

PRAYING FOR FIVE FRIENDS (CONTINUED)



You might like to use the following prayers as you pray for others:

Loving Lord,
Please work in me so I can share your love, life and message with...
Reveal your love to them, that they might know, follow and witness to
you,
for Your glory.
Amen.

.....

Loving Father,
Send your Holy Spirit so I can share your love, life and message with...
Reveal Jesus to them, that they might know, follow and love him,
for Your glory.
Amen.

.....

You build your church through the power of your Spirit.
By the same Spirit enable me to witness to... your love, beauty and
grace,
that they may come to the fellowship of the faithful
for Your glory.
Amen.

.....

Lord,
I pray that you will lead... to you.
Thank you that you love them. I pray that you would break into their life
and show them your love, grace and peace,
for Your glory.
Amen.

.....

Using the BLESS acrostic can help us to focus on all of the felt needs of those we are praying for:

Body – health, protection, energy

Labour – employment/
unemployment, retirement,
adequate income

Emotional – inner peace, joy,
wisdom, insight, patience

Social – healthy relationships
between spouses, parents, children,
friends, reconciliation; love

Spiritual – repentance, salvation,
obedience, faith



Praying for others to know Jesus is one of the most powerful things we can do. Persistent prayer for others brings transformation to their lives.

Consistently praying for others takes discipline, and there are many ways that we can build up habits that will help us to pray for our friends and family.

Choose five people you would regularly like to pray for and write their names down onto a list. If you're not sure who to pray for, ask God to guide you as you choose. Once you have settled on 5 names, commit to praying for them regularly by praying the following:

Loving Father,
in the face of Jesus Christ
your light and glory have blazed forth.
Send your Holy Spirit that I may share with my friends
[here, name your friends]
the life of your Son and your love for all.
Strengthen me as a witness to that love
as I pledge to pray for them,
for your name's sake. Amen.

Here are five easy ways to pray for five people regularly. Choose the one that suits you best.

1. Piece of string

Take a piece of string or cord, and tie five knots in it to represent each of the five people you have committed to pray for. You could carry the knotted string in your pocket, tie it round your wrist or place it somewhere that you'll see it regularly. Use the knots to remind you to pray for each person on your list of five.

2. Small stones

Find five small stones (light coloured ones are best) and write each of the people on your list onto each of the stones. Place them on your desk, bedside table or fireplace as a reminder to pray. Alternatively, you could place each stone in a different room of your home and pray for each person as you enter or leave the room.

3. Business prayer card or bookmark

Grab a piece of card that will easily fit inside your wallet, purse or book. Write your list of five names onto the card before putting it in your wallet or book. Use this card as a daily reminder to pray for them.

4. Prayer Alerts

Add your list of five people to the alerts section of your phone and set reminders to pray for them. You could choose one name per day, or pray for all five across your day. Remember to set alerts for a suitable time where you can stop to pray for your list.

5. Post-it Notes

Use five post-it notes and write one name onto each. Stick them onto your mirror, above your bed or somewhere that you'll see them regularly and will be reminded to pray.



All you need: a national newspaper, a pair of scissors, glue or tape, a window and/or a torch, a map or drawing of your nation.

What Is Your Nation Like?

15 Minutes

In every country there are things to thank God for and things to ask for His help with.

Look through a recent newspaper and cut out words that describe good and bad things about your nation. Stick them to a piece of paper and look at the image they create. Thank God for the good things you read. Ask for His help with the bad.

Praying through the Newspaper

10 Minutes

Now look through the articles in the newspaper you've been using. Choose two things happening in or affecting your nation today. Stick the articles to a window and if there's daylight ask God to shine His wisdom on these situations. If it's night, use a torch to illuminate the stories to represent God's truth and wisdom illuminating our world. Ask Jesus to move and for His Kingdom to come and His will to be done.

Praying for your Nation:

15 Minutes

Think about the role that government plays in our lives today. Lay the map of your nation on the floor and point out the place where your government meets. Pray that Jesus' Kingdom would be the foundation of law and leadership in your nation.

The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Saviour God wants us to live.

1 Timothy 2:1-3 (MSG)

Look around you at the different parts of your country. Ask the Holy Spirit to move in your nation and speak out His fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Ask God to give national leaders wisdom.

Pray for a friend and for an enemy:

10 Minutes

Every nation has allies and enemies. Jesus teaches us to love our neighbour (Matthew 22:38) and to love our enemies (Matthew 5:44). This can be difficult when war or oppression is at the root of dislike. Choose a nation that is closely allied to your own, and then choose a nation that is historically or currently an adversary. Write their names in your prayer room and pray for God's kingdom and blessing to come in both. Ask the Holy Spirit to guide you as you pray into their strengths and weaknesses.

The Lord's Prayer:

10 Minutes

Before you leave pray The Lord's Prayer over your nation. Take some time on each line, thinking particularly about your nation and its needs. Finish by praising God.

60 MINUTES OF PRAYER -THE LORD'S PRAYER-



All you need: a Bible, some paper, a pen, a bin or paper shredder.

Ask God to help you pray and read the Lord's Prayer in Matthew 6:9-15.

Approach 15 Minutes

- Read **Matthew 6:9:**
Pray then in this way: Our Father in heaven, hallowed be your name.
- Think of all the names for God you've heard. If you need inspiration why not read: Genesis 21:33, Exodus 3:14, Judges 6:24, Deuteronomy 7:9, Deuteronomy 10:17, Isaiah 5:16, Psalm 136:26, Isaiah 7:14 & John 8:58.
- Which name do you most use when speaking to God?
- 'What comes into our minds when we think about God is the most important thing about us' (A.W. Tozer). How often do you use the name 'Father'?
- Read **Matthew 7:9-11:**
Is there anyone among you who, if your child asks for bread, will give a stone? Or if the child asks for a fish, will give a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him!
- How does your identity as God's child affect the way you approach Him now?

Ask 15 Minutes

- Read **Matthew 6:10-11:**
Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread.
- Write your name in the centre of a sheet of paper.
- Surround it with the people, situations and places that you want God to move in. Include anything that has been worrying you.
- Ask God to teach you to pray in His will for His kingdom in each of these situations.
- Make a paper aeroplane out of what you've written and as you throw it across the room thank God that He has your whole life and all your requests in His hands.

Reflect 15 Minutes

- Read **Matthew 6:12:**
Forgive us our debts, as we also have forgiven our debtors.
- Think back through your last 24 hours, the things you've done, the people you've met...
- Ask the Holy Spirit to highlight things you've done wrong.
- Next ask the Holy Spirit to show you times you should have acted and did not.
- Write everything that has come to mind on a piece of paper.
- As you say sorry, tear up the sheet of paper and throw it into the bin or feed it through the shredder. Thank God for forgiving you.
- Is there someone you need to forgive today? Ask God to show you who.

Praise 15 Minutes

- Read **Revelation 1:5-6:**
To him who loves us and freed us from our sins by his blood, and made us to be a kingdom, priests serving his God and Father, to him be glory and dominion for ever and ever. Amen.
- Stand and speak the names of God aloud adding after each one why this is true in your life (i.e. I know you're my Provider because you provided for the debts I needed to pay).
- Write a song or poem that expresses your love to the Father. If you need to, find inspiration from the book of Psalms and modern day worship songs.

End by praying St Patrick's prayer:

*I arise today through the strength of heaven...
Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me, Christ
on my right, Christ on my left, Christ when I lie down,
Christ when I sit down, Christ when I arise. Christ in
the heart of every man who thinks of me. Christ in the
mouth of everyone who speaks of me. Christ in every
eye that sees me. Christ in every ear that hears me.*