



Creative Prayer ideas

You may like to use these during your hour of prayer for the 24/7 prayer or at any other time during Thy Kingdom Come. Choose 1 or as many as resonate with you and your prayer needs at the moment.

Dwell in the word

Choose a bible verse—I have given you one as an example which you may like to use. If you choose a different one write it out and place in the middle of a sheet of paper. Spend time reading the passage and chewing it over. What words stand out for you? What thoughts do they lead to? You can underline, circle, connect with arrows, do whatever you like to help you 'dwell in the word'. It is a helpful way to lead into a time of prayer.

I will proclaim the name of the Lord,
Oh, praise the greatness of our God!
He is the Rock, his works are perfect,
and all his ways are just.
A faithful God who does no wrong,
upright and just is he.'

Deut 32:3,4



Beginning:

As you start, stand still and take in what is around you—things you can see, hear, touch. Become aware of the stillness that underlies everything. That is God's presence which holds all things.

Listen to the bird song or other noises. Appreciate the smells, the warmth of the sun (if relevant!). Give thanks for this time with God and ask him to show you more of himself.

Walk—now begin to walk taking notice of things which catch your eye.

Look for **colours**—how many different colours are around you? Different shades, perhaps some bright, some in shadow. Which colours attract you and which seem dull?

How colourful is your life at the moment—which colours sum up how you feel, your current situation? Offer the thoughts and feelings which come to mind to God.

Stop—look at where you are now. If there are houses offer prayers for the people who live there. What different needs might there be? Pray for families, older people, those on their own, those who are ill—with Covid-19 or with other things, pray for those who are caring for people at home, young people worried about missing exams, their next stage, future jobs.

If you are in the country pray for the farming community and their difficulties at this time. Pray for all who work to produce our food and get it to us.

Walk—find something to **touch and feel**—a leaf, a stone wall, a twig, a stone, something in your pocket! Think about our senses—how we are able to appreciate life in many ways not just through sight but touch, taste, smell and hearing.

What are you feeling now—something soft, hard, rough, smooth.....

How does life feel for our community at the moment? For some it is rougher and harder than others. Think of those serving our community in different ways and what life is like for them. Pray for those who may be struggling. For key workers and their families.

Ask God to take the roughness and replace it with gentleness. To bring peace into the hearts of those who suffer. To allow the softness of his love to surround them. To fill our streets and places with his loving presence.

Stop—wait in the quiet and ask God to speak to you.

He may remind you of a bible verse or story, a song, an image, or simply give you a sense of his presence. If your mind goes blank then don't worry—just enjoy the absence of busyness or striving. Rest in whatever he gives you.

Walk—Continue to walk but perhaps the word or image God has given you impacts on what you are seeing, where you are going. Offer your prayers in whatever way seems appropriate.

Look up and ahead. Think about how far your view of life is at the moment. We may feel limited at this time but God knows what is ahead and is already there preparing the way for us. How do you feel about that?

Pray for your own concerns about the future.

Pray for our community and our country as we look ahead. Offer the uncertainties and concerns. You only have to name them. Entrust them to God.

Ending -As you finish your walk, thank God for his presence with you and ask him to remind you of one thing to carry with you for the rest of the day.

Different types of prayer

There are many ways to pray and things to pray for. There are no right or wrong ways to pray. But sometimes we can get focussed on particular types of prayer and forget others. For example praying for people in need (which is good) but forgetting simply to offer prayers of praise and thanksgiving.

Use the diagram below to help focus your prayers on different things.



Listening

Listening to God takes practice. To simply sit and ask God to speak comes more easily to some than others.

Try to sit and listen for 5 minutes. Get comfortable, and try to still your mind as much as you can.

Ask God to speak to you—it may be in words, images, something you can see or hear, something which comes to mind. 'Be still and know that I am God.'

(for example looking at a bush in the garden and noticing the new growth appearing—perhaps God is saying something about new growth in your life).

Strength

What does the word 'strength' mean to you?

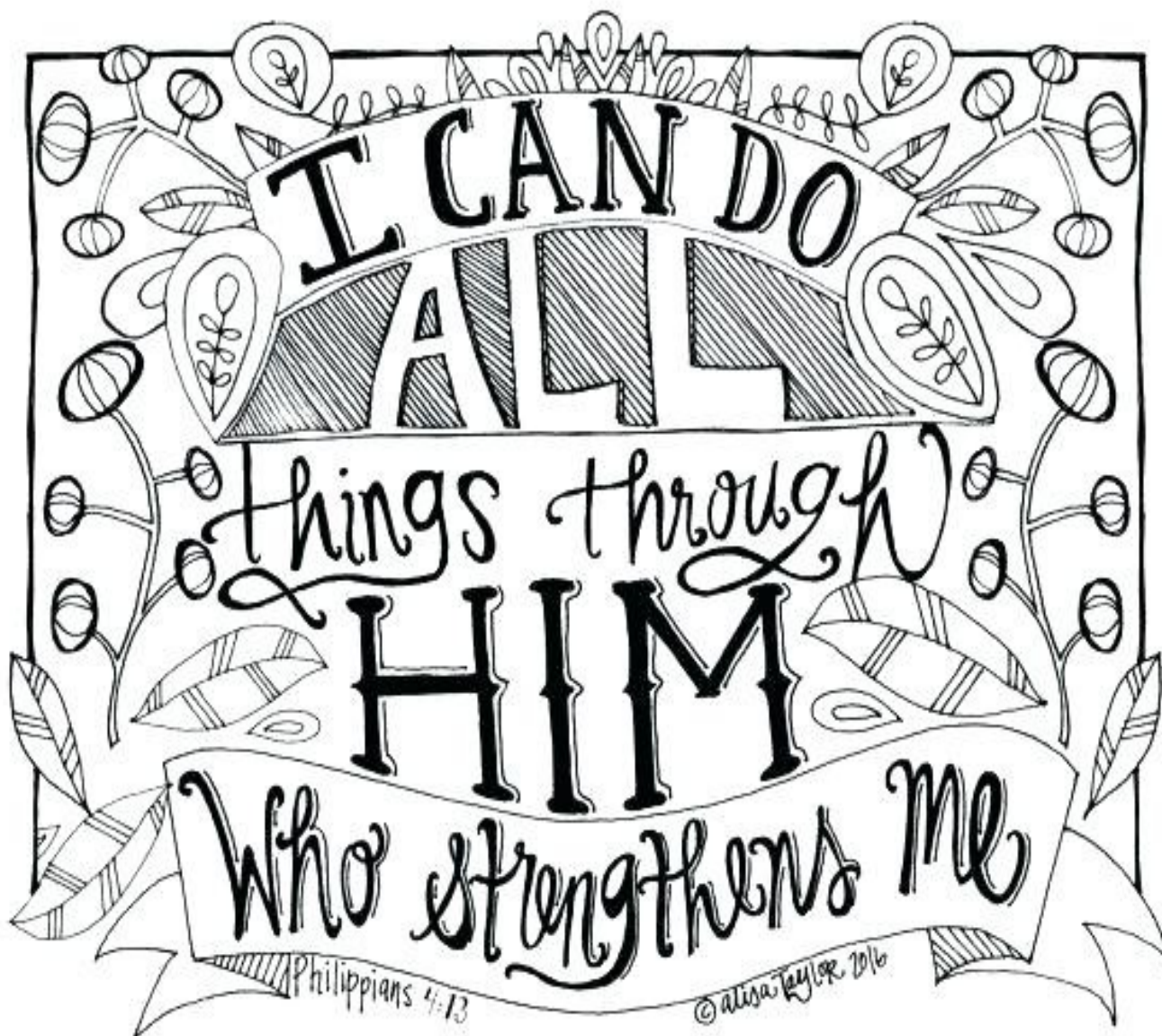
Does it bring other words to mind such as endurance or patience? You might like to write them down here.

Who needs strength at the moment?

Ask God to prompt you with any names or situations which need it. It may be you!

If you like mindful colouring then as you colour the picture below pray for those people or situations. Pray for yourself.

What does it mean to have the strength of Christ at work in us?



Church



During this time when we cannot meet in the physical church building we are learning a lot more about being church wherever we are. There will be some people you are keeping in touch with and others you may not have seen or heard from for several weeks.

On the picture above write the names of all the people you can think of who belong to St Peter's. As you write their name try to picture them in your mind and ask God to meet their needs at this time.

Then think of different activities that have stopped for the time being. Write them down too. Ask God to bless all those involved in those things.

Pray for the future of St Peter's which may be different from how it was once we are allowed to meet again in the building.

- For the leadership as Rachel leaves, including Ben, the churchwardens and the PCC
- For worship –and those who have joined us online
- For the different activities and how they will start up again
- For people on the fringes who may need encouraging to 'come back'
- For the building, finances and other practical concerns.
- For anything else on your heart

Give thanks

'Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.' 1 Thess 5: 16-18

It is not always easy to be thankful all the time. But we can pause and think about what we are thankful for at the moment, what gives us joy even in the midst of difficult circumstances.

Write down here things you are thankful for—even if they are very small things. You might like to keep adding to it over the days to come.