

60 MINUTE PRAYER GUIDE: PRAYING FOR OTHERS

Spend an hour praying for others around you
You will need: Pen, Paper

Invite the Holy Spirit as you start to pray, and read Matthew 28:16-20

WHO ARE THE PEOPLE AROUND YOU?

Write your name on the middle of a piece of paper. Then, write the names of friends, family, neighbours, or colleagues that don't know Jesus and link them to your name with arrows.

How would knowing God impact the lives of these people? Write or draw something by each name to represent the change.

SEEING JESUS IN OTHERS

We are all made in the image of God. Think about each person on your piece of paper and write down the good qualities God has given them. Thank God for the unique way each person was made and created.

INVITE THE HOLY SPIRIT

Think about the way that you interact and engage with the people on your piece of paper. Then, pause and welcome the Holy Spirit into every part of your day to day life. Pray for each person individually - that they will see something of Jesus through your interactions with them each day.

BE INTENTIONAL

Read through your list of people once more, and as you do so, allow the Holy Spirit to draw you to a person or a few people that you can engage with this week. Write down any ideas of how you can bless them or share hope with them when you see them next.

Take your piece of paper with you when you leave as a reminder to keep praying daily for your friends and family.