

# WEEK OF PRAYER

## KING DOM● EXPL OSION

19TH SEPT - 25TH SEPT

### RESOURCES

#### ALPHA

This term many of our cells will be doing Alpha together. As the theme for the prayer week is Kingdom Explosion, this is something we need to pray for.

- Pray for the cells in your community that are doing Alpha – pray for the people coming, the leaders and for God’s Kingdom to advance in your area.
- Why not get a band to wear on your wrist and tie three knots and pray for 3 people you would like to do Alpha this week at a point in the day.

#### ECHO PRAYER APP

Echo Prayer is a really helpful app that is free to download to your phone or tablet. It will help you to keep track of people you are praying for, set reminders for each day and much more!



#### 24/7 SIGN UP

We want to see the whole week covered in prayer, so why not sign up for an hour (or more) to pray. We have even provided a resource on how you can split the hour up to help!

You can sign up here: [bvc.so/prayerspace](http://bvc.so/prayerspace)

# LITURGY

Sometimes praying at regular times with structured prayers can be a helpful tool. Here are a few ideas...

- If you're an iPhone user the 'Book of Common Prayer' app by Shane Claibourne & others, is a great place to find structured prayers that Christians have been using for generations. There are set prayers for morning, noon and night that you can use individually or as a group.
- Go to [bvc.so/rhythm](http://bvc.so/rhythm) for a helpful daily structure and readings lists, from Ffald Y Brenin retreat centre, to use in prayer.



## DAILY RYTHMS

Want to incorporate some daily rhythms but don't know where to start? Maybe some of these will help...

- Join up with other Christians at home, work, school, college or uni and pray for neighbours, colleagues or friends to know Jesus.
- Pray the Lord's Prayer at midday (or another convenient time) each day for the week.
- As you go around your daily life pray for people you come into contact with, the postman, refuse collectors, shop assistants – what might God like to say to them?
- Prayer walk your neighbourhood as you take the dog for a walk (or while on a cheeky Pokémon hunt!)
- Join with others in your cell to bless your neighbourhood during the week.
- Watch out for more ideas on our daily videos during the week!

## HELPFUL TIPS

Remember that prayer doesn't have to be sat alone in a room with your hands together and your eyes closed, although that can be helpful! We can be creative too...

- Pray over a map of the area, city, country or world.
- Draw, Paint or Write your prayers out to God
- Use worship music - We have a Youtube playlist ([bvc.so/youtube](http://bvc.so/youtube)) and a Spotify playlist ([bvc.so/spotify](http://bvc.so/spotify)) called 'Birmingham Vineyard Songs' to help you out if you don't have access to any.