

# Lent Prayer Booklet



## Ash Wednesday to Easter 2019

St James' by the Park



## **Introduction**

For Christians, Lent is the time when we remember the 40 days that Jesus spent in the wilderness, facing challenge and temptation.

It is a time when we reflect on what it means to be a disciple of Jesus, seeking to grow closer to our Father God, and seeking to be godly agents for change in his world.

It is easy to come to God with a shopping list of prayers. This booklet contains some suggested prayers that will help us develop a more rounded prayer life, including praise, confession and character formation, and soaking up our identity in Christ. Many of the prayers are based on verses from the Bible – praying Scripture like this can help us know how to pray.

Each day's prayers are split into three sections which mirror our Up – In – Out relationships. The 'Out' section is in the form of a question for reflection, linked to each of our seven mission focus areas in turn. Practical action, done prayerfully, will help us fulfil God's purpose for our life.

This prayer guide is only 2 weeks long, but is designed to be repeated throughout the 6 weeks of Lent.

## **How can I find time to pray?**

Every Christian should make time each day to cultivate their relationship with God, especially through prayer and reading the Bible. That might be five minutes snatched over lunch at work or whilst feeding a baby; or 20 minutes whilst commuting; or 40 minutes before others get up. It will vary as our life circumstances change.

We will rarely *find* the time to pray. But if we are intentional about deepening our friendship with God, we will *make* the time to pray.

## **How should I structure a prayer time?**

If you haven't got a regular pattern of prayer at the moment, here's some tips:

- \* Find a good place – ideally somewhere you won't be interrupted.
- \* Try to still your mind. Offer your anxieties to God.
- \* Dedicate the next 5/20/40 minutes to him. Ask him to lead and guide you.
- \* Use the prayers for the day from this booklet.
- \* If you have time, read a passage of Scripture (eg a psalm or an episode from the gospels) and turn it into your own prayer.
- \* Pause before you finish, asking God to speak to you in the quietness.

### **Credits**

*Many of the prayers have come from "Face to Face volume 1 and 2" by Kenneth Boa, published by Zondervan. If you've found it helpful to pray Scripture in this way, you may want to track down one or both of those books.*

## Monday (week A)

### Relationship with God (up)

*Begin by praising God:*

O Lord, our Lord,  
How majestic is your name in all the earth!  
You have set Your glory above the heavens! (Psalm 8:1)

Great and marvellous are your works,  
Lord God Almighty!  
Righteous and true are Your ways,  
King of the nations!  
Who will not fear You, O Lord, and glorify Your name?  
For You alone are holy.  
All nations will come and worship before You,  
For Your righteous acts have been revealed (Revelation 15:3-4)

*Pause to express your thoughts of praise and worship.*

Because I have received You and believed in Your name, You have given me the right to become Your child. (John 1:12)

*Spend some time letting the truths of this verse sink in, rejoicing in your identity in Christ.*

*Pray for a godly character, using these verses to guide you:*

Like Noah, I want to be a righteous person, blameless among the people of my time, and one who walks with You, O God. (Genesis 6:9)

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied (Matthew 5:6)

I will not be lacking in zeal, but I will stay fervent in spirit, serving You, O Lord. (Romans 12:11)

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

## **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on this verse:*

Lord, may we imitate the faithfulness of the believers in Jerusalem, who continually devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. (Acts 2:42)

## **Reach the world (out – financial hardship)**

Week 1: Many of us live within our means but with little margin or contingency if things go wrong. So often families and individuals begin the cycle of unmanageable debt with one extra expense (like the washing machine breaking down) that then spirals out of control. Can you cut back on your spending in order to put some money aside for a rainy day?

Week 3: Do you know how much you're spending? This week, why not consider keeping a note of every expense; that sandwich you pick up at lunchtime, that chocolate bar when you buy petrol, those extra trips to the corner shop on top of your weekly supermarket spend. At the end of the week review your spending. Prayerfully consider any changes you should make.

Week 5: What if you ran out of money for your shopping this week? Could you manage a "No spend week" and only cook and eat leftovers or whatever you have in the store-cupboard or freezer? Maybe consider donating what you would normally spend to charity?

## **Closing prayer**

Whom have I in heaven but You?

And there is nothing on earth I desire besides You.

My flesh and my heart may fail,

But You are the strength of my heart and my portion forever.

Those who are far from You will perish;

You have cut off all who are unfaithful to You.

But as for me, it is good to be near You.

I have made You, Lord God, my refuge,

That I may tell of all Your works. (Psalm 73:25-28)

## Tuesday (week A)

### **Relationship with God (up)**

*Begin by praising God:*

I will sing to You, Lord, for You are highly exalted. You, O Lord, are my strength and my son; You have become my salvation. You are my God, and I will praise You, my father's God, and I will exalt You. (Exodus 15:1-2)

Heaven and earth will pass away, but Your words, Lord Jesus, will never pass away. (Matthew 24:35)

*Pause to express your thoughts of praise and worship.*

You no longer call me a servant. Instead, You call me Your friend. You chose me. (John 15:15-16)

*Spend some time letting the truths of this verse sink in, rejoicing in your identity in Christ.*

*Holy Spirit, search my heart and reveal to me any unconfessed sin you find in me:*

Search me, O God, and know my heart;

Test me and know my anxious thoughts.

See if there is any offensive way in me,

And lead me in the way everlasting. (Psalm 139:23-24)

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

### **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on these verses:*

I want to speak words of encouragement to other believers. (Acts 20:2)

We ought always to thank You, God, for other believers and pray that their faith would grow more and more, and that the love each of them has toward one another would increase. (2 Thessalonians 1:3)

## **Reach the world (out - older people)**

Week 1: Is there an older person who has invested in you over the years who you can show your gratitude to this week?

Week 3: Our congregation has a large proportion of older people, either retired or retiring. If you *are* in this category, how do you feel about it - can you identify one positive, and one negative, and consider how to share them with the younger generation? If you *aren't* in this category, pause and think about how you feel about growing older?

Week 5: Is there an older person in your community/street/who you chat to in Sainsbury's, that you could invite to join you at Sunday@3 one Month? It's the third Sunday of the month at 3 o'clock!!

## **Closing prayer**

Blessed be Your name, Lord God, for ever and ever,  
For wisdom and power belong to You.  
You change the times and the seasons;  
You raise up kinds and depose them.  
You give wisdom to the wise  
and knowledge to those who have understanding.  
You reveal deep and hidden things;  
You know what is in the darkness,  
And light dwells with You. (Daniel 2:20-22)

## Wednesday (week A)

### Relationship with God (up)

*Begin by praising God:*

Your eyes, O Lord, move to and fro throughout the whole earth to strengthen those whose hearts are fully committed to You. (2 Chronicles 16:9)

Lord, You save the humble but bring low those whose eyes are haughty. (Psalm 18:27)

You are able to do immeasurably more than all that we ask or think, O God, according to your power that is at work within us. To You be glory in the church and in Christ Jesus throughout all generations, for ever and ever. (Ephesians 3:20-21)

*Pause to express your thoughts of praise and worship.*

My body is a temple of the Holy Spirit, who is in me, whom I have received from You. You bought me at a price. (1 Corinthians 6:19-20)

*Spend some time letting the truths of this verse sink in, rejoicing in your identity in Christ.*

*Holy Spirit, control me and fill me today:*

I was once darkness, but now I am light in You, O Lord. May I walk as a child of light (for the fruit of the light consists in all goodness and righteousness and truth), learning what is pleasing to You. (Ephesians 5:18)

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

### **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on this verse:*

We have many members in one body, but all the members do not have the same function; in the same way we who are many are one body in You, O Jesus Christ, and individually members of one another. And we have different gifts, according to the grace You have given to us. (Romans 12:4-6)

### **Reach the world (out - environment)**

Week 1: Think about how we are using a valuable resource (oil) that has taken millions of years to form to make plastics that we use only once. Consider how you could use less; in particular by using reusable shopping bags and declining single use bags.

Week 3: Man-made fabrics can shed fibres that get in to the water system and hence the oceans. Could you commit to using natural cleaning cloths? Avoid single use wet wipes and plastic sponges. Choose long lasting (cotton) cloths.

Week 5: Think about how many things we buy in plastic bottles. Could you reduce the number of bottles you buy? Rethink plastic liquid soap dispensers. Use soap in a bar form or refill plastic dispensers. And ensure you recycle those you can't replace.

### **Closing prayer**

I will trust in You, O Lord,  
And lean not on my own understanding;  
In all my ways I will acknowledge You,  
And You will make my paths straight.  
I will not be wise in my own eyes,  
But fear You and depart from evil. (Proverbs 3:5-7)

## Thursday (week A)

### **Relationship with God (up)**

*Begin by praising God:*

You, O Lord Most High, are awesome,

The great King over all the earth!

You are the King of all the earth,

And I will sing Your praise.

You reign over the nations;

You are seated on Your holy throne. (Psalm 47:2, 7-8)

Hallelujah! Salvation and glory and power belong to You, our God because Your judgments are true and righteous. (Revelation 19:1-2)

*Pause to express your thoughts of praise and worship.*

Through Jesus, I have access to my Father by his Spirit.  
(Ephesians 2:18)

*Spend some time letting the truths of this verse sink in, rejoicing in your identity in Christ.*

*Pray for a godly character, using these verses to guide you:*

I will not judge, so that I will not be judged. For in the same way I judge others, I will be judged; and with the measure I use, it will be measured to me. (Matthew 7:1-2)

I will bless those who persecute me; I will bless and not curse.  
(Romans 12:10)

I will accept others just as you, O Jesus Christ, accepted me to the glory of God. (Romans 15:7)

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

### **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on this verse:*

I will pursue the things that lead to peace and to mutual edification.  
(Romans 14:19)

## **Reach the world (out - families and children)**

Week 1: Can you remember when you were at school? What were some of the things you enjoyed? What did you not enjoy so much? Pray for a child, young person or an adult who is involved in education this week, and for the infant/junior schools in our parish, Hollybrook, Shirley and Wordsworth.

Week 3: Did you go to Sunday school / Junior Church whilst you were growing up? What was it like? Did you enjoy it? If you didn't can you think what it may have been like, would you have enjoyed it? Pray for the children that are part of our crèche, bubbles, and flames groups and the leaders and helpers that run them. Pray also for our Superstars services, and reflect on how you could support these groups and events.

Week 5: What memories do you have of the people / person who cared for you whilst you were growing up. Pray for those who have caring responsibilities for children in our church and community. How can you encourage them?

## **Closing prayer**

You, O Lord, have said: "Let not those who are wise boast of their wisdom, and let not those who are strong boast of their strength, and let not those who are rich boast of their riches; but let those who boast, boast about this: that they understand and know Me, that I am the Lord, who exercises loving kindness, justice and righteousness on earth; in these I delight." (Jeremiah 9:23-24)

"You are my portion. Lord' says my soul;  
Therefore I will wait for You.  
You are good to those who wait for You,  
To the soul who seeks You.  
It is good to hope silently  
For Your salvation. (Lamentations 3:24-26)

## Friday (week A)

### Relationship with God (up)

*Begin by praising God:*

O Lord God, You have shown Your servants Your greatness and Your strong hand, for what god is there in heaven or on earth who can do the works and mighty deeds You do? (Deuteronomy 3:24)

You are the Lord, and there is no saviour besides You. From ancient days You are He, and no one can deliver out of Your hand; You act, and who can reverse it? (Isaiah 43:11 13)

Blessed are You, O God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort. (2 Corinthians 1:3)

*Pause to express your thoughts of praise and worship.*

I am no longer under condemnation, for through Christ Jesus the law of the Spirit who gives life has set me free from the law of sin and death. (Romans 8:1-2)

*Spend some time letting the truths of this verse sink in, rejoicing in your identity in Christ.*

*Pray for a godly character, using these verses to guide you:*

Teach me to number my days, that I may gain a heart of wisdom. (Psalm 90:12)

But Your fruit, O Holy Spirit, is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control; against such things there is no law. (Galatians 5:19-23)

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

## **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on these verses:*  
O God, You are the One who gives endurance and encouragement; grant that we be of the same mind toward one another, according to Christ Jesus, so that with one accord and one mouth we may glorify You, the God and Father of our Lord Jesus Christ. (Romans 15:5-6)

## **Reach the world (out - inter-cultural relations)**

Week 1: A local man was picking up rubbish in Shirley. A member of our congregation thanked him, but the man went on to complain that they blame Polish immigrants for the state parts of Shirley are in. How would you respond?

Week 3: Pray the CMS Community prayer - Lord, as you have entered into our life and death and in all the world you call us into your death and risen life, forgive us our sins: and draw us we pray, by the power and encouragement of your Spirit, into an exchange of gifts and needs, joys and sorrows, strength and weakness with your people everywhere; that with them we may have grace to break through every barrier, to make disciples of all peoples and to share your love with everyone for your glory's sake. Amen.

Week 5: "Culture is how we do things here." What forms the culture of St James' by the Park? If you have ever been part of another Christian group, which aspects of their culture do you miss? How can you introduce us to that aspect of culture and so enrich ours?

## **Closing prayer**

O Lord, You reign forever;  
You have established Your throne for judgment.  
You will judge the world in righteousness,  
And You will govern the peoples with justice.  
You will also be a refuge for the oppressed,  
A stronghold in times of trouble.  
Those who know Your name will trust in You,  
For You, Lord, have never forsaken those who seek You.  
(Psalm 9:7-10)

## Saturday (week A)

### Relationship with God (up)

*Begin by praising God:*

I will praise You forever for what You have done; I will hope in Your name, for it is good. I will praise You in the presence of Your saints. (Psalm 52:9)

You, O Lord, have performed mighty deeds with Your arm; You have scattered those who are proud in the thoughts of their heart. You have brought down rulers from their thrones and have lifted up the humble. (Luke 1:51-52)

There will be a new heaven and a new earth, for the first heaven and the first earth will pass away, and there will no longer be any sea. (Revelation 21:1)

*Pause to express your thoughts of praise and worship.*

Since I have been justified through faith, I have peace with You through my Lord Jesus Christ. (Romans 5:1)

You, O God, set me apart from my mother's womb and called me through your grace. (Galatians 1:15)

*Spend some time letting the truths of these verses sink in, rejoicing in your identity in Christ.*

*Pray for a godly character, using these verses to guide you:*

In view of Your mercy, O God, may I present my body as a living sacrifice, holy and pleasing to You, which is my reasonable service. May I not be conformed to the pattern of this world but be transformed by the renewing of my mind, that I may prove that Your will is good and acceptable and perfect. (Romans 12:1-2)

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

### **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on these verses:*  
Since we were called into fellowship with You, Lord Jesus Christ, all of us should agree with one another, so that there may be no divisions among us, and that we may be perfectly joined together in the same mind and in the same judgment. (1 Corinthians 1:9-10)

### **Reach the world (out - teenagers)**

Week 1: How much time do you spend on Social media? Teenagers are the highest users of social media. Pray for wisdom and discernment for how to use and be influenced by social media for good.

Week 3: Growing up in a Christian or non Christian family can bring its own challenges. Reflect on what some of those challenges might be and pray for the young people facing these in our community.

Week 5: How many of our local Schools and colleges do you walk past in your daily life? Challenge yourself to pray for them as you walk past each day.

### **Closing prayer**

May Your favour, O Lord our God, rest upon us,  
And establish the work of our hands for us -  
Yes, confirm the work of our hands. (Psalm 90:17)

## Sunday (week A)

### Relationship with God (up)

*Begin by praising God:*

I will exalt You, my God and King;  
I will bless Your name for ever and ever.  
Every day I will bless You,  
And I will praise Your name for ever and ever.  
Great are You, Lord, and most worthy of praise;  
Your greatness is unsearchable. (Psalm 145:1-3)

Oh, the depth of the riches of Your wisdom and knowledge!  
How unsearchable are Your judgments,  
And Your ways past finding out!  
For who has known Your mind, O Lord?  
Or who has been Your counsellor?  
Or who has first given to You,  
That You should repay him?  
For from You and through You and to You are all things.  
To You be the glory forever! Amen. (Romans 11:33-36)

*Pause to express your thoughts of praise and worship.*

I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate me from Your love in Christ Jesus my Lord. (Romans 8:38-39)

*Spend some time letting the truths of this verse sink in, rejoicing in your identity in Christ.*

*Pray for a godly character, using these verses to guide you:*

These are the things I shall do: speak the truth to others, and judge with truth and justice for peace. I shall not plot evil against my neighbour, not love a false oath, for these things you hate, O Lord. (Zechariah 8:16-17)

I want to abound in faith, in speech, in knowledge, in all diligence, in love and in the grace of giving. (2 Corinthians 8:7)

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

### **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on this verse:*

If someone is caught in a trespass, we who are spiritual should restore them in a spirit of gentleness, watching ourselves, lest we also be tempted. (Galatians 6:1)

### **Reach the world (out - mental wellbeing)**

Week 1: Do you regularly take time out for yourself? Could you try a new hobby?

Week 3: Do you have someone you can talk to if you need to (family / friends)?

Week 5: Is there a friend whom you haven't seen or spoken to for a while? Could you phone them up and ask them how they are?

### **Closing prayer**

You are the Lord who created the heavens; You are God.

You fashioned and made the earth and established it;

You did not create it to be empty,

But formed it to be inhabited.

You are the Lord, and there is no other. (Isaiah 45:18)

You are in Your holy temple;

Let all the earth be silent before You. (Habakkuk 2:20)

## Monday (week B)

### Relationship with God (up)

*Begin by praising God:*

You, Almighty God, are beyond our reach; You are exalted in power, and in your justice and great righteousness, You do not oppress. (Job 37:23)

You are the Lord, the God of all people. Nothing is too difficult for You. (Jeremiah 32:27)

You, O God, are light; in You there is no darkness at all. (1 John 1:5)

*Pause to express your thoughts of praise and worship.*

I am free from any condemning charges against me. (Romans 8:31-34)

I am confident that You who began a good work in me will carry it on to completion until the day of Christ Jesus. (Philippians 1:6)

*Spend some time letting the truths of these verses sink in, rejoicing in your identity in Christ.*

*Pray for a godly character, using these verses to guide you:*

I will not lose heart, but though my outer self is decaying, yet my inner self is being renewed day by day. For momentary, light affliction is producing for me an eternal weight of glory far beyond all comparison, while I look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal. (2 Corinthians 4:16-18)

Since I have been raised up with You, O Christ, I will keep seeking the things above, where You are at the right hand of God. I will set my mind on the things above, not on the things that are on earth. (Colossians 3:1-2)

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

## **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on this verse:*  
We should bear one another's burdens and so fulfill Your law, O Christ. (Galatians 6:2)

## **Reach the world (out - financial hardship)**

Week 2: Beacon are actively building relationships with individuals and families in and around Shirley who are struggling with their finances. Our prayer is that through practical support and these growing friendships we will be able to have "God conversations" that lead to people coming to know Jesus. Could you commit to praying for our Beacon friends?

Week 4: How's your giving? God calls us to be outrageously generous with all he has blessed us with. Can you rearrange your finances so that you can give more away? Maybe consider giving to charities like Southampton City Mission and SCRATCH who support local people who are struggling financially.

Week 6: When we teach the CAP Money Course, we challenge delegates to use cash rather than cards for their everyday spending. Why not decide how much cash to draw out this week and challenge yourself to stick to a budget. Once the cash is gone it's gone!

## **Closing Prayer**

God highly exalted You, Christ Jesus, and gave You the name that is above every name, that at Your name every knee should bow, in heaven and on earth and under the earth, and every tongue should confess that You, Jesus Christ, are Lord, to the glory of God the Father. (Philippians 2:9-11)

I give honour and praise to You, O Christ, the head of the body, the church; for You are the beginning and the firstborn from among the dead, so that in everything You might have the supremacy. (Colossians 1:18)

## Tuesday (week B)

### Relationship with God (up)

*Begin by praising God:*

I will exalt You, my God and King;  
I will bless Your name for ever and ever.  
Every day I will bless You,  
And I will praise Your name for ever and ever.  
Great are You, Lord, and most worthy of praise;  
Your greatness is unsearchable. (Psalm 145:1-3)

Out of the north You come in golden splendour;  
With You is awesome majesty.  
You, the Almighty, are beyond our reach;  
You are exalted in power,  
And in Your justice and great righteousness, You do not oppress.  
(Job 37:22-23)

*Pause to express your thoughts of praise and worship.*

I am the salt of the earth and the light of the world. (Matthew 5:13-14)  
My citizenship is in heaven. And I eagerly await a Saviour from there, the Lord Jesus Christ. (Philippians 3:20)

*Spend some time letting the truths of these verses sink in, rejoicing in your identity in Christ.*

Your word of encouragement addresses me as a child and reminds me not to make light of the Lord's discipline, or lose heart when He rebukes me, because You, Lord, discipline the ones You love, and You chasten everyone You accept as Your child.' (Hebrews 12:5-6)  
*Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness.*

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

## **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on this verse:*

Lord Jesus Christ, grant that as Your body, we might reach unity of the faith and in the knowledge of You, the Son of God, so that we will become mature and attain to the whole measure of Your fullness. Then we will no longer be infants, being blown and carried by every wind of doctrine and by the cunning and craftiness of people who scheme deceitfully. Instead, we will speak the truth in love; we will grow up in every way in You, our Head. (Ephesians 4:13-15)

## **Reach the world (out - older people)**

Week 2: Can you think of one much older person that you know by sight, in your neighbourhood, but have never spoken to, who you can pray for an opportunity to talk to during Lent?

Week 4: Can you ask God for an inspiration for your purpose as you grow older- whatever your age now? Ask Him to give you a peace for the next phase of your life, and the courage to live it faithfully

Week 6: Who's your favourite older character in the Bible? Why do they inspire you? Who could you share that with this week?

## **Closing Prayer**

Let all who fear You, O Lord, come and listen,  
And I will tell them what You have done for my soul. I cried out to  
You with my mouth;  
Your praise was on my tongue.  
If I had regarded iniquity in my heart,  
You would not have heard.  
But You have surely heard;  
You have attended to the voice of my prayer.  
Praise be to You, O God.  
You have neither turned away my prayer  
Nor Your love from me! (Psalm 66:16-20)

## Wednesday (week B)

### Relationship with God (up)

*Begin by praising God:*

You alone are the Lord. You made the heavens, even the heaven of heavens, and all their starry host, the earth and all that is on it, the seas and all that is in them. You give life to all that is in them, and the host of heaven worships you. (Nehemiah 9:6)

By faith I understand that the universe was formed by Your word, O God, so that what is seen was not made out of things which are visible. (Hebrews 11:3)

*Pause to express your thoughts of praise and worship.*

I am a branch of the true vine, Jesus, a channel of His life. (John 15:1)

For the Spirit God gave me does not make me timid, but gives me power, love and self-discipline. (2 Timothy 1:7)

*Spend some time letting the truths of these verses sink in, rejoicing in your identity in Christ.*

*Pray for a godly character, using these verses to guide you:*

You have shown me what is good, O Lord; and what do You require of me but to act justly and to love mercy and to walk humbly with You, my God? (Micah 6:8)

I want to be an example for other believers in speech, in behaviour, in love, in faith and in purity. (1 Timothy 4:12)

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

### Relationship with other believers (in)

*Spend some time praying for our church, focusing on this verse:*

We should submit to one another out of reverence for You, O Christ. (Ephesians 5:21)

## **Reach the world (out - environment)**

Week 2: Think about the estimated 1-million plastic bottles bought around the world every minute. Commit to using your own glass or re-usable bottle and reusing those you do buy.

Week 4: Think about the way that vegetables come with their packaging and the excess plastic we use to package produce! Could you commit to avoid buying vegetables in plastic packaging? Buy from plastic free stores, local traders or bulk stores. Alternatively bring your own boxes/bags.

Week 6: Think about how plastic litter can last for many years. Could you help to reduce the litter in Shirley by joining the litter pickers this Saturday (13<sup>th</sup> April) at 10am outside the Church Hall? If so put it in your diary now.

## **Closing Prayer**

You, the Lord my Redeemer, the Holy One of Israel have said:  
"I am the Lord your God, who teaches you what is best for you,  
Who leads you in the way you should go." (Isaiah 48:17)

Lord, You have said, "Come to Me, all you who labour and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light."  
(Matthew 11:28-30)

## Thursday (week B)

### Relationship with God (up)

*Begin by praising God:*

O Lord, God of Israel, there is no God like You in heaven above or on earth below; You keep Your covenant and mercy with Your servants who walk before You with all their heart. (1 Kings 8:23; 2 Chronicles 6:14)

I know that You alone, whose name is the Lord,  
Are the Most High over all the earth. (Psalm 83:18)

O Lord, You have searched me and You know me.

You know when I sit down and when I rise up;

You understand my thoughts from afar.

You scrutinize my path and my lying down

And are acquainted with all my ways.

Before a word is on my tongue,

O Lord, You know it completely.

You have enclosed me behind and before,

And laid Your hand upon me.

Such knowledge is too wonderful for me;

It is too lofty for me to attain. (Psalm 139:1-6)

*Pause to express your thoughts of praise and worship.*

I am God's workmanship, created for good works. (Ephesians 2:10)

I am born of God and the evil one cannot touch me. (1 John 5:18)

*Spend some time letting the truths of these verses sink in, rejoicing in your identity in Christ.*

*Pray for a godly character, using these verses to guide you:*

Father, I know that my old self was crucified with Christ, so that I am no longer a slave to sin, for he who has died is freed from sin. I will reckon myself as dead to sin, but alive to You in Christ Jesus. I will not present the parts of my body to sin as instruments of unrighteousness, but I will present myself to You, O God, as one alive from the dead, and the parts of my body as instruments of righteousness to You. (Romans 6:6-7, 12-13)

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

### **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on this verse:*

We must not give up meeting together, as some are in the habit of doing, but encourage one another, and all the more as we see the day approaching. (Hebrews 10:25)

### **Reach the world (out - families and children)**

Week 2: When you were growing up did you have an older person that you looked up to as a role model? Think and pray about how you can be a role model for the children in our church and the wider community.

Week 4: We all go through difficult times in our lives. Think and pray for a families and children that are struggling at the moment, this could be where; the parents have separated, they are struggling financially, they have suffered a bereavement, the children are struggling at school or with friendships. How could you help/support them?

Week 6: Did you get to go along to a church holiday club as a child? Or an event such as New wine/ Spring Harvest / Keswick / SU camps / beach missions? What did you learn? What gifts/ time / talents might you be able to offer if there was to be another local holiday club? What gifts/ time/ talents might you be able to offer to an event such as New Wine etc?

### **Closing Prayer**

O Lord, my heart is not proud, nor have my eyes been arrogant.

I do not concern myself with great matters

Or things too wonderful for me,

Surely I have stilled and quieted my soul;

Like a weaned child with its mother,

Like a weaned child is my soul within me. (Psalm 131:1-2)

## Friday (week B)

### **Relationship with God (up)**

*Begin by praising God:*

You are the high and lofty One

Who inhabits eternity, whose name is holy.

You live in a high and holy place

But also with the one who is contrite and lowly in spirit. You revive the spirit of the lowly

And the hearts of the contrite. (Isaiah 57:15)

Like the multitudes who went before Jesus, we also shout,

“Hosanna to the Son of David!

Blessed is he who comes in the name of the Lord!

Hosanna in the highest!” (Matthew 21:9)

*Pause to express your thoughts of praise and worship.*

I am God’s co-worker. (2 Corinthians 6:1)

I can approach God’s throne of grace with confidence, so that I may receive mercy and find grace to help me in my time of need.

(Hebrews 4:16)

*Spend some time letting the truths of these verses sink in, rejoicing in your identity in Christ.*

*Pray for a godly character, using this verse to guide you:*

I will be of sober spirit and on the alert. My adversary, the devil, prowls about like a roaring lion, seeking someone to devour. But I will resist him, firm in my faith, (1 Peter 5:8-9)

*Pause and spend some time in quietness, asking God to speak to you. Don’t worry if he doesn’t, but listen carefully if he does!*

## **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on this verse:*  
May we let Your word, O Christ, dwell in us richly as we teach and admonish one another with all wisdom, and as we sing psalms, hymns and spiritual songs with gratitude in our hearts to You, our God. (Colossians 3:16)

## **Reach the world (out - inter-cultural relations)**

Week 2: Holding the baby Jesus, Simeon praised God saying “Your mighty power is a light for all nations, and it will bring honour to your people.” How can we be a light to the nations?

Week 4: Hospitality is encouraged many times in the New Testament. Henri Nouwen says “Hospitality means primarily the creation of a free space where the stranger can enter and become a friend instead of an enemy.” What does this mean for our accepting and offering hospitality?

Week 6: Jesus told his disciples to “Go to the people of all nations and make them my disciples.” How can we obey this command?

## **Closing Prayer**

I will sing to You as long as I live;  
I will sing praise to You, my God, while I have my being.  
May my meditation be pleasing to You;  
I will be glad in You, O Lord. (Psalm 104:33-34)

You give strength to the weary, O God,  
And increase the power of the weak.  
Even youths grow tired and weary, And young men stumble and fall;  
But those who wait for You  
Will renew their strength;  
They will mount up with wings like eagles;  
They will run and not grow weary;  
They will walk and not be faint. (Isaiah 40:29)

## **Saturday (week B)**

### **Relationship with God (up)**

*Begin by praising God:*

Blessed are You, O Lord, God of Israel our father, forever and ever. Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, for everything in heaven and earth is Yours. Yours, O Lord, is the kingdom, and You are exalted as head over all. Both riches and honour come from You, and You are the ruler of all things. In Your hand is power and might to exalt and to give strength to all. Therefore, my God, I give You thanks and I praise Your glorious name. (1 Chronicles 29:10-13)

I will proclaim Your name and praise Your greatness, O God.  
(Deuteronomy 32:3)

How great You are, O Sovereign Lord! There is no one like You, and there is no God besides You, according to all that I have heard with my ears. (2 Samuel 7:22; 1 Chronicles 17:20)

*Pause to express your thoughts of praise and worship.*

I am a temple of God. (1 Corinthians 3:16)

O God, I know that You work all things together for good to those who love You, to those who have been called according to Your purpose. (Romans 8:28)

*Spend some time letting the truths of these verses sink in, rejoicing in your identity in Christ.*

*Pray for a godly character, using this verse to guide you:*

Whatever I do, whether in word or in deed, I will do all in Your name, Lord Jesus, giving thanks to God the Father through you. (Colossians 3:17)

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

## **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on this verse:*  
We should all be of one mind, and be sympathetic, loving as brothers and sisters, compassionate and humble. (1 Peter 3:8)

## **Reach the world (out - teenagers)**

Week 2: As teenagers progress through puberty, image and identity can become a bigger issue. Please pray for them to know their value in Gods eyes.

Week 4: Think about the road you live on. Pray for the teenagers you see in your everyday life and community.

Week 6: When you were growing up reflect on the positive influences or adult role models you had. Please pray for opportunities to engage and be these role models for our young people.

## **Closing Prayer**

I love You, O Lord, my strength.  
You are my rock and my fortress and my deliverer;  
You are my rock, in whom I take refuge.  
You are my shield and the horn of my salvation, my stronghold.  
I call upon You, for You are worthy of praise,  
And I am saved from my enemies. (Psalm 18:1-3)

Many are the sorrows of the wicked,  
But the one who trusts in You, O Lord,  
will be surrounded by Your loving kindness. (Psalm 32:10)

## Sunday (week B)

### Relationship with God (up)

*Begin by praising God:*

O Son of Man, You will come with the clouds of heaven. In the presence of the Ancient of Days, You will be given dominion and glory and a kingdom, so that people of every nation and language will worship You. Your dominion is an everlasting dominion that will not pass away, and Your kingdom is one that will never be destroyed. (Daniel 7:13-14)

Jesus, You are my Lord and my God. (John 20:28)

A great multitude, which no one could number, from all nations and tribes and peoples and languages will stand before the throne and before the Lamb, clothed with white robes, with palm branches in their hands, and will cry out with a loud voice, "Salvation belongs to You, our God, who sits on the throne, and to the Lamb!" (Revelation 7:9-10)

*Pause to express your thoughts of praise and worship.*

I can do all things through Christ who strengthens me. (Philippians 4:13)

I have been chosen and appointed by God to bear fruit. (John 15:16)

*Spend some time letting the truths of these verses sink in, rejoicing in your identity in Christ.*

*Pray for a godly character, using this verse to guide you:*

Whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and anything worthy of praise, I will let my mind dwell on these things. (Philippians 4:9).

*Pause and spend some time in quietness, asking God to speak to you. Don't worry if he doesn't, but listen carefully if he does!*

## **Relationship with other believers (in)**

*Spend some time praying for our church, focusing on this verse:*

How good and pleasant it is when brothers and sisters live together in unity! (Psalm 133:1)

## **Reach the world (out - mental wellbeing)**

Week 2: Are you taking care of your physical wellbeing – that makes a big difference to our mental wellbeing? Are you eating and sleeping well?

Week 4: Is there someone you know who has recently gone through a significant life event (new family member, bereavement, redundancy)? Could you arrange to meet up this week so they have opportunity to talk if they want to – or they might just want company!

Week 6: Could you pray for a local mental health charity or a mental health worker you know?

## **Closing Prayer**

You, Lord Jesus, are the first and the last and the Living One; You were dead, and behold, You are alive forevermore and hold the keys of death and of Hades. (Revelation 1:17-18)

Worthy are You, O Lamb of God, who were slain,  
To receive power and riches and wisdom  
And strength and honour and glory and blessing!  
(Revelation 5:12)