



THY KINGDOM COME - TAVISTOCK AREA CHRISTIANS TOGETHER - 21st - 31st May 2020

A suggested '60 Minute Prayer Guide'

(We are grateful to Bere Alston United Church for allowing us to use an adapted version of their resource)

Here is one way to pray during Thy Kingdom Come 2020, with The Lord's Prayer:

Below, you will find the 7 "Virtual Prayer Stations", each one linked to a line from the prayer that Jesus taught us, giving us the opportunity to bring our concerns, friends, family and ourselves to God. The Prayer Stations have suggested activities to help us to focus on each aspect in turn. The timings are suggestions only – please feel free to take as little or as much time as you like on each one. You may want to miss some out, return to them later or repeat some of the exercises you found particularly helpful. Hopefully, these activities will give us opportunities for prayer, reflection, listening and responding to what God is saying to us.

Resources: below is a list of items you may use. (You may wish to have them ready to use before you get started). Access to the internet may be helpful but not essential.

Prayer Station 1: A pen, a pencil, some colouring pencils or pens and some paper.

Prayer Station 2: Items (e.g. souvenirs, pictures) which remind you of places you would like to pray for.

Prayer Station 3: A piece of bread, a biscuit or a cracker.

Prayer Station 4: A pen/pencil, paper, waste bin/shredder

Prayer Station 5: A Bible, a concordance – book/online (not essential)

Prayer Station 6: Paper/card, pen, pencil, Post It Notes, String/Wool.

Prayer Station 7: A pen/pencil, a Bible.

'Family-friendly' activities:

If you are doing this as a family, you may like to check out some of these activities:

Family Prayer Adventure Map: www.thykingdomcome.global (click on Resources to find the map)

Colouring sheets: www.cpo.org.uk (click on Digital Resources)

Prayer Station 1: *Our Father in Heaven; hallowed be thy name ... (15 mins)*

An opportunity for you to consider your response to God

If God turned up right now in front of you, how would you react? What would you say?

How could we respond to our all powerful, all knowing God but in worship and love?

Here are a few ideas to help you spend some time worshipping in God's presence. Please feel free to use some or all of these aids to worship.

- Listen to a worship song from your own collection or click on one of these links

<https://www.youtube.com/watch?v=qRcpib7IF5o>

Lord How Majestic You Are

<https://www.youtube.com/watch?v=GfVd5x9W1Xc>

God of Creation – Hillsong

- **Read Psalm 8**
- **St. Francis of Assisi** - "All who adore him must adore him in the Spirit of Truth. And day and night let us direct our praises and prayers to him, saying 'Our Father who art in Heaven.'"

Try responding to God by drawing a picture, writing a poem or taking a photo. If you would like to, you could upload it to our Facebook page.

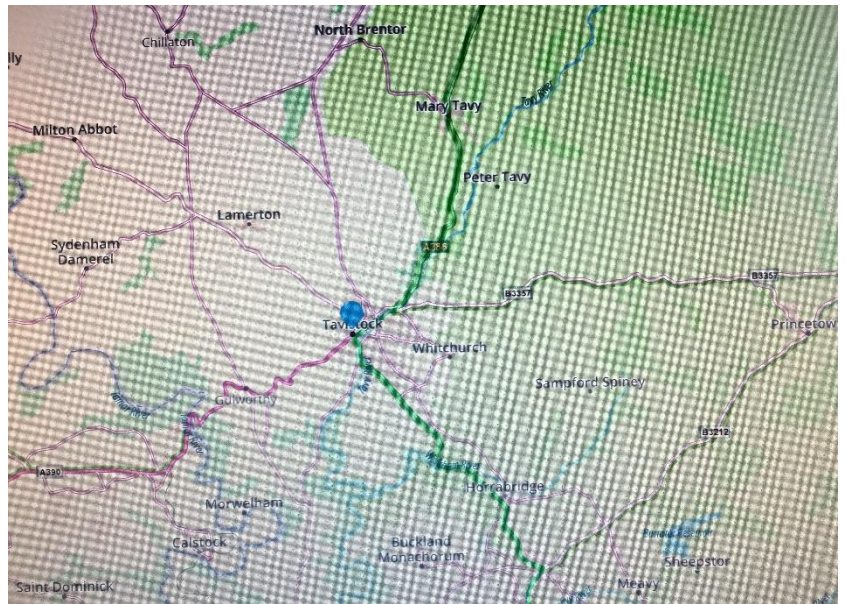
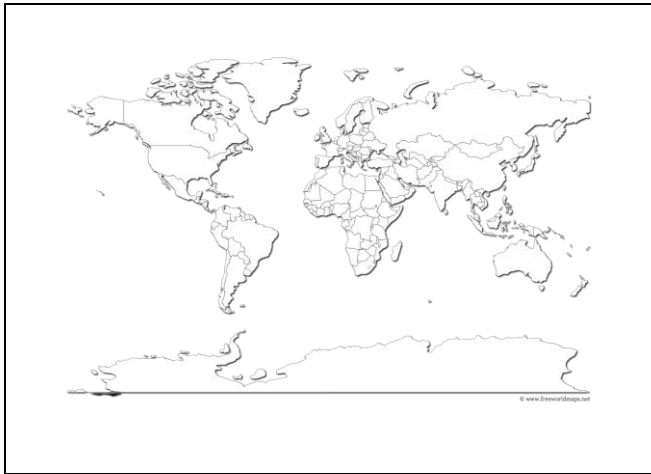
Prayer Station 2: *Your Kingdom come, Your will be done on earth as it is in heaven ... (15 mins)*

An opportunity to lift your concerns for our world, our country and our local community to God.

The world: Using the world map, or your own items, choose the country / area you would like to focus on. Pray for God's Kingdom to come and His will to be done there. *(5 mins)*

The UK: in the same way, use the UK map to help you to pray for His Kingdom to come and His will to be done in different areas of the country and for different aspects such as Government, NHS, schools etc *(5 mins)*

Tavistock area: repeat the above activities, this time concentrating on Tavistock or your own community *(5 mins)*



Prayer station 3: *Give us this day our daily bread... (5 mins)*

An opportunity to bring the desires of your heart to God.

How do you expect God to respond when you pray?

Does it make a difference depending on what you've prayed for? (A parking space? World peace? Protection? Healing? An opportunity to evangelise?)

Take a piece of bread or a cracker or biscuit and as you slowly chew it, bring to God the deepest desires of your heart.

Pete Grieg says in his book 'How to Pray':

"Of course some of your prayers will not require perseverance. They will be answered the moment you ask. You'll get an immediate *green light* from God. Others won't ever be answered no matter how long you persevere. They'll be met with a *red light* and this may be deeply painful and perplexing. But there are other prayers - perhaps even the majority - that get neither an immediate 'yes' nor a firm 'no'. They are *amber lights* requiring us to wait and persevere."

Which light do you perceive that you have experienced in your prayer?

Prayer Station 4: *Forgive us our sins, as we forgive those who sin against us* (5 mins)

An invitation to accept God's forgiveness.

If we confess our sins, he [God] is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 1:9).

At this station you are invited to write down your own 'sorry' prayers on a piece of paper, bringing them before the Lord as you do so and ask for his forgiveness. Then either scrunch them up and put them in a wastepaper basket or put them through a shredder to symbolise God's forgiveness, thanking Him for His great mercy and love as you do so.

Prayer Station 5: *And lead us not into temptation, but deliver us from evil ...*

(5/10 mins)

An opportunity to reflect on the way God leads us through life.

At this station you are invited to think about what it means to allow God to guide your steps and lead you along the pathway you should follow rather than those that are easy or most appealing.

What verses of scripture are meaningful to you when you are challenged to take the easy way out? Below are some verses that may help you. Alternatively, you can use a Bible Search or Bible Concordance to find others. Choose one that stands out for you and spend a few minutes praying through it, asking the Holy Spirit to speak to you through it.

... as for God, his way is perfect (2 Samuel 22:31)

The Psalmist said “Your word is a lamp to my feet and a light to my path” (Psalm 119:105)

Jesus said “I am the way ...” (John 14:6)

... resist the devil and he will flee (James 4:7)

... put on the full armour of God ... (Ephesians 6: 13 – 17)

The Enemy
Always Fights
the HARDEST
When he knows
that GOD has
something GREAT
in store for YOU.



Prayer Station 6: *For the kingdom ... is Yours ... (15 mins)*

An invitation to accept Jesus as KING.

At this station you are invited to 'Pray for Five' that they may come to know Jesus for themselves. Ask Jesus to highlight 5 people (family, friends, neighbours etc) for you to pray for.

"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."

Suggested activities:

A) On a piece of card or paper, trace round your hand and write the names of 5 people (1 per finger and thumb). You can also write on the palm of the hand - Pray4Five.

B) Have a length of string or wool and tie 5 separate knots.

C) Write each name on a Post It note and stick them strategically around your house.

You might find it helpful to use the BLESS acrostic to focus on all the needs of those you are praying for:

Body: health, protection, energy

Labour: employment/unemployment, retirement

Emootional: inner peace, joy, wisdom, insight, patience

Social: healthy relationships, love

Spiritual: repentance, salvation, obedience, faith

Keep praying for them in each of the days of TKC

Prayer Station 7: *The power and the glory are Yours, now and evermore.*

Amen.

(5 mins)

An invitation to:

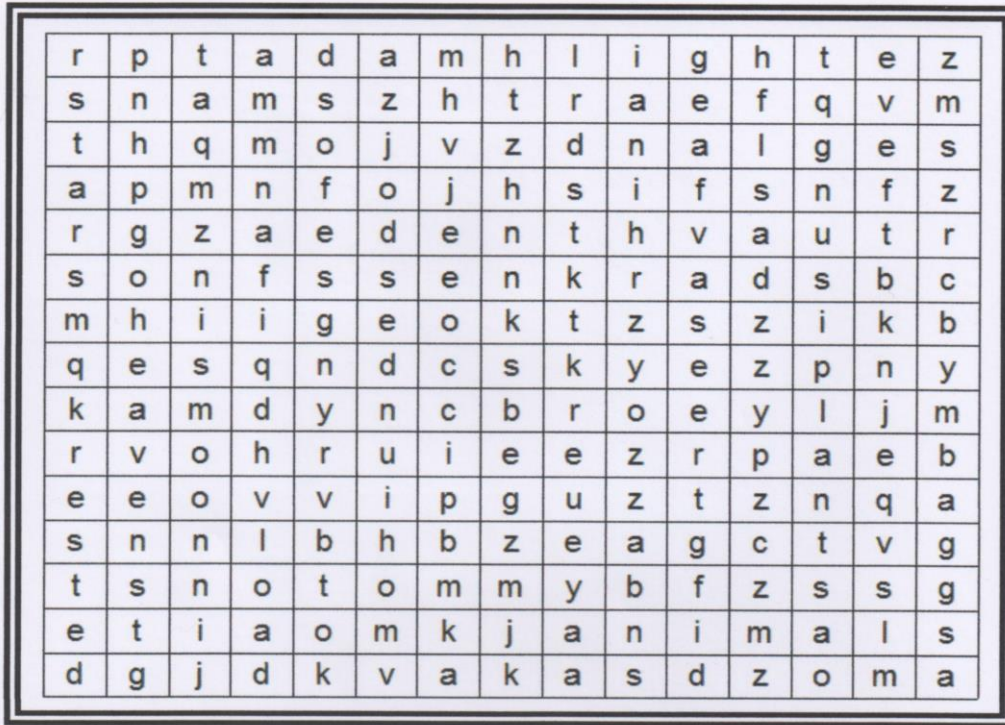
Look out of your window or sit in your garden if weather permits, and reflect on the beauty of God's creation and the awesome greatness of God.

Read Genesis 1 - 2:3

Suggested activity:

Complete the word search on the next page.

Creation



Beginning
Heavens
Earth
Light
Darkness
Sky
Land
Plants
Trees
Sun

Moon
Stars
Fish
Birds
Animals
Man
Rested
Adam
Eve
Eden

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<http://www.livingwaterbiblegames.com/pdfs/Creation-Word-Search.pdf>

As you finish:

Take a few moments to sit quietly, to breath slowly and give everything that you have prayed about in the last hour to God.