Heavenly Father,

As Jesus ministered to the needs of the blind man, help us to recognise when others are in need and support them.

As the paralysed man's friends acted in faith, let us believe in your power, love and kindness.

As Jesus was unafraid in the storm, let us be courageous in the face of our fears.

As the little boy provided the food that miraculously fed 5000 people, help us to realise that an act of kindness or generosity is never too small.

As Jesus taught us in the parable of the talents, help us to take the abilities you have blessed us with and grow them to their full potential.

Like the lost sheep, help us to realise that we all matter to God and that he is with us, even when we feel lost.

Amen