



Prayer Weekend  
3<sup>rd</sup> – 4<sup>th</sup> October 2020

# Welcome

- Thank you for joining us for this time of prayer, we hope you will be blessed by this opportunity to take time out to spend with God.
- We have put together some ideas which you may find helpful to guide your thoughts, but equally you may prefer to take this as a quiet time of reflection.
- There are no rules, do whatever you are comfortable with.
- Links to songs on YouTube are provided if you would like to include some music (or you may prefer your own choices).
- Find yourself a comfortable place where you are not likely to be disturbed.
- Spend a few moments stilling yourself before you come to God.

*Some things you might find useful to have*

*Bible, Pen, Paper, hand sanitiser, tissues, plasters*

Note: Some material has been developed from 24/7 Prayer Resources

# Adoration

Think of all the names you've heard God called (*here are some verses if you need inspiration Genesis 21:33, Exodus 3:14, Judges 6:24, Deuteronomy 10:17, Isaiah 5:16, Psalm 136:26, Isaiah 7:14 & John 8:58*).

Which name do you use most when speaking to God?

Do you use the name 'Father'?

How does your identity as God's child affect the way you approach Him now?

Speak the names of God aloud adding after each one why this is true in your life (i.e. I know you're my provider because of all the opportunities I've had from you).

Write a prayer, or even a poem, which expresses your love to the Father.

**Suggested Reading: Psalm 46**

 [Is He Worthy –Andrew Peterson](#)

# Confession

**“For I will forgive their wickedness and will remember their sins no more” Hebrews 8 v 12**

- Think back through your last 24 hrs, the things you’ve done, the people you’ve met.
- Ask the Holy Spirit to highlight things you’ve done wrong.
- Next ask the Holy Spirit to show you times you should have acted and did not.
- Write everything that has come to mind on a piece of paper.
- As you say sorry, tear it up or feed it through a shredder.
  - Thank God for forgiving you.
  - Is there someone you need to forgive today?
    - Ask God to show you.

 [You say - Ross and Amy Blackbourne](#)

**Suggested Reading: Psalm 103: 10-14**

# Lament

These last six months have brought challenges.

Many people are feeling tired, weary, anxious, lonely, fearful for the future .....

All of these are emotions experienced by God's people through the ages; Psalm 13,  
Lamentations 3: 19-24

Be still and honestly acknowledge how you feel.

Lay it before the Lord, remembering the God who created the world cares for us intimately.

You might like to reflect on the verses below.

**Come, let us bow down in worship  
let us kneel before the Lord our maker  
for he is our God and we are the people of his pasture  
The flock under his care.**

Psalm 95: 6&7

# Thanksgiving

- Give thanks for Jesus, and all He has done for us.
- Think back over the past week and all the good things you've enjoyed – food, family, beauty of nature etc.
- Think of these things as gifts from God.
- Identify five things to be thankful for.
- Spend some time thanking God for them.

 [Across the Lands - Keith and Kristyn Getty](#)

**I will give thanks to the Lord  
because of his righteousness  
I will sing the praise of the name of  
the LORD Most High**

Psalm 7: 17

**Enter his gates with thanksgiving and his courts  
with praise  
give thanks to him and praise his name  
For the LORD is good and his love endures for ever  
his faithfulness continues through all generations**

Psalm 100: 4 & 5

# Supplication

The following pages have ideas for prayer. You may wish to follow them all or select those to which you are drawn. Select the links below to access.

[Our Local Area](#)

[Church](#)

[Coronavirus  
Pandemic](#)

[Yourself](#)

[Click here when finished to  
go to final slide](#)

# Supplication – Our Local Area

Imagine yourself taking a walk or a drive through your local area, take time to pray for the things you see.

- Doctors' Surgery
- School
- Shops
- Other Churches
- Homes

[!\[\]\(3d8c13c92b853674f749aac6fa869926\_img.jpg\) The UK Blessing](#)

*You might like to pray the Aaronic Blessing over them - Numbers 6: 24-26*

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# Supplication - Church

We are thankful that we can gather for worship in person or on line.

Please pray, including for

- Worship Services
- Richard and James
- Leaders of Organisations
- Elders and Committee
- David our caretaker and Elaine our musical director
- Elderly
- Young People
- Children
- Families
- Our witness to the wider community

“To know God better;  
to make God better known”



**And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.** Ephesians 6:18

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# Supplication - Yourself

- Write your name in the centre of a piece of paper.
- Surround it with the people, situations and places that you want God to move in - include anything that has been worrying you.
- Ask God to teach you to pray in His will for each of these situations.
- Thank God that He has your whole life and all your requests in His hands.

**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus.** Philippians 4: 6&7

[!\[\]\(6e934896f25e6ce1b0dbb50c23abc197\_img.jpg\) He will hold me Fast - Keith and Kristyn Getty](#)

**Being confident of this that he who began a good work in you will carry it on to completion until the day of Christ Jesus.** Philippians 1: 6

# Supplication – Coronavirus Pandemic

- **Pray for Containment of the Virus:** Use soap and water or hand sanitiser to thoroughly clean your hands – ask God to slow and halt the spread of the virus.
- **Pray for the Ill and Isolated:** Use a pen and tissue to write the names of those you know who are isolating or are ill - ask God to make his presence felt in solitude and to protect, strengthen and heal them.
- **Pray for Protection of the Vulnerable:** Take a pen and pack of plasters. Write the names of the people you know who are elderly or have an underlying condition which may make them susceptible to the Coronavirus – ask God to protect them from infection.
- **Pray for Local and National Leaders:** Place your hands on your head and ask God to give wisdom to national and local political leaders as they make decisions to protect people.  
Cup your hand over your ear and ask God to bring excellent advisors to guide them.  
Open your hands in front of you and ask God to give them the ability to communicate clearly to the public.
- **Pray for Health Professionals:** Rub sanitiser into your hands as you ask God to protect health professionals caring for those affected by the virus. Ask God to give them peace, wisdom and to protect them from infection.
- **Pray for Those Affected in other ways by the Pandemic:** Ask God to comfort those grieving the loss of loved ones. Ask for God to provide for those facing financial difficulty because they are unable to work and for business leaders as they face unprecedented disruption to life.

**Let us then approach God's throne of grace with confidence that we may receive mercy and find grace in our time of need. Hebrews 4: 16**

# A prayer as you end

## Prayer of Saint Patrick

I arise today through the strength of heaven.....  
Christ with me, Christ before me, Christ behind me, Christ in me  
Christ beneath me, Christ above me, Christ on my right,  
Christ on my left , Christ when I lie down  
Christ when I sit down, Christ when I arise  
Christ in the heart of every man who thinks of me  
Christ in the mouth of everyone who speaks of me  
Christ in every eye that sees me  
Christ in every ear that hears me