

North Cumbria Methodist Circuit



# 48hr prayer day materials

## **Making connections**



# Connecting with prayer

*Pray for an hour – what me?*

Welcome to our 48hr prayer marathon, seeking to connect our circuit as a body of mission.

It may seem scary, but it isn't. With the material in this booklet, an hour of prayer will pass very quickly and although there is a great deal of power in written and spoken liturgical prayer, there is even greater power in simply being in the presence of God and allowing your heart to communicate as much as your mouth.

That can be sat on a seat with a cup of coffee in your hand or it can involve the numerous prayer ideas in this book. You may wish to simply sit and pray through the newspaper, read the Bible to see what God is saying or expressing your prayer in pictures on the book page.

***Don't be afraid of the silence.*** Listening to God is essential and if we are to listen then we need to shut up! This can be hard and scary though. Spend some time listening and see what God is saying then explore this with God, talking it through with Him. This can be the hardest thing, deciding if it is actually God talking. If we don't give him space to talk though, then we are unlikely to hear him.

If you still find it hard to fill an hour then the following suggestions would do it.

5 mins to tell God he is wonderful

5 mins praying for your church

5 mins to say sorry

5 mins praying for another church

5 mins to say thank you (think of the world)

5 mins to say thank you (your life)

5 mins praying for your family

5 mins crying with God

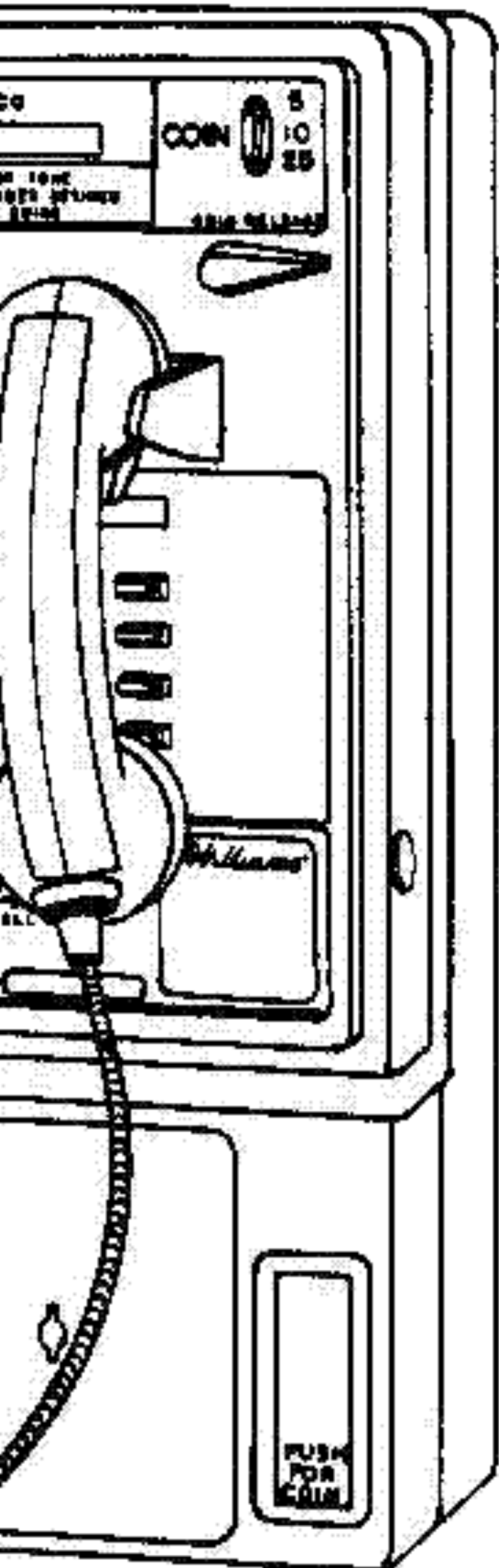
5 mins praying for yourself

5 mins praying for the world

5 mins praying for the country

5 mins praying for the government

# Connecting with God



Many of us will have sung the old song “Prayer is like a telephone, we pick it up and talk to Jesus”, reminding us of that opportunity to simply have a conversation with God.

Sometimes, looking at the conversation differently can help us focus on the things that we pray about.

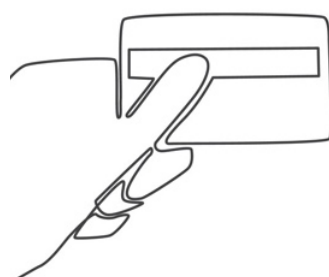
Imagine that you are in a phone box (remember those?) and that you have limited money. What would you say?



You have 5p. You have mere seconds to blurt out that one thing, the most important thing, that you need God to know. What is it?



50p give you a little longer but there is still some urgency. What is on your prayer list – do you praise God, thank him, or rush straight in with prayer requests. What might God be itching to say?



You have a BT account card. You have unlimited time, sit back put your feet up. What do you say? What does God say?

Spend time connecting with God. How does the conversation go?





# Connecting with the day

In many Christian communities the day is divided by rhythms of prayer. Prayer in many monastic orders might have Vigils in the night and then Lauds first thing in the morning working all the way through to Compline as you go to bed.

Whether we are committing to an hour of prayer or not, it may also be beneficial to commit to a cycle of prayer through the day. We have split the day into 5 sections set out below. Please feel free to join us for these prayers

- First things in the morning (8:00)
- Morning coffee (11:00)
- Lunch (13:00)
- Evening (18:00)
- Night (21:00)

Father, thank you that I rise for this new day. Thank you for all that is before me and for the fact that you will be with me in all things.

I commit to you my time and my attention. May I see your hand in this new day, that I may walk at your pace, speak with your mercy, see with your understanding, act with your compassion, and always respond with your love. Through Christ my Saviour. Amen

**Morning**  
8:00

**Coffee**  
11:00

As I pause this morning Lord, and take this moment to turn my eyes and my heart to you again, may I remember that you are with me always, whether I am aware of it or not. Amen

**13:00**  
**Lunch**

God of providence, thank you for the gift of life, for safety, and protection. Thank you for providing this meal and for meeting physical needs of hunger and thirst and for the nourishment you provide. Please forgive and protect our family, friends and communities. We pray for guidance for the remaining part of the day; we bring before you Lord, those who are weeping, and greatly disturbed, please remove every stones of worry, weeping, anxiety and fears; comfort those who mourn, and let them know you are with them in their situation and circumstances. Father, thank you for the meal we're about to enjoy; please guide our mealtime conversations and steer our hearts to your purpose for our lives; bless the food we eat now and the hands that helped prepare the meal; may we be an answer to the prayers of those who are hungry and bless those who hunger and thirst; may we live our days with thankful hearts and loving ways to care deeply and mercifully for ourselves, others and the environment; to speak boldly and meekly against injustice, to tread gently and peacefully, and to follow daily with a pure heart; and may our prayers (as seed sown and scattered upon the ground) sprout, grow, ripe and be a harvest of testimonies through Jesus Christ our Lord. Amen.

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**18:00**  
**Evening**

PREPARE - get your tea time food ready, perhaps add a candle or something that symbolises God’s presence. - As you make your preparations, bring to your conscious how you are feeling, what sort of mood you are in, therefore name any immediate wants of God.

SLOWLY ENTER INTO PRAYER - choose your tea time place and go to it, let your food be present before you for a while without eating yet, very slowly rest and still yourself, perhaps slowly light your candle or make a sign of Jesus cross. - Then ask God for what you most desire at this time, (not your small immediate wants) your digger wants eg for the Holy Spirit to help you pray, NOW slowly prayerfully EAT YOUR TEA with all your senses, becoming aware of God’s presence, with each mouth of food, wait for God, when prompted SPEAK to God, close, personal and familiar.

SLOWLY EXIT FROM PRAYER - as you finish eating and tea time ends, SPEAK some closing words, slowly say “Our Father” & put out the candle if you have one, slowly clear the table and leave the place you have been praying.

REVIEW - hold on to special things God may have drawn to you attention, you may want to record them or take them into you next prayer period at bed time or waking breakfast tomorrow.

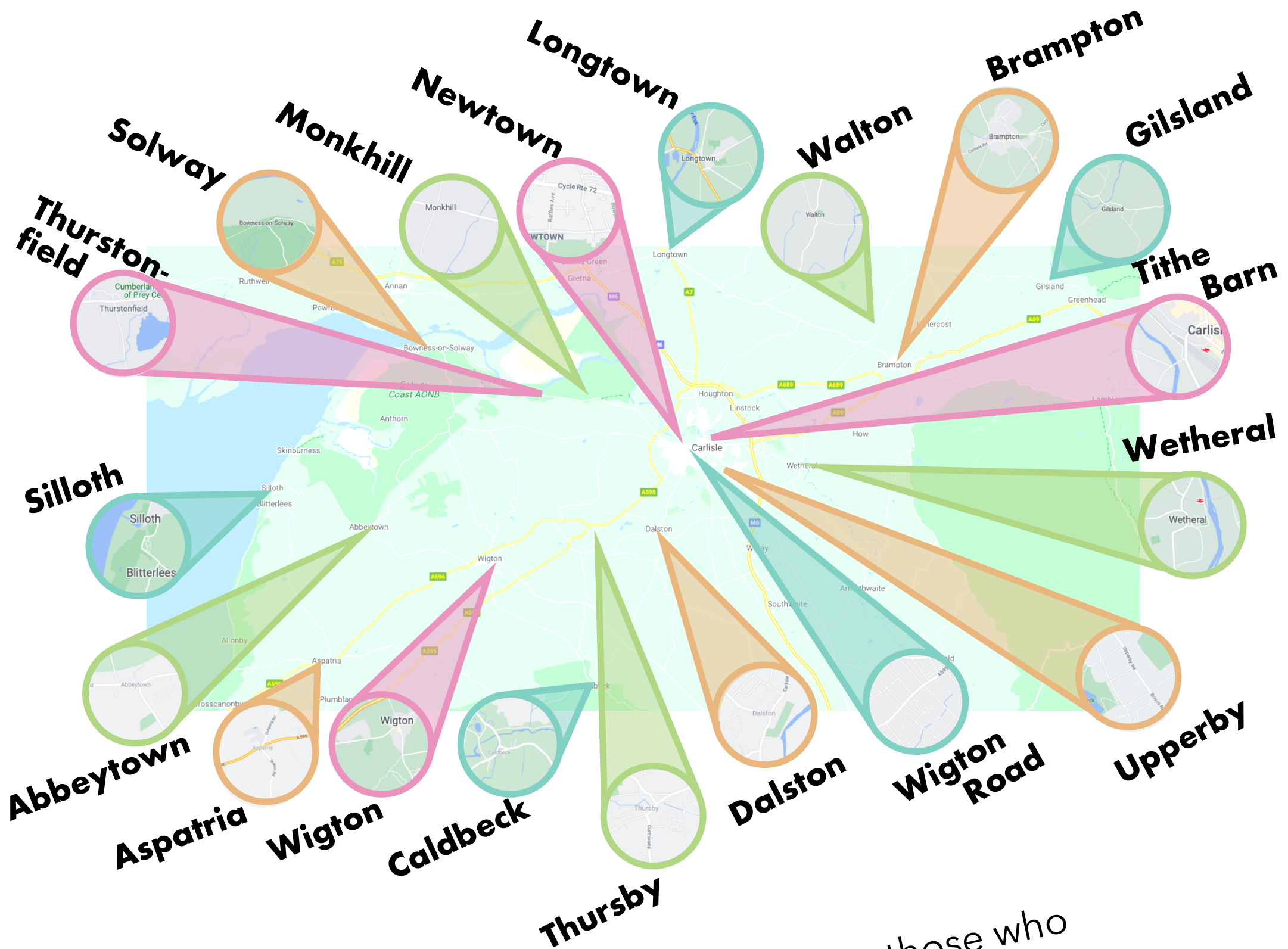
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**21:00**  
**Night**

As the day ends, I thank you for each opportunity to share you love, and for the love that I have received. I praise you that you have been there with me in the day and trust the night into you hinds. May I sleep and rest in the assurance of your Spirit’s protection. Amen

# Connecting with one another

Across the circuit we have 19 churches and communities that we serve. Choose one, and in the time you have, pray for that church. Try choosing one that you have never visited.



Pray for the congregation

Pray for the community

Pray about how church and community may connect

Pray for those who serve in the church

Pray for those on the fringe of the

Pray about the mission and outreach of the

# Connecting with the community



## **Either in your mind, or go to your church:**

Pray for the community around your church.

Map the streets out in your head, walk up and down the roads.

Pray for the things that stand out – particular houses, people you may pass.

Sit for a while outside community buildings – the doctors, shops, library. Pray for the people inside, pray for those who use the facilities and those who provide them.

Sit and look at the church from the outside. What do people see? Who walks by? Who looks up? How does the building engage the community?

Where is the need in your community? How could your church meet it?

Where are the vulnerable people of your community? How can the church help them?

# Connecting with the creator

Prayer does not have to be spoken. Sometimes our prayers can be creative – modelling, drawing, painting or creating poetry. Use the space below to be a bit more creative with your prayers.

