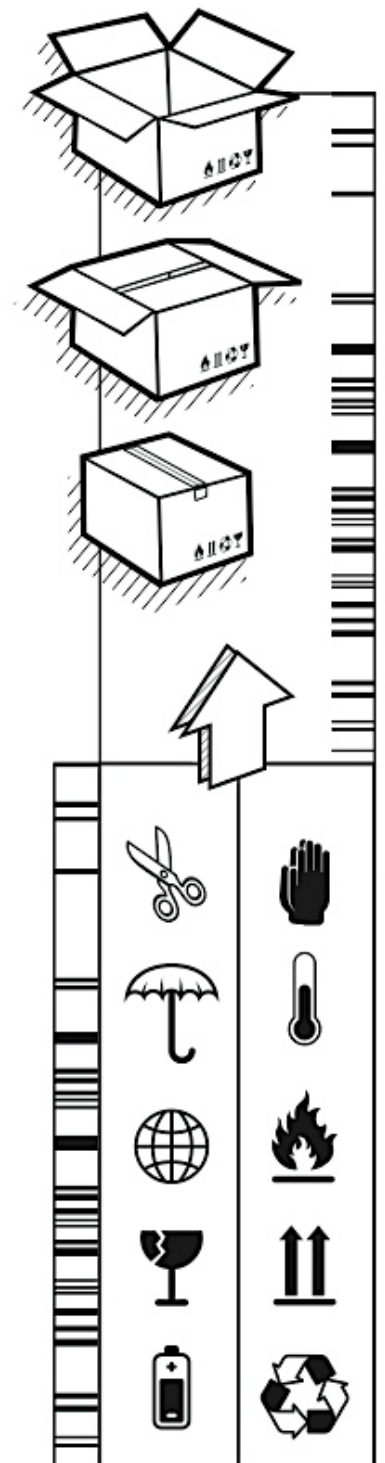
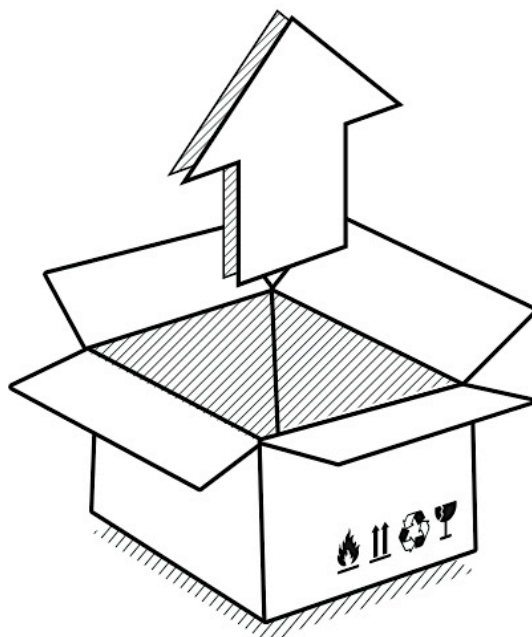




24-7 PRAYER GUIDE

HOUR LONG
PRAYER GUIDES



1 Hour Prayer Guides:

PERSONAL PRAYER: An hour of intimacy: approaching our Father as Jesus taught us.

Say 'Hi' to God, ask Him to help you pray – read the Lords prayer in Matt 6

APPROACHING:

[0 – 15mins]

READ: Matthew 6:9

“What comes into our minds when we think about God is the most important thing about us.” A.W. Tozer

THINK: Of all the names you've heard God called,
(if you need inspiration why not read: Genesis 21:33, Ex3:14, Judges 6:24, Deut 7:9, Deut 10:17, Isaiah 5:16, Psalm 136:26, Isaiah 7:14 & John 8:58

CONSIDER: Which names you most use when speaking to God.

QUESTION: Do you use the name 'Father'?

READ: Matthew 7:9-11

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

ADORING:

[15 – 30mins]

READ: Revelation 1:6

STAND: 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 you provided for the bills I needed to pay)

SING/WRITE: A song/Psalms that expresses your love to the Father. Find inspiration from the book of Psalms and modern day worship songs.

YOU WILL NEED:

- A Bible
- Paper
- Pens
- A waste paper bin or paper shredder (If you have a cross in the room you may want to place the bin or shredder in front of it.)

ASKING:

[30 – 45mins]

READ: Matthew 6:10-11

WRITE: Your name in the centre of a sheet of paper. Surround it with the people, situations and places that you want God to move in

ASK: God to teach you to pray in His will for His kingdom

MAKE: A paper aeroplane and as you throw it across the room thank God that He has your whole life and all you needs in His hands.

ABSOLVING:

[45 – 60mins]

READ: Matthew 6:11-12

ASK: The Holy Spirit to highlight things you've done wrong that you need to say sorry for

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 then either tear it up and throw it into the bin or feed it through the shredder as you say sorry for each thing and thank God for forgiving you for them.

STAND: Speak out the prayer of St. Patrick:

I arise today through the strength of heaven...
Christ to shield me today... so that there may come to me abundance of reward.
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.

PRAYING FOR YOUR TOWN OR CITY:

If Jesus came to stay with you where would you take him? It's morning and your woken by the doorbell ringing, you answer it wondering, “Was I meant to meet someone?” There's a man standing at the door with a smile on his face, somehow you recognise Him and invite Him in. Your brain tries to unravel the confusion and total joy your feeling! Jesus is standing in your kitchen! After a great chat over breakfast Jesus looks up and asks, “What are the people like here? Would you show me around?” Is there anywhere in your area you think Jesus would love to go? Where do you go?

You will need:

- A pen
- Paper
- Your imagination!

USE YOUR IMAGINATION: Now go on a journey in your head, you and Jesus walk out your front door and start your journey. It seems slower then normal, every road name sticks in your head and things seem more important today. Jesus knocks on a door! An old lady answers and He tells her that He's heard her prayers and loves her. Tears of joy fill her eyes.

You continued on your journey towards the nearest hospital or doctor's surgery passing teenagers hanging out, young mums walking the other way and people going about their day to day jobs.

YOUR AREA: Jesus turns to you as your walking and asks you what you know about your area. He's particularly interested in the employment rate, homelessness, unwanted children, other religions practised there, how many Christians there are and the atmosphere. Take some time to think about how you would answer Jesus and

what you think his reaction would be.

Before you know you've arrived at the Hospital or Doctor's clinic. Jesus walks confidently in gazing around the waiting area, He sits down next to a man hunched in the corner. As they speak colour fills the man's face, he slowly straightens, walks out healed. Who else would Jesus visit here? Who needs His help?

GUIDING JESUS: Now continue your journey to other places you know where people need Jesus' help. Think of schools, local law, the oppressed or imprisoned. How does Jesus respond in each place and who is He interested in speaking with?

You decide to take Jesus out for the evening. You sift through your clothes trying to find something to wear and then take Him into town, hoping to introduce him to your friends. How does the place look different at night? Who's out on the streets? What are the things He's noticing that you normally miss?

You find your favourite place to hang out and introduce him to your friends. Conversation starts quickly everyone has questions for Jesus. A crowd begins to gather. What would Jesus talk to them about?

People see you sitting next to him, how do you feel about being identified with Him? Are you behaving the same as you normally would or are you different tonight?

At the end of an amazing evening Jesus gives you a massive hug and thanks you for a lovely day. You tell Him all your favourite parts. As you leave Jesus in town and start to wander home think about what it would be like if He visited everyday. .

REFLECTION: Write down some of the changes you are going to make to the way you live your life. Then right down the changes you want to see Jesus make in your village, town or city. Draw a picture of yourself filled with the Holy Spirit and surrounded by Angels. Ask that wherever you go as you leave this Prayer Room you bring in God's Kingdom with you



NATIONAL/ INTERNATIONAL PRAYER:

Not everyone in the world today has easy access to food, drink and a safe haven. This prayer guide aims to highlight some useful ways to think and pray for people across the world in challenging and needy situations.

'OUT OF STOCK': Spend a few minutes meditating on Habakkuk 3: 17-18. Imagine the situation of the people described in the passage. Look at the supermarket receipts and reflect on the availability of different kinds of food relative to those described in the passage. If something was 'out of stock' in the supermarket think what you'd do. What do you think the people in the passage would have done? [15 mins]

POVERTY HAS A FACE: Look at some of the stories of different individuals caught in poverty and famine around the world. Think about the needs they have for physical, emotional and spiritual well-being. Use newspaper articles and pictures to create a collage of faces perhaps in a shape of a cross. Pray for them and people like them in different nations around the world. [15 mins]

You will need:

- Shopping receipts
- Stories and pictures from newspapers, magazines and websites (e.g. www.tearfund.org) of people round the world caught in poverty.
- Some 2p coins
- Small stickers that will fit on a 2p coin
- Pens
- 8-10 Lego figures
- List of key Government Officials to label (name and office) each of the Lego figures
- Newspaper articles relating to the policy issues of each Lego figure.

GOVERNMENT: Think about the role that government plays in our lives today. Use the Lego figures representing different offices of government as a starting point to pray for different leaders. Look at the '10 Downing street' website: <http://www.number10.gov.uk/output/Page1.asp> and the website of the opposition to get the names of key government figures and their policy areas. Use the newspaper articles to inform your prayers about particular issues relevant to each individual's political work. [15 mins]

PRAY FOR A FRIEND PRAY FOR AN ENEMY: Look at the news stories of conflicts going on in the world today. What strikes you about the articles? Are you told both sides of the story? Pray for the individuals on both sides whose lives have been disrupted by the ongoing situation. Write the names of the key individuals from each side on a small sticker and stick them to each side of a 2p coin. Carry the coin with you for the rest of the day and each time you feel it in your pocket continue to pray for the situation. [15 mins]



PRAYING FOR OTHERS

Say 'Hi' to God and read Matthew 28:16-20

You will need:

- A Bible
- Tissues
- A pen

WHO DO YOU SNEEZE ON: Get a tissue and write your name in the middle. Then write the names of your friends that don't know Jesus around your name & link them to you with arrows. If you're finding it hard to think of people, consider areas in your life like your family, work, clubs, school, places you socialise or your neighbourhood. As you're writing think about how knowing God would impact the lives of these people.

SPREADING THE VIRUS: If loving God were like a virus that you could pass onto your friends, much like a sneeze passes on a cold, the people surrounding your name would be the first to catch it. Pray for them individually that they catch your Holy virus and be led to Jesus by the Holy Spirit.

SEEING JESUS IN PEOPLE: We are all made in the image of God. Think about each friend and write down the attributes they have that reflect God's character (i.e. generosity, faithfulness, compassionate, full of life, creative, etc.)

WHO'S IN RANGE: Read: Mathew 5:15. How do you communicate the good news of Jesus to the people you've listed? Has God drawn your attention to people you may not have had contact with in a while? How could you pick up that friendship again? Why not send them a text or right them a letter now. Make sure you tell them how much you value them & their friendship and weave in some of the great things about them that you have written by there names.

NOW SNEEZE...

As a representative of Jesus on this earth are you:

- Shining with the Holy Spirit?
- Do you get excited about the things God does?
- Do you boast about Jesus?
- Do you tell people stories of answers to prayers?
- Do you try to show the attributes of Jesus through your own life?



Pray about questions and ask God to help you in the areas that you find hard.

As you leave the Prayer Room take this tissue with you, keep it in your pocket to remind you to pray daily for your friends and family.



JUSTICE:

Spend an hour praying for issues of justice around the world.

'PEOPLE NOT FOR SALE' Trafficking is to be taken against your will, bought, sold and transported into slavery, for sexual exploitation, sweat shops, child bribes, circuses, sacrificial worship, sale of human organs, forced begging, farm labour, domestic servitude. 80% of those victims are women and girls, 50% are children. Children can be sold for as little as \$20. 2-4 million men, women and children are trafficked across borders and within their own country every year, more than 1 person is trafficked across borders every minute! Make some chains of people out of paper. Take a clock and as a minute goes by PRAY, as you do cut off 1 person from a people paper chain. Write your prayer on one side of the person and on the other side write the words "Not For Sale" carry this in your pocket to help you to remember to pray during your week or alternatively stick it to your key ring and pray for freedom for those trafficked every time you use your keys.

You will need:

- Pens and Paper
- Scissors
- Clock
- Clothes labels & Food packaging
- Monopoly money
- Jenga/ building blocks
- Bible
- Stones
- World map

Trade Justice Unjust trade rules rob poor countries of £1.3 billion every day, 14 times more than they receive in aid.

Cut off the labels of clothing and or food packages. Stick the labels to a world map in the countries where they are made. Pray for trade injustice and for fair wages for poor producers. Write prayers about unjust trade laws on monopoly money; carry this in your wallet to remind you to pray.

'DISASTER RESPONSE' Set up the game Jenga or some building blocks and start to play removing the bricks, each time that a brick is removed pray for those people in vulnerable situations who are affected by disasters.

Tea with a Tax Collector Read Isaiah 61, make a list of the all those groups of people mentioned i.e. the poor, broken hearted. Jesus stood for those who were left out, left behind, excluded, downtrodden. He was a friend of the poor, he hung out with prostitutes had tea with a tax collector.

Now spend a few minutes thinking of someone you know who is like one of those on your list. Pray for them. Now Read Micah 6:8, pray that God would help you to 'act justly' to 'love mercy' and to 'walk humbly' Reflect on what this means. Now think of and plan a way you can be kind to this person in the coming week. Take a small stone write the person's name on the stone, put this in your pocket, carry the stone in your pocket to remind you to pray for them.

