

# WEEK OF PRAYER

## *An hour in six ten minute slots*

### 1: PRAISE

- ❑ Play some worship music and join in.
- ❑ Read/sing a psalm of praise (95-100; 146-150).
- ❑ Think of some of names of God or some of his attributes and praise him out loud for being who he is. Tell him why some of those names or attributes mean so much to you.
- ❑ Fill a page with doodles of words of praise.

*Praise the Lord.  
Praise God in his sanctuary;  
Praise him in his mighty heavens.  
Praise him for his acts of power;  
Praise him for his surpassing greatness.*  
*Psalm 150*

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### 2: SILENCE

Having entered his courts with praise take a pause in his presence and be still.  
Just shhh!  
Don't worry if you get distracted. Note your thoughts and then get back to Jesus.

*Step out of the traffic!  
Take a long, loving look at me, your High God*  
*Psalm 46.10 (Msg)*

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### 3: READ FROM A GOSPEL

Pick a chapter or two from one of the gospels and just read.  
Notice the characters. Notice Jesus. Notice what happens when Jesus is around.  
Or just read.

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### 4: PRAY FOR YOUR OWN NEEDS

Tell God how you're doing: the joys in your life; the struggles; the confusions; the questions; the unresolved issues. Pray particularly for those things that you would love to see change in your life. Maybe include some confession at this point.

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God*  
*Philippians 4.6 (NIV)*

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### **5: PRAY FOR OUR NATION and COMMUNITY**

Use the cycle of prayer to guide your intercessions for our world, nation and community at this time of crisis.

*“Even though I walk through the darkest valley,  
you are with me,  
your rod and your staff comfort me.”*  
*Psalm 23*

Keep us, good Lord,  
under the shadow of your mercy.  
Sustain and support the anxious,  
be with those who care for the sick,  
and lift up all who are brought low;  
that we may find comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord.

**Amen.**

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### **6: LISTEN to GOD**

What has God been saying to you in this hour?

Please record any thoughts / prayers / poems / pictures / scripture that have come to you during your prayer time. It may be that there is some encouragement to pass on to someone. Why not write a card to them.

Quietly give thanks to God as you close your time of prayer.