Christians who want to set off on that journey of appreciation in respect and humility.”

Rt Rev Dr Michael Ipgrave, Bishop of Lichfield

“This book would be good for R.E.”

Edward age 12

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BECAUSE IT'S THERE

In 1924 the mountaineer George Mallory set out to conquer Everest. Tragically, he died 240m from the summit.

Why did he do it?

It was Mallory's third Everest expedition. When he started out a reporter asked him just that question. Mallory simply replied, "*Because it's there.*"

That is also the rationale for this small book. Why bother with the prayers of religions other than one's own?

The first reason is curiosity. We live in a multi-faith country in a multi faith world. So how do other people pray? What does their religion look like from the inside?

The second reason is openness. Can I learn something from them? Can I even enrich my own prayers through the prayers of other faiths?

The third reason is relationships. It does no harm at all to have some knowledge about the faith of friends and acquaintances from other religious traditions.

Of course, we never stop learning. That's what makes life interesting. Enjoy the ride.

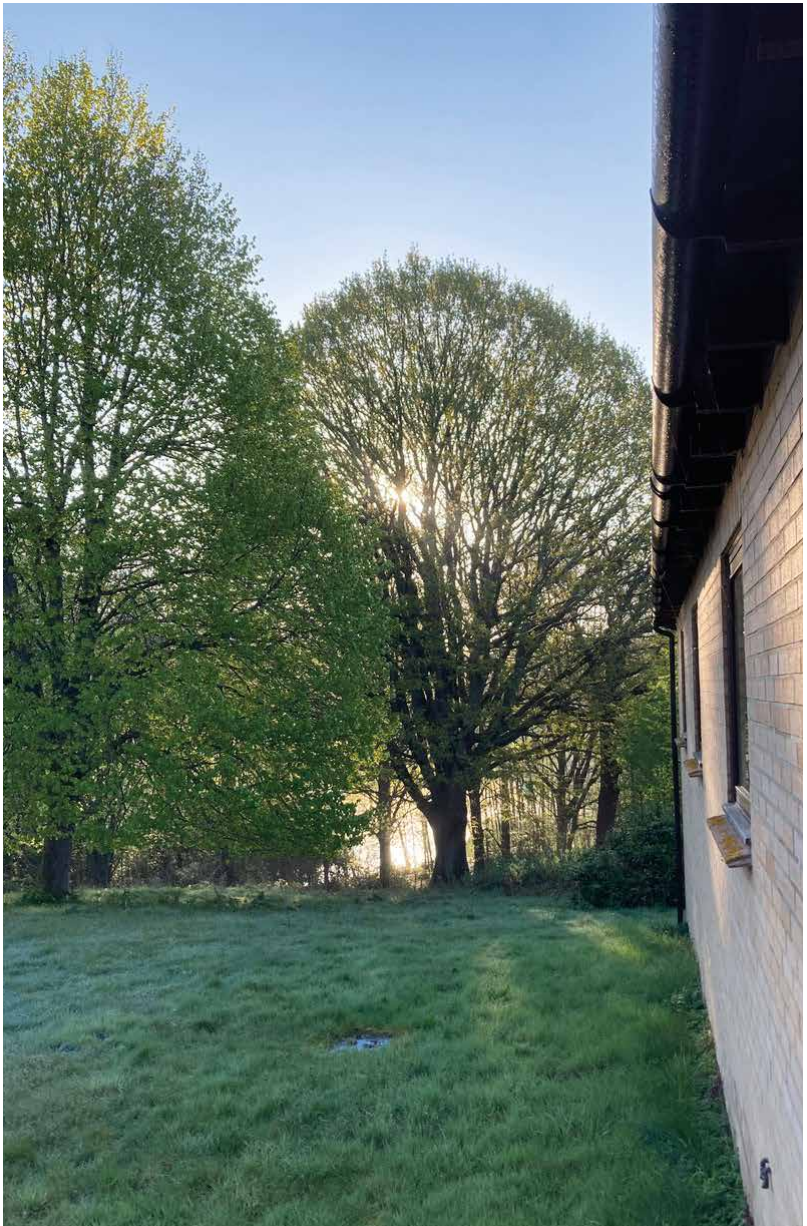
THANKS TO...

My sincerest thanks to all who helped me to find an appropriate tone to the prayers and descriptions of the faiths represented here.

All mistakes and misapprehensions are entirely the responsibility of the author, Andy Roland.

In the order of the antiquity of each faith, these are:

- Dr Mattur Nandakumara MBE, Executive Director of the Bhavan Cultural Centre;
- Mr Gulu Anand, a director of the Hindu Council UK and trustee of Shree Ram Mandir, Southall;
- Lelung Rinpoche of the Lelung Dharma Centre;
- Rabbi Helen Freeman, Joint Senior Rabbi at the West London Synagogue;
- Fr Dobromir, Priest at the Bulgarian embassy;
- Fr Ian Graham, Priest at the Holy Trinity Greek Orthodox parish, Oxford;
- Professor Muhammad Abdel-Haleem OBE, Professor of Islamic Studies at SOAS, the School of Oriental and African Studies;
- Imam Siddiq, Chaplain;
- Gurchuran Singh, of the Gurdwara Sri Guru Singh Sabha Southall;
- Gagandeep Singh, Chaplain.



DAILY PRAYERS FROM THE WORLD'S FAITHS

2 - WELCOMING THE DAY

SUNDAY

† CHRISTIAN - WESTERN

Almighty and everlasting God,
I thank you that you have brought me safely
to the beginning of this day.
Keep me from falling into sin
or running into danger,
order me in all my doings
and guide me to do always
what is right in your sight.

*(1552 Book of Common Prayer, altd. Used in
'Discovering Psalms as Prayer')*

MONDAY

ॐ HINDU

All be happy
All be without disease
All creatures have well-being
And none be in misery of any sort

May peace and peace and peace be
everywhere

(Traditionally to be said first thing every morning).

TUESDAY

ALCOHOLICS ANONYMOUS

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially that it be divorced from self-pity, dishonest or self-seeking motives.

We ask especially for freedom from self-will and are careful to make no requests for ourselves only.

(Alcoholics Anonymous, p.86-87)

WEDNESDAY

BUDDHIST

I am grateful that I have woken and am still breathing. May my day be meaningful.

(H.E. Lelung Rinpoche)

THURSDAY

CHRISTIAN - EASTERN

Creator of the morning,
who drives out the darkness
and brings light and joy to all creation:
create in us habits of virtue,
and drive away from us all
the darkness of sin.

With the light give us joy

by the glorious rays of your grace,
Lord our God for ever. Amen

(Syrian Orthodox, from the liturgy of Kurisumula Ashram, a Benedictine monastery in Kerala, India. Quoted in 'Discovering Psalms as Prayer' by Andy Roland)

FRIDAY

☪ MUSLIM

We have entered a new day and with it all dominion is Allah's.

Praise is to Allah.

None has the right to be worshipped but Allah alone, Who has no partner.

To Allah belongs the dominion, and to Him is the praise and He is able to do all things.

My Lord, I ask You for the goodness of this day and of the days that come after it, and I seek refuge in You from the evil of this day and of the days that come after it.

My Lord, I seek refuge in You from laziness and helpless old age.

My Lord, I seek refuge in You from the punishment of Hell-fire, and from the punishment of the grave.

(Day 3 of the morning prayers, from website Islamic Prayers)

SATURDAY

🕯 JEWISH

Blessed are you, O Lord our God, King of the universe, who creates your world every morning afresh.

(Contemporary, from 'God of a Hundred Names', p.19)



WESTERN CHRISTIANITY

BEGINNINGS

'On the night he was betrayed, Jesus took bread and said, "*This is my body.*" He then took a cup of wine and said, "*This is my blood of the covenant.*" Less than twenty hours later he had died on a cross and after three days had been seen alive by his closest companions. Thus was born the Christian Church.

FIRST FOLLOWERS

Jesus (or rather Yeshua) was Jewish as were all his disciples. Only after a few years were non-Jews welcomed into the community. How the two groups should relate was the subject of most of the New Testament. Within a century the Church was very largely Gentile. This brought on 250 years of persecution, during which simply to be a Christian was punishable by death.

THE CHURCH VICTORIOUS

In 315 the Roman emperor Constantine became a Christian. The Church became established, popular and powerful. A series of church councils decided on

what was the right way to talk about God and Christ. Monastic communities grew up as centres of radical obedience to the words of Jesus. German tribes eventually overthrew the Western Roman Empire but in turn were incorporated into the Church.

THE EARLY MIDDLE AGES

Over the next five hundred years, English, German and Scandinavian peoples accepted the new faith. Churches, cathedrals and monasteries sprung up everywhere in Europe, as well as hospitals and universities. Pilgrimages and personal devotions increased, along with the power and prosperity of the Church.

THE REFORMATION

In 1517 a German theologian Martin Luther nailed a list of 97 protests against abuses in the Church. Printing spread his ideas and Protestant churches sprang up in all parts of Europe, taking particular root in Germany, England and Scandinavia. The key slogan was 'Sola Fide', (Latin for 'By Faith Alone'), i.e. not by doing good deeds. The Bible became available in the language of the people. The Roman Catholic Church met in the Council of Trent (1545-1563) to purify itself from abuses. Both Protestants and Catholics hardened their theology and religious wars broke out which lasted for more than a hundred years.

MISSIONS

In the 16th century the Catholic Church sent Jesuit missionaries to the Far East and South America. In the 19th century Protestant missionaries followed, especially to Africa. In the 20th century new

Pentecostal churches were created throughout the world so that now over 50% of Christians live in the global South. Christians in 2022 total 2.56 billion or 31% of the world's population.

BIBLE, TRADITION, REASON

Christians are not only divided between different churches, but divided within them, from those who interpret their faith through reason, often called liberals, to those who maintain that the Bible should be read and believed literally, often called evangelicals. The former see faith as a way of making sense of life, acknowledging the insights of science and historical scholarship, the latter see it as a personal relationship with Jesus. Both aim to keep the faith.