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