**A prayer hour**(Thanks to Urban Abbey, Nottingham City Prayer and Lection365 for some resources)

This gives you something to focus on at points during your hour/day of prayer. Read the first one then spend time in reflection and prayer before you come to the next one. You could even do each section on a different day if that works better for you.

It’s OK to go make a cuppa in-between, or walk in your garden – you don’t have to sit in one place for an hour, although you may want to. You can pray as you walk around!
You might like to have pens/crayons and paper beside you if you find it helpful to write or draw as you pray.

1. **Stilling and Praise**

As I enter prayer now, I pause to be still, to breathe slowly, to re-centre my scattered senses upon the presence of God who is here with me now.

Breath prayers may help

Inhale – “I am here”

Exhale – “You are with me”

Just take a few moments to be quiet, breathe in and out reminding yourself that God is with you.

*Read Psalm 59 v16-17*

*6 But I will sing of your strength,
    in the morning I will sing of your love;
for you are my fortress,
    my refuge in times of trouble.*

*17 You are my strength, I sing praise to you;
    you, God, are my fortress,
    my God on whom I can rely.*

> You might like to look up and write out those verses, as you praise and thank God for his goodness.

> Or you might like to think about the names we call God: eg Almighty, Saviour, King of Kings, Fortress, Refuge....

Which names mean something special to you?

Think about these, maybe write them down. Make a list, or write about what they mean to you, or create a piece of art using the names.

> Pray through this time thanking God for who He is, for His faithfulness to us, and for all He has done for you.

> You might like to sing a hymn like “God is our strength and refuge”, or listen to this song which describes God as our Waymaker:  <https://www.youtube.com/watch?v=29IxnsqOkmQ&feature=youtu.be>

Quietly spend a moment listening to God. Use Samuels words: “*Speak Lord, your servant is listening*”.  Listen for any words, phrases or pictures that come into your mind, and jot them down. But don’t stress!

1. **Repentance and Thanksgiving**

Having thought about God’s greatness and goodness, we recognize that we are not worthy of His kindness to us – but still He loves us.
We’re all frail, and often need forgiveness – maybe jot down a couple of things you are sorry for, then use the following prayer:

*Most merciful God, Father of our Lord Jesus Christ, I confess that I have sinned in thought, word and deed. I have not loved you with my whole heart. I have not loved my neighbours as myself. In your mercy forgive what I have been, help me to amend what I am, and direct what I shall be; that I may do justly, love mercy, and walk humbly with you, my God. Amen.*

Now properly cross out the things you’d jotted down, and write the word FORGIVEN

Quietly spend a moment listening to God. Use Samuels words: “*Speak Lord, your servant is listening*”.  Listen for any words, phrases or pictures that come into your mind, and jot them down. But don’t stress!

Now we are going to spend time thinking about things to **thank God** for, and the first one is that He forgives us, time & time again!

I suggest you use this time to “Count your blessings, name them one by one” as the old hymn suggests. You might like to sing it too!

You might like to write the words THANK YOU GOD on a piece of paper or in your journal, then around it write things you are grateful for....this can be anything from Forgiveness to Flowers to my sister.....







THANK YOU GOD



1. **Prayer for ourselves and Christians worldwide**

As Christians we are called to share God’s goodness and love in a sometimes hostile world. There are times we are mocked for our faith, and in some places in or world Christians are severely persecuted.  But God has provided us with a suit of spiritual armour to help and protect us. God is always the ultimate victor, but we do have a sneaky enemy who will attack our faith whenever he can.

*Ephesians 6:10-18 New International Version - UK (NIVUK)*

***10****Finally, be strong in the Lord and in his mighty power.****11****Put on the full armour of God, so that you can take your stand against the devil’s schemes.****12****For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.****13****Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.****14****Stand firm then, with the belt of truth buckled round your waist, with the breastplate of righteousness in place,****15****and with your feet fitted with the readiness that comes from the gospel of peace.****16****In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.****17****Take the helmet of salvation and the sword of the Spirit, which is the word of God.*

***18****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.*

Spend the next little while praying for yourself, as you think through the armour of God. But also pray for Christians around the world who suffer persecution (Like the Christians in 1 Peter!)

*Dear God, today we put on the full amour to guard our lives against attack. We put on the belt of truth to protect against lies and deception. We put on the breastplate of righteousness to protect our hearts from the temptations we battle. We put the gospel of peace on our feet, so we’re ready to take your light wherever you send us this day. We choose to walk in the peace and freedom of your Spirit and not be overcome with fear and anxious thoughts. We take up your shield of faith that will extinguish all the darts and threats hurled our way by the enemy. We believe in your power to protect us and choose to trust in you. We put on the helmet of salvation, which covers our minds and thoughts, reminding us we are children of the day, forgiven, set free, saved by the grace of Christ Jesus. We take up the sword of the Spirit, your very Word, the one offensive weapon given to us for battle, which has the power to demolish strongholds, alive, active, and sharper than any double-edged sword.*

*We ask for your help in remembering to put on your full armor every day, for you give us all that we need to stand firm in this world, knowing You fight beside us and lend us your strength. In the powerful name of Jesus, Amen.*

Quietly spend a moment listening to God. Use Samuels words: “*Speak Lord, your servant is listening*”.  Listen for any words, phrases or pictures that come into your mind, and jot them down. But don’t stress!

Again you could write or draw as you pray, or you could use this page

<https://www.navigators.org/wp-content/uploads/2020/05/Armor-Updated-2020.pdf>

Or you could research Christians being persecuted around the world, and pray for them

<https://www.opendoorsuk.org/resources/prayer/prayer-ministry/>

**11.45-12 Prayer for our community**

As God’s people we are called to pray for our city and community – of St Ann’s and wherever you are now *‘Seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper.’ Jeremiah 29:7*

So I invite you to pray now for the people in our community and city.

For our **schools** & all parents who are home schooling

For **Nottingham City Council:** David Mellen & team, our local councillors; Chantal, Linda & David

(& the national govt at this time!)

For **businesses**, arts venues, places to eat and drink – all that are worried about survival

For those living in **poverty** – for our local food bank at the Chase & others

For **Health & social care**, and all who work in these areas – for protection, wisdom & courage

For **law and order**– the police trying to enforce the rules and keep everyone safe, & those making decisions that affect all of us.

For **the church** – our church members spread around the area in their homes. May we be a force for good where you have placed us right now in lockdown. And may the church in our city continue to thrive. We pray for your church united, our city blessed and God’s power released in and through us.



 Quietly spend a moment listening to God. Use Samuels words: “*Speak Lord, your servant is listening*”.  Listen for any words, phrases or pictures that come into your mind, and jot them down. But don’t stress!

Ending with///

<https://mcusercontent.com/e94be00965fea61363f7be830/files/0c5247e5-3c76-4f30-9875-b7b83734a393/Blessing_Your_Neighbourhood.pdf>  Blessing your neighbourhood prayer

<https://www.youtube.com/watch?v=PUtll3mNj5U> Blessing on the UK song

<https://padlet.com/tkc2020/utd70lu44g9ispgn> Prayer wall