



National Week Of Prayer

We want to make some extra space to pray as a church.
Each day has a different focus, helping us to pray for
the people and places around us.



digital resources

Prayer can look different for each of us. You don't need an app to pray, but here are some recommendations that you may find helpful



Daily Prayer - The Church of England

Offers Morning, Evening and Night Prayer, with Bible readings, psalms and set prayers. Helpful if you prefer a structured approach to prayer or want to join in with the Church of England's daily pattern of worship.



Lectio 365 - Daily Guided Prayer

Short, guided prayers for morning, midday and night, combining Bible passages, reflection and space to respond to God. A helpful way to build a regular rhythm of prayer and make time to listen to God throughout the day.



Holy Here - Praying for Your Community

Encourages prayer as you walk around your neighbourhood, town or city. A useful resource for praying for local people, places and communities, and for noticing where God might be at work around you.



Pray As You Go - Prayer on the Move

Audio prayer sessions combining music, Scripture and reflection, usually lasting around 10 minutes. Ideal for a walk, journey or quiet moment to ask what God might be saying.



PrayerMate - Praying for People and Situations

Helps you organise prayer requests and remember the people and situations you want to bring before God. It can help you turn individual prayers into a daily rhythm,



Personal PRAYER ACTIVITIES

FIVE PEOPLE: Think of five people you'd love to see explore faith in God. Hold up five fingers and pray for each person by name.

“Jesus, please be close to [name].”

PRAYER WALK: Walk around your road or local area. As you walk, pray for the people, schools, and places you pass.

“God, bless the people who live and work here.”

PRAY WITH A MAP: Use a map of the local area, the UK or the world. Choose somewhere on the map and spend a few moments praying for the people who live there.

PRAYING WITH YOUR BIBLE: Find a quiet place. Read a short Bible passage and sit quietly for a few minutes. Spend a few minutes waiting and listening. You might ask: “God, is there something you want me to notice?”

BREATHING THE JESUS PRAYER:

Inhale: Jesus Christ

Exhale: Son of the Living God

Inhale: Have mercy on me

Exhale: A Beloved sinner.

KEEPING NOTE: As you pray, you might want to note what comes to mind, a person, situation, Bible verse, or something else. If you feel that something may be relevant for us as a church, please pass it on to Rev Jess so that we can pray about it together and discern what God might be saying to us.

Slow down, be still and remember that God is with us.

God, here I am. Help me to slow down, listen, and notice where you are at work. Guide my prayers this week. Amen.

THE EXAMEN

This practice, at the end of the day, walks through a prayerful process of reflection, examining one's actions and thoughts from the day just past. The Examen has three steps:

- **Examination.** Begin by sitting or lying quietly and paying attention to your mind and body. What feelings are there from the day? Ask why you feel these things. Ask God to open your heart and mind to what, in his eyes, has been good about the day and to what has been sinful.
- **Confession.** After (or as) you search your heart, confess your sins to God. Do so simply, in your own words.
- **Assurance.** Finish by reminding yourself of God's love and mercy.

Or a simpler way for yourself or with children...

- **Get Quiet:** Start by taking a slow, deep breath
- **Give Thanks:** Ask, *"What was the best part of your day today?"* or *"What are you most grateful for?"* Thank God for that happy moment.
- **Share the Hard Times:** Ask, *"What was hard or sad today?"* Let them name tough emotions like anger, fear, or hurt.
- **Talk to God:** Help them offer both the good and the bad to Jesus in their own simple words, asking for help or saying sorry if they made a poor choice.
- **Look Ahead:** Ask God for a good day ahead tomorrow, praying for friends, family members who might be lonely.

*"In peace I will lie down and sleep, for you alone,
Lord, make me dwell in safety." Psalm 4:8*

*"But God demonstrates his own love for us in this:
While we were still sinners, Christ died for us." Romans 5:8*

*"He who began a good work in you will carry it on to completion
until the day of Christ Jesus." Philippians 1:6*



THOMAS MERTON'S PRAYER OF TRUST

We can often feel pressured to have everything figured out and clear, with uncertainty leading to fear. This prayer was written by Thomas Merton, a monk who deeply understood what it felt like to be lost. You might find it helpful to slowly read these words, mark the phrases that stand out or speak to you, and use them as a way of taking your thoughts or worries to God,

My Lord God,

I have no idea where I am going.

I do not see the road ahead of me.

I cannot know for certain where it will end.

Nor do I really know myself,

and the fact that I think I am following your will

does not mean that I am actually doing so.

But I believe that the desire to please you

does in fact please you.

And I hope that I have that desire in all that I am doing.

I hope that I will never do anything apart from that desire.

And I know that if I do this you will lead me by the right road,

though I may know nothing about it.

Therefore will I trust you always though

I may seem to be lost and in the shadow of death.

I will not fear, for you are ever with me,

and you will never leave me to face my perils alone.

Our Parish





SUNDAY 11 OCTOBER - The Church

Today we pray for the many different people and churches who are part of the Christian community around us.

Bible readings: Exodus 32:1-14; Philippians 4:1-9; Matthew 22:1-14

Pray for:

- Our own church family.
- The people who lead, serve and volunteer.
- Other churches in our town.
- People who might be looking for a church community.

God of the Church, thank you for every person and every church seeking to follow you. Help us to encourage one another and to serve our communities well. Draw people towards you. Amen.



MONDAY 12 OCTOBER - Children & Families

Every family is different. Today we simply bring the families we know before God.

Bible readings: Psalm 97; Exodus 32:15–35; Jude 17–25

Pray for:

- Parents, grandparents and carers.
- Families experiencing illness, bereavement, financial pressure or relationship difficulties.
- Children who feel lonely or worried.
- Those who care for children and families through their work.

God of every family, be close to the families around us. Bring comfort where there is difficulty, joy where there is celebration, and hope where things feel hard. Amen.



TUESDAY 13 OCTOBER - Schools

Schools are a big part of our community. Today we can pray for everyone who learns, teaches and works in them.

Bible readings: Psalm 97; Exodus 33:1–6; Philippians 3:13–4:1

Pray for:

- All staff including teachers, teaching assistants, headteachers, support staff, volunteers, and governors.
- Children who find school difficult.
- Children with additional needs.

God, bless our schools. Be with every child, young person and member of staff. Give them wisdom, patience, and joy. May our schools be places where people are valued, supported and able to flourish. Amen.



WEDNESDAY 14 OCTOBER –

Those Who Feel Lonely

Loneliness can touch anyone. Today we remember the lonely in our prayers and ask God to draw close to them.

Bible readings: Psalm 97; 2 Kings 17:7–20; John 6:25–35

Pray for:

- Those who live alone.
- Older people who have little contact with others.
- People who have moved to a new area or lost important relationships.
- Those who are grieving.

God, be close to those who feel alone today. Bring comfort to those who are hurting and friendship to those who long for connection. May everyone know that they are seen, valued and loved. Amen.



THURSDAY 15 OCTOBER - Our Town

Today our prayers move out into the streets and communities around us.

Bible readings: Psalm 99; Exodus 33:7–11; 3 John 9–12

Pray for:

- Our local neighbourhoods.
- Those experiencing poverty or homelessness.
- Local businesses and workplaces.
- Our neighbours of other faiths.
- People across our town to encounter the love of God.

God, thank you for our town and the people who live here. Help us to notice the needs around us and to be people who bring kindness, hope and welcome. Bless our communities and draw people towards you. Amen.

FRIDAY 16 OCTOBER - Our Nation

Today we widen our prayers to include the whole nation.

Bible readings: Psalm 99; Exodus 31:1–11; 1 Peter 5:1–5

Pray for:

- People in every part of the UK
- Those who have responsibility in government and public life.
- The NHS and other public services.
- The Church across the UK.
- People across our nation to discover the hope found in Jesus.



God, be with our nation. Give wisdom to those with responsibility, care for those who are struggling, and hope to those who feel forgotten. Help us to love our neighbours well. Amen.



SATURDAY 17 OCTOBER –

The Persecuted Church

Today we remember our Christian brothers and sisters who face difficulties or restrictions because they follow Jesus,

Bible readings: Psalm 99; Exodus 39:32–43; Matthew 14:1–12

Pray for:

- Christians who cannot worship freely.
- Those facing discrimination, violence, displacement or imprisonment.
- Charities like Open Doors that support Christians facing persecution.

God, be close to our Christian brothers and sisters around the world.

Give them strength, courage and peace. Help us to remember them and to stand with them in prayer. Amen.



SUNDAY 18 OCTOBER –

Praying for People to Come to Faith

Today we bring all of our prayers together and particularly remember people who don't yet know Jesus.

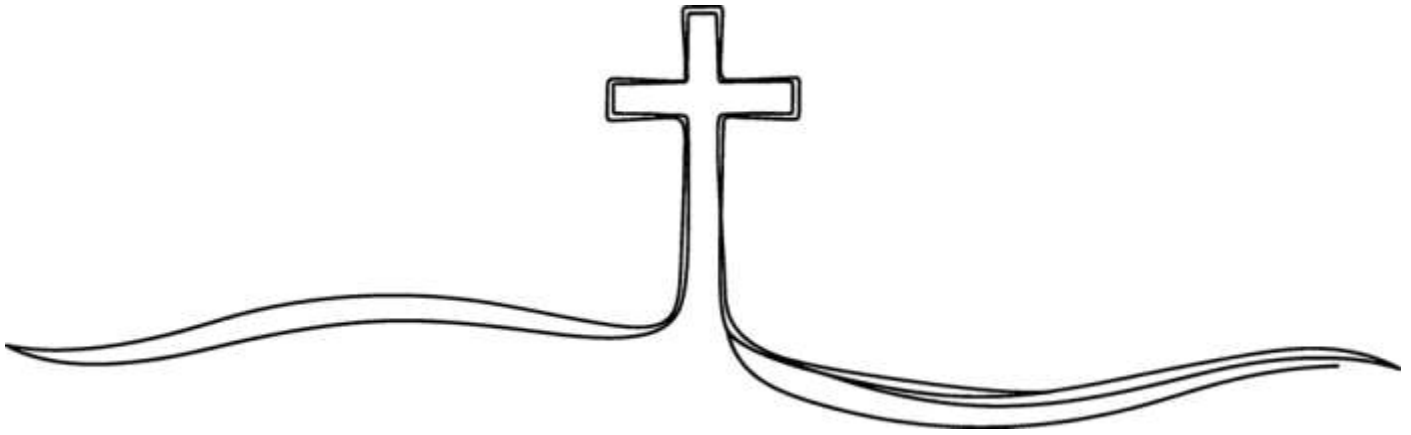
Bible readings: Exodus 33:12–23, 1 Thessalonians 1:1–10, Matthew 22:15–22

Pray for:

- Friends, family members, neighbours and colleagues.
- Those who have questions about God or have drifted away from church
- People who are searching for meaning, hope or purpose.

Jesus, we pray for the people around us who don't yet know you. Help us to love them well, listen to them and be open about our faith when opportunities come. May more people discover who you are and find hope in you. Amen.

[illegible]



Church Events

Sunday 11th October:

- Christ Church will remain open with prayer stations until 2pm.

Tuesday 13th October:

- 10am Morning Prayer at Christ Church.
- Christ Church will be open with prayer stations from 9.30am – midday.
- 5pm Evening Prayer at St Mark's.
- Christ Church will be open with prayer stations from 7.30-9pm.

Wednesday 14th October:

- 10am Holy Communion at Christ Church.
- Christ Church will be open with prayer stations from 9.30am – 4.30pm.
- 5pm Evening Prayer at St Mark's.

Saturday 17th October:

- 2-4pm Prayer and Painting at Christ Church.

Sunday 18th October:

- Christ Church will remain open with prayer stations until 3pm.
- 8pm Compline online: to join use the QR code or follow this website: meet.google.com/ksw-xpry-jno

