

24-7 Prayer at Home

Thank you for joining our 24-7 Prayer week.

As you can't come to the prayer room, we want to bring the prayer room to you!

You can spend your hour with God any way you like, but if you're looking for inspiration, here are the things we're praying through at 104. You can spend 5-10 minutes praying through each theme or pick one or two things to pray for in your hour.

Preparing to spend an hour with God

Our minds and hearts can be distracted when we spend time with God. To prepare ourselves for this time of prayer let's take a moment to notice what we're thinking and feeling.

Get a pen and two pieces of paper...

Mind

Write down everything whirring around in your brain; the jobs to do, the shopping list, everything you're thinking about. Fold the paper into an aeroplane and throw it across the room. Ask God to help you set aside distraction.

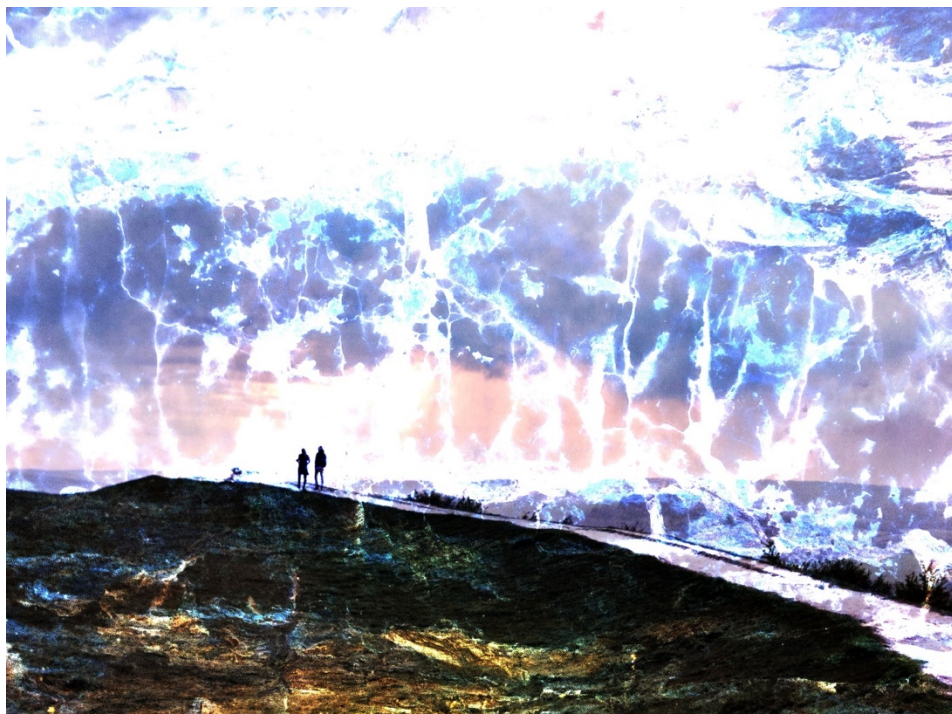
Heart

How are you feeling?

On the second piece of paper draw anything that's weighing heavy on your heart. Hold up your piece of paper and ask God to hold it with you during this time of prayer.

Pray: Lord, I come with an expectant heart. I welcome Your presence today.

Prayer for students



"Journey" by Charlie Haydock

This artwork was created from a photo of the Trundle – a viewpoint that the students often walk to during Freshers week. From here they can look out across Chichester and the new life that is before them. The artwork reminds us of how heaven can break into our ordinary lives.

Belonging – freedom – inspiration – protection – faith – wellbeing

Use these words as a starting point for your prayers for the students as they arrive this term.

Pray:

- **For the new students arriving** – that they may be able to settle in well, make new friends and connect with church.
- **Pray for salvation!** – and revival amongst the students
- **Pray for connections** – with key students and members of staff at the university

Pray: Dear Father, thank you that you have given our students this season where they can take time to study and explore the things that they love. Lord, we offer you all of them now. During this time may they become all that you desire them to be. Father, may your Holy Spirit be their guide each day as they study. Come open their minds to new possibilities and help them make original connections with the things that they learn. Lord, come cover them now with your gracious wings of protection. Wherever they travel may they know that you go ahead of them, preparing the path and lighting a way. Thank you that your love is all about them and your everlasting arms enfold them. Lord, we give to you the friendships they have with their fellow students and ask for your blessing to be upon them. May each one of their friends encounter your love and goodness in their lives. Father, thank you for your presence right now. Thank you that you are with our students in every moment of each day and that you walk with them always. Amen.

A Prayer for Students to Pray

Point your phone's camera at this QR code or follow this link to watch the new PrayerScapes video, *Prayer for Students*:

https://www.prayerscapes.com/FilmPages/students_prayer.html



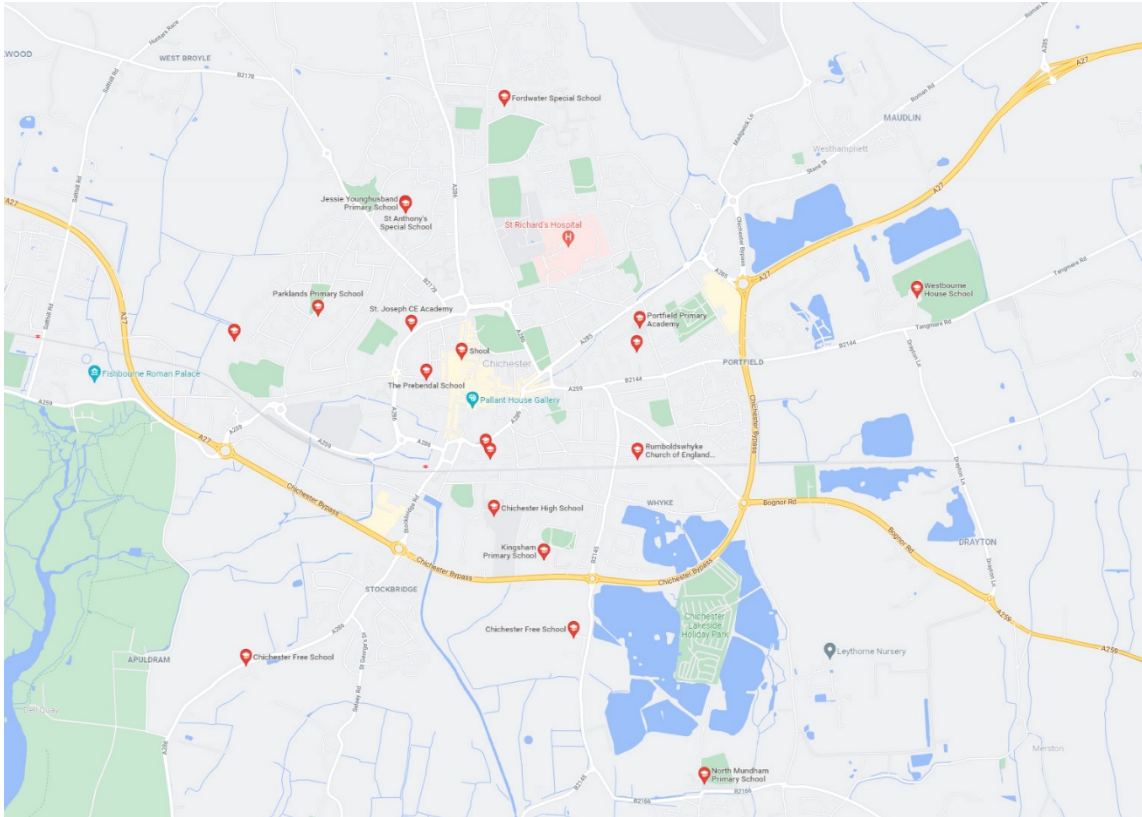
Prayer for Children / Families / Schools

As September marks the start of a new school term let's pray these verses over families and children that we know as they settle back into school and learning.

John 14:27 – Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.

Galatians 6:10 – So then, while we have opportunity, let us do good to all people, and especially to those who are of the household of the faith.

1 Timothy 4:12 – Let no one look down on your youthfulness, but rather in speech, conduct, love, faith *and* purity, show yourself an example of those who believe.



Prayer for schools

As you pray for schools take note of the spread of schools and places of learning across the area. Pray that children and families who know Jesus would be beacons of light, love, joy and salvation in their school communities.

Pray for staff, who have worked tirelessly and creatively to provide care, support and learning over the past year.

Pray for children to settle well into new school environments and classes.

Pray for the power of the Holy Spirit to fill children and young people of faith so that they live in a transforming way for those around them, sharing the love and light of Jesus.

Pray for home educators, that as groups/events and networks start to return to a normal rhythm, relationships would flourish and opportunities to share Jesus would abound.

Pray for Dan SH and Sam Robinson as they start to grow new links and opportunities within schools in our area.



RevsKids, RevsYouth, SPARKLERS and The Bell Tower

Please pray for RevsKids, RevsYouth and kingdom growing opportunities, such as SPARKLERS playgroup and The Bell Tower.

What does God want to say over these areas?

Listening to God

Take 10 minutes to let God speak. If you're not sure how, try one of these two approaches...

Be Still

- Set a timer for 10 minutes so you're not watching the clock
- Sit comfortably and notice your breathing; breathe deeply
- Welcome the Holy Spirit
- From your head to your feet, notice how your body feels; relax any tense muscles
- Random thoughts filling your head? Don't feel discouraged – keep handing them to God
- Try using a *breath prayer* to help you focus – a simple short phrase that focuses your attention on God (e.g. 'I love You Father', 'Speak Lord, Your servant is listening')
- Be attentive to what God might be saying – does a word, picture, bible verse or something else come to mind?
- After 10 minutes, thank God for spending this time with You
- Write down anything You think God has said

Lectio Divina

This ancient form of Christian meditation helps us come to the Bible not to be informed but to be transformed. Choose a short passage about 5-10 verses long. If you're not sure what to choose why not try Joshua 1:1-9. You are going to read this passage multiple times and ask the Lord to speak to you through it...

1. Welcome the Holy Spirit
2. Read the passage
3. Sit in silence for a minute
4. As you read the passage for a second time, notice how it makes you feel
5. Ask the Holy Spirit to highlight one word or short phrase to you
6. Read the passage for a third time
7. Write down the word or phrase that jumped out at you
8. Read the passage for the fourth time
9. Respond to anything that has jumped out to you in prayer to God
10. Read the passage for a final time
11. Rest with the Lord in silence for a few minutes

If you hear anything from God that you believe is for us as a church community please share it by emailing mail@revelation.org.uk.

Prayer for Alpha

On Tuesday the 28th September we are launching an Alpha Course. This course is a great opportunity for us to invite friends and family who don't yet know Jesus, to explore questions about life and faith.

Take a moment to listen to God – ask Him to give you the name of one person He wants you to invite to Alpha. Don't move on until you have a name!

Drink a glass of water – ask God to fill you with His Spirit and give you the courage to extend the invitation.

Read Matthew 13:1-9 & 18-23

That same day Jesus went out of the house and sat by the lake. Such large crowds gathered round him that he got into a boat and sat in it, while all the people stood on the shore. Then he told them many things in parables, saying: 'A farmer went out to sow his seed. As he was scattering the seed,

some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants. Still other seed fell on good soil, where it produced a crop – a hundred, sixty or thirty times what was sown. Whoever has ears, let them hear.'

'...Listen then to what the parable of the sower means: when anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in their heart. This is the seed sown along the path. The seed falling on rocky ground refers to someone who hears the word and at once receives it with joy. But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away. The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful. But the seed falling on good soil refers to someone who hears the word and understands it. This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown.'

Pray for the person God has given you. Ask Him to prepare the terrain of their heart for the message of the kingdom.

The Wailing Wall: Prayer for ourselves and others

- How do you, or the people you know, need God's help?

Post your need on our online Wailing Wall and ask God to act. Access the online Wailing Wall by scanning the QR code to the right or by clicking on one of these links:



<https://jamboard.google.com/d/1uflOvGFHJkTrhNHVaFbPMelqNtp2RaEZ1V8h4FjL1Ew/edit?usp=sharing> or <https://tinyurl.com/revsww>

- Once you've written your prayer, find another one and pray for that. You can add and pray for as many as you like

*** Please note that other people may read your prayers, so please be sensitive about confidential information. ***

Finishing your hour

You're nearly finished; soon you will go into the rest of creation.

Ready yourself before you leave this time of prayer.

Take your time.

Recognise your inner response to each of the words or questions below.

Consider your posture, and how you feel in your body.

What do you need?

What can you give?

Receive

Go!