

# 24/1 prayer day January 27-28 2021

- P**ause Thank you for signing up for an hour of prayer. There is so much that needs our prayers. This guide offers some ideas to get you started. However, it could be that God wants to catch your attention and steer you in a different direction, so be prepared!
- R**ejoice This guide will use Pete Grieg's four helpful headers: Pause, Rejoice, Ask and Yield, as a frame to bring your prayers to Father God now.
- A**sk
- Y**ield Prayer does not have to be static—it may be that you choose to spend your hour in your favourite chair, but it could be outside, walking, or praying with someone else, depending on the time of day or night and social distancing rules! You may find it helpful to have a Bible and a pen at hand to write any impressions, thoughts, verses, ideas for prayer.

## Pause

*'Be still and know that I am God.'* Ps 46:10

Read Matthew 6:9-13-The Lord's Prayer. Pause after each line. Then focus on the words '*Our Father*'—breathing slowly in and out as you say these words. You may prefer to change the phrase you are pausing on; 'My God and my all' (Francis of Assisi), or 'Lord Jesus', 'Abba Father'—however you feel led.

## Rejoice

*'Hallowed be your name'* Spend time in worship and adoration, thanking God for who He is, His protection, His provision, His love. You may like to read through a Psalm. Ps 146 says '*Praise the Lord, O my soul*', or put on some worship music. (If it's a night slot you may want to choose a song that won't send you back to sleep!)

## Ask

*'Your kingdom come, your will be done, give us today our daily bread'.*

Pray for our **World**. Think of what you see on the news or read in the papers - pray about what comes to your attention. Pray for the pandemic to come to an end, that God will bring healing to the nations.

Pray for our **Nation**: Pray for the government - for wisdom, integrity, a heart for justice and concern for the poor. Pray for the NHS and frontline services. Pray God will bless, grow, and strengthen the Church in the UK.

Pray for our **community**: Pray for schools, businesses and shops, hospitals, all under pressure because of the pandemic. Pray for our council, in deep financial difficulties.

Pray for families coping with home schooling; for children and young people's education affected by the pandemic. For those who have lost jobs, who are struggling financially. Pray for those who are unwell-physically and mentally. Pray for the bereaved.

Pray for **Churches in Purley and Croydon** - for unity and that they will be salt and light to the communities they serve. Pray for those joint initiatives of our local churches, for instance, The Link, The Wellbeing café, Purley food Hub, CAP.

Pray for **PBC**. You could use the Purley Week to prompt your prayers for our Church. Perhaps play the recent song 'The Blessing', using it as a focus for prayer for the people suggested below:

Pray for our ministers. For James returning from sabbatical next week and Marilyn preparing for retirement. Pray for the leadership team, for the staff, as they continue to work through these challenging times.

Pray for the 58:12 project as plans progress. Pray for Thornsett, our developer and for the 58:12 committee-for wisdom and diligence. Pray that this project will bring God glory.

Pray for our missionaries-The Beckwiths, Lunns, and Oprenovs. For our mission agencies we support-BMS, International Needs, Embrace, CSW.

Pray for those things you are involved in at PBC - your life group, the ministries you have served in, the friends you have at PBC.

Finally, pray for **five family members or friends** that you want to become followers of Jesus, for God to **BLESS**:

**Body**:-health, protection, energy

**Labour**:-employment/unemployment, retirement, adequate income.

**Emotional**:-inner peace, joy, wisdom, insight.

**Social**:-healthy relationships, reconciliation, love.

**Spiritual**:-repentance, salvation, obedience, faith.

## **Yield**

*'On earth as it is in Heaven'*

Focus on 'Our Father' again. Hand over, surrender to Him all you have been praying about.

Yield your life to Him again. Pause, be still, and listen for anything God wants to say to you.

Say **Amen** to His will being done, His kingdom come.