

# WEEK OF PRAYER

## *An hour in twelve five minute slots*

### 1: PRAISE

Listen to a worship song or read a psalm and praise God for who he is. Think about his names and his attributes and give voice to his goodness!

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### 2: THANKSGIVING

Thank God for everything he has and has blessed you with. Thank him for the ways in which he has blessed this church throughout history.

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### 3: SILENCE

Take time to be silent in the presence of God. Don't worry if you get distracted. Note your thoughts and then get back to Jesus.

*God is in heaven and you are on earth, so let your words be few.  
Psalm 46.10 (Msg)*

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### 4: CONFESSION

When we place ourselves in the presence of God we often become aware of our shortcomings. Confess them to the Lord. Celebrate that God has forgiven you because of Jesus.

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1)*

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### 5: PRAY FOR YOURSELF

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. Write a poem, doodle a prayer...

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### 6: PRAY FOR THE WORLD

Take a paper. Read an article that catches your eye and pray for the situation or the people. Have a look at the world map, lay your hand on a country and ask for God to help you pray for that nation and the men, women and children who live there.

*For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. (John 3.16)*

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### 7: PRAY FOR OUR CHURCH

Thank God for St.Leonard's and St.Peter's and our work within our parishes and together. Pray for some of the areas of church life that you struggle with. Ask God for help in those areas. Pray for the points raised for our church in the cycle of prayer.

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### 8: PRAY FOR THE WIDER CHURCH

Pray for the Church of England. For Christ's church of all denominations in our land and across the world. Pray for our brothers and sisters across the world who are persecuted for their faith in Jesus. Pray that the church across the world would stay faithful to Jesus and the good news we have been entrusted with.

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### 9: GOSPEL READING

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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### 10: LISTEN TO GOD

Spend some time in quiet reflecting on the last 50 minutes.  
What has God possibly been saying to you for yourself / for the church?

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### 11: WRITE

Record any thoughts / prayers / poems / pictures / scripture that have come to you during your prayer time. There may be something you feel you want to pass on to someone else for encouragement. Why not write them a card.

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### 12: WORSHIP and DOXOLOGY

Listen to another worship song and spend the last few minutes giving glory to God.

*Praise God from whom all blessings flow;  
Praise him, all creatures here below;  
Praise him above, ye heavenly host:  
Praise Father, Son, and Holy Ghost.*