

## You Who Do Through

### What

Simple structure for Composing Prayers  
An easy way to compose a prayer for use as an opening or concluding prayer, or 'collect', is to follow the

**YOU-WHO-THROUGH** pattern.

**YOU-** begin by addressing God or naming God. "Loving God", "God of Mercy", "God who heals", "Father in Heaven".

**WHO-** name 'WHO' God is for us, for example: "Giver of all good gifts", "You are always ready to forgive", "Our strength and hope".

**DO-** we ask God to act, to 'DO' something: "Be with us as we gather in your name", "Grant peace to our world".

**THROUGH-** We pray to God in and THROUGH Christ, so our prayer concludes with a simple "Through Christ our Lord Amen", or "In the name of Jesus your Son, Amen."

This pattern or structure can be used to compose a prayer for any occasion; grace, opening prayer, closing prayer, blessing.

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| YOU     | <p>God of new beginnings<br/> God, ever patient and loving<br/> God our creator<br/> Faithful God<br/> Ever generous God<br/> God, source of strength<br/> Loving God<br/> God of abundance<br/> Merciful God<br/> Loving God</p>  |
| WHO     | <p>You fill us with love and kindness<br/> You fill our hearts with faith<br/> You lead us in your ways<br/> You help us to love others<br/> You give us your word<br/> You guide us in this time of _____<br/> You give us your Spirit<br/> You bless us with gifts of creation<br/> You created us to live and love<br/> You know us and love us</p>   |
| DO      | <p>Send us your Spirit to make us strong in faith<br/> and active in good works<br/> Inspire us to care for all creation as you do<br/> Teach us courage to believe in you<br/> Give your Church the gifts of unity and<br/> diversity in every land and culture<br/> Lead all people to a future of dignity and peace<br/> Bless our country and open our eyes to those<br/> who need our care<br/> Help us to bring peace and joy to others<br/> May we follow the courage of Mary and say<br/> “yes” to your will<br/> May we act fairly to all people and treat them<br/> with respect</p> |
| THROUGH | <p>We make this prayer in Jesus’ name. Amen<br/> We ask this through Christ our Lord. Amen<br/> We make this prayer through Christ our Lord.<br/> Amen<br/> Through Christ our Lord. Amen</p>  |