

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

## Where to Begin...

- ✚ When we pray, we are praying to a God who longs to hear and respond to our prayers, so we can begin by praying with confidence, knowing that our prayers are important to God.
- ✚ The God who made and created us also made and created the people we are praying for. God loves our friends, family and community, so pray expectantly!
- ✚ Sometimes we need to ask and keep asking. Be willing to persevere in your prayers.

*Please use this time to pray as you feel led.*

*Or,*

*If you would like to use them, there are some suggestions for prayer below:*

### **A prayer to begin with:**

Grant me today, times of stillness, spreading like ripples on water.  
May Your peace fill me.

Grant me today, times of laughter, that transform today.  
May Your joy sustain me.

Grant me today, times of blessing, feeding my soul.  
May Your love surround me. **Amen**

### **Pray for yourself and your own walk with God:**

Each of us has a particular experience of God and each of us must find the way to be true to it.

How does Jesus speak to you today?

Are you learning from his life the reality and cost of obedience to God?

How does his relationship with God challenge and inspire you?

**This is my prayer: that your love will flourish and that you will not only love much but well.**

*Philippians 1:9*



## Pray for Others:

Pray for those known to you who are facing challenges and difficult situations.

**For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."** *Jeremiah 29:11*

## Pray for our Community:

The needs of our community are many and varied.

As we pray for these situations we must also give thanks for the resources God provides that enables us to share His love in the midst of the struggles of peoples lives.

We pray for transformaton.

**Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'** *Matthew 19:26*

## Pray for the World:

Across the world, there are situations that are having a terrible impact on individuals, communities, and whole countries.

War and conflict, Persecution, Hunger, Climate Change, Corruption, Poverty to name but a few. But we can find hope in the words of Psalm 24

**'The earth is the LORD's, and everything in it, the world, and all who live in it.'** *Psalm 24:1*

## Pray for God's Kingdom to Come!

**Your Kingdom Come, Your Will be done, On earth as in heaven. Amen**

