



KINGDOM COME

PRAYER GUIDE

CONTENTS

Why Pray?	3
How to Pray	4
Your Own Prayer Journal	6
How to Fast	15
Praying Through the Week	16
More Resources	30

WHY PRAY?

*“Very early in the morning, while it was still dark,
Jesus got up, left the house and went off to a
solitary place, where he prayed.”*

Mark 1:35

Whether in need, desperation, fear, gratitude, suffering, joy, or confusion – people pray. Whether they believe in God or not, prayer continues to happen everywhere, all the time around the world. Throughout history people have prayed in various ways, styles, and to various gods and people. Following the pattern of history, it seems that we pray, because we need to.

As followers of Christ, we can begin to learn and grow in prayer. Jesus prayed continuously. When he faced trials, temptations, struggles and heart breaking circumstances, he prayed and we follow in His example. Early followers of Jesus we read about throughout the new Testament also prayed, following His teaching.

Prayer has a variety of purposes:

IT FUELS our relationship with Jesus.

IT FINDS out His will in heaven.

IT FURTHERS His Kingdom on earth.

The disciples of Jesus once asked Him ‘Lord, teach us how to pray.’ The key question to answer isn’t ‘why pray?’, as we all tend to pray at some point. The question is really ‘how do we pray?’.

Prayer is the most natural, necessary and powerful thing we can do. This short booklet aims to help you do it.

HOW TO PRAY?

In his book 'How To Pray?', Pete Grieg shares the best bit of advice he was given regarding prayer was to 'keep it simple, keep it real, keep it up.'

Keep it simple - praying is a completely natural thing to do, so let's not over complicate it through the words we use, style we do it in, seeking to not make it 'weird' or 'unnecessarily intense'.

Keep it real - God knows how we are doing before we pray, so we don't need to pretend. We don't need to pretend that everything is fine, or easy when we are praying in circumstances that are hard. Being honest with ourselves, God and others is the best way to come at prayer.

Keep it up - because our lives are tough and the spiritual battles we face are hard, prayer needs to be continuous, and our journey of faith requires perseverance and patience.

When asked by his disciples 'Lord, teach us how to pray', Jesus responded by providing us with a prayer that we now call 'the Lord's Prayer'. This is a helpful way to structure our prayers. Every Easter Sunday, an estimated 2 billion people pray or sing the Lord's Prayer, this is almost a third of the world's population. Praying this daily can be a great place to start in prayer.

*Our Father in heaven,
hallowed be your name
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.*

Matthew 6:9-13

There are various ways, structures, tools and methods in prayer. At Kerith Community Church, we are encouraging everybody to do the following to help you grow in your relationship with God, and your life of communion with Him:

- **Pray alone everyday**
- **Pray with others once a week**
- **Fast for breakthrough once a month.**

P.R.A.Y ALONE EVERYDAY.

The acronym P.R.A.Y is one of many tools that can help us structure our prayers.

P – stands for PAUSE

“Be still and know that I am God.” Psalm 46:10

In order to start praying, we must stop what we are doing. We must be still, focus our attention away from distractions and our scattered senses, onto God’s eternal presence. Solitude and silence prepare your mind and heart to speak and hear from God clearly. Solitude and silence is a form of prayer itself.

R – stands for REJOICE

“Rejoice in the Lord. I will say it again, Rejoice!” Philippians 4:4

We have been created to worship God. It is hard-wired in us to glorify and lift up God above ourselves. This is about us thanking Him for WHO He is and WHAT He has done (and will continue to do!). By rejoicing, we put down our list of desires and ‘wishlists’ and lift our attention to God.

A – stands for ASK

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”
Philippians 4:6-7*

When Jesus taught the Lord’s Prayer, He shared how we can ask him for our ‘daily bread’, and for His ‘kingdom come’, for ourselves (also known as ‘petition’), and for others (also known as ‘intercession’). Jesus once asked a blind beggar ‘what do you want me to do for you?’, and he asks us the same question today. He calls us to share our desires, hopes and dreams with Him.

Y – stands for YIELD

*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God –this is your true and proper worship.”
Romans 12:1*

The final step of prayer is surrendering to God’s will. We do this through contemplative prayer, and listening to His word. To yield to God involves surrendering to God’s authority, with an acknowledgement that His ways are higher than our ways, and that our very lives are living sacrifices for Him.

Using the **P.R.A.Y** model regularly is just one way in which we can nurture a healthy life of prayer. Later in this booklet are further resources to help develop a life of prayer, including ancient and modern methods, tools, apps and websites to visit and use to further develop in prayer.

YOUR OWN PRAYER JOURNAL

Below are seven prayer journal template pages. These are examples of how you could begin to journal and record the prayers you are praying. Fill in the blanks on these pages often, and come back to them regularly use this as a reminder and a cue of what you are praying for.

PRAYER TIME

DATE: _____

THANK YOU

PEOPLE I AM PRAYING FOR

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

REQUESTS

ANSWERED PRAYER

.....
.....
.....
.....
.....

PRAYER TIME

DATE: _____

THANK YOU

PEOPLE I AM PRAYING FOR

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

REQUESTS

ANSWERED PRAYER

.....
.....
.....
.....
.....

PRAYER TIME

DATE: _____

THANK YOU

PEOPLE I AM PRAYING FOR

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

REQUESTS

ANSWERED PRAYER

.....
.....
.....
.....
.....

PRAYER TIME

DATE: _____

THANK YOU

PEOPLE I AM PRAYING FOR

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

REQUESTS

ANSWERED PRAYER

.....
.....
.....
.....
.....

PRAYER TIME

DATE: _____

THANK YOU

PEOPLE I AM PRAYING FOR

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

REQUESTS

ANSWERED PRAYER

.....
.....
.....
.....
.....

PRAYER TIME

DATE: _____

THANK YOU

PEOPLE I AM PRAYING FOR

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

REQUESTS

ANSWERED PRAYER

.....
.....
.....
.....
.....

PRAYER TIME

DATE: _____

THANK YOU

PEOPLE I AM PRAYING FOR

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

REQUESTS

ANSWERED PRAYER

.....
.....
.....
.....
.....

FASTING

“But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen: and your Father, who sees what is done in secret will reward you.” Matthew 6:17-18

The Biblical principle of fasting is a process of forgoing something (primarily food) in order that we might turn our gaze on to God in a more intense and focused way.

“Fasting is universal temperance, prayer is universal communication with God: the former defends from the outside, whereas the latter from within directs a fiery weapon against the enemies. The demons can sense a faster and man of prayer from a distance, and they run far away from him so as avoid a painful blow.” St Theoplan the Recluse.

Fasting is referred to numerous times in both the Old and New Testament as a practice of God’s people. Jesus talks about it in the Sermon on the Mount alongside prayer and giving, and in doing so we could argue He endorses it as a prerequisite for the disciple: “When you fast...” (Matthew 6:16) presumes fasting will be a familiar practice in the life of the Jesus-follower, just as prayer and giving is.

While fasting implies abstaining from food, it more importantly means a feasting on God - an utter dependence upon the presence of God beyond the sustenance of food. In doing so we prove the words Jesus quoted during His own fast: “...man does not live by bread alone but by every word that precedes from the mouth of God...”

Prayer and fasting is the weapon we must pick up if we are to overcome the assignments of the enemy against our lives and be free to progress into deeper realms of the Spirit.

HOW TO FAST

Walk before you can run:

A 'slow and steady' approach to progression in this discipline is particularly important. It might be an idea to start with a partial fast, like missing one meal a day for a week, or trying a 'Daniel fast' which involves giving up all delicacies and concentrating on vegetables.

Build it up gradually:

Move on in your fasting, trying one 24 hour period once a week for a few weeks. After success in this fasting, move onto a longer fast – try 3 days, or build a more consistent rhythm of the first 2 days of every month. It may be good to tie in with the church's calendar at Lent and aim for a longer, more intentional fast.

Plan:

As you prepare to fast, try and plan your diary intentionally. It is good to try and not get too busy when you are fasting so that you can give some set time to prayer. Try not to fill up the time you would have been fasting with work and meetings, rather keep it free to intentionally seek God. You may also want to check that your medical conditions comply with you fasting. If you need to, check it out with your GP.

Monitor:

Try to pay attention to the attitude of your heart. What is God revealing? What needs to change?

Keep going:

When you start, you will begin to feel hunger pangs or discomfort: it's not real hunger - try to resist and allow the pangs to trigger you instead to offer up prayers to God. Soon the pangs will pass. Initially the body might suffer discomfort – this is due to the body ridding itself from toxins that have built up over the years because of bad eating habits. Don't be disturbed, rather thank God for the increased health and well-being as a result.

Keep worshipping:

While outwardly you may be getting on with what you have to do, inwardly be in singing and adoration in your heart to the Lord.

Wisdom:

Be aware of the weakness in your body and try not to do anything too strenuous that would put you and/or others at risk. Break your fast with a light meal, rather than heavily overeating.

PRACTICAL ADVICE ON FASTING

For health reasons total food fasts for a day or more aren't recommended for anyone under 16, expectant or breast-feeding mothers, or anyone with a medical disorder affected by diet like Diabetes.

We also recommend that food fasts should not be entered into by anyone with a history of eating disorders. Fasting should be a positive dedication to God, so discuss your motivation for fasting before committing to it.

If you want to take on a total food fast for an extended period (such as 40 days), don't make the decision alone. Consult your doctor for a recommended diet in the run up to and end of the fast, as a challenge like this takes preparation for your body and mind.

PRAYING THROUGH THE WEEK

What follows is a suggested weekly structure of prayer. Using headings and some guidelines, each day of the week takes a different focus of prayer to aid you through a week of praying.

On each day we have included ideas for those with children, to encourage prayer as something central in family life. Many of these ideas have an element of kinaesthetic learning for the children. We pray these ideas are just a prompt to springboard your children into a deeper prayer life.

SUNDAY - CHURCH GATHERINGS

"Yet a time is coming and has now come when the true worshippers will worship the Father in the Spirit and in truth, for they are the kind of worshippers the Father seeks." John 4:23

"Enable your servants to speak your word with great boldness. Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus.' After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly." Acts 4:29-31

"By this everyone will know that you are my disciples, if you love one another." John 13:35

- Pray for an open heaven everytime we gather together to glorify God.
- Pray that our hearts will be open and expectant as we meet together.
- Pray against any tactics of the enemy that would seek to distract people from entering into worship.
- Pray for anointing on the worship teams and sensitivity to the Holy Spirit.
- Pray that God would touch the lives of people as they focus on Him and put Him first - healings, salvation, breakthrough and burdens to be lifted as we worship.
- Pray for an anointing on the preacher/teacher, and that people's hearts will be receptive to the Word whenever it is preached.
- Pray that the people would not only hear the Word, but would apply it to their own lives and be doers of the Word.
- Pray for the Kerith Kids (0-11yrs), Unleashed (11-14yrs), and various groups for children and adults with additional needs - that they will experience God's presence, and know His Word, and come to personal faith in Christ and become strong Jesus-followers.
- Pray for lives to be transformed, as people encounter Jesus in a powerful way.
- Pray for signs, wonders and miracles as we gather.
- Pray for good, healthy relationships and a sense of purpose and belonging to be established through the various volunteer teams, and midweek groups and ministries that meet.
- Pray for those who re-commit their lives to God, that they will quickly get connected back into church life.
- Pray for a continual growth of a community that welcomes all people, and that people feel a sense of belonging as they access church.

FOR CHILDREN:

RESOURCE NEEDED – Paper, scissors, crayons

Help your child to fold the paper, accordion-style. The number of folds in the paper determines the number of people in the chain.

On the top piece of the folded paper, draw a person whose hands extend to touch the folds of the paper on each side.

Carefully cut around the person, making sure not to cut where the hands meet the folds.

Open up the paper and your child will have a chain of several people holding hands.

Whilst doing this, talk to your child about all the different people they know at church. The group they attend, friends & leaders they know there. Talk about how all the people in this chain look the same, but there are lots of different people at church of different ages, who look differently to each other but all have something in common!

Encourage them to colour them in with crayons, maybe choosing each person to be someone they know at church. Pray with your child over each person as you do this – thanking God for their friends, for their leaders, for the church we are a part of and asking God to be close to all of them.

MONDAY - SPIRITUAL GROWTH

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit[a] of wisdom and revelation, so that you may know him better. 18 I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people” Ephesians 1:17-18

*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.”
Romans 12:1-2*

*“For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God”
Colossians 1:9-10*

- Pray that everyone will receive the empowering of the Spirit, be strong in the love of Christ and filled with the fullness of God.
- Pray that every believer in Kerith will increase in their maturity as sons and daughters of the Father, becoming more and more like Jesus.
- Pray that each person will commit to keeping short accounts with God, confessing their sins and choosing to live a life of obedience and intimacy with God.
- Pray that we would move from discipline to delight in prayer and reading the Word, and that we would live a life of worship and thanksgiving.
- Pray that we will continue to be committed to gathering together at weekend meetings and in small groups.
- Thank God for our Kerith leaders and other key spiritual leaders in your life, Pray for supernatural protection, wisdom, favour, blessing and insight over them, that they would hear God clearly and lead with authority, integrity and anointing.
- Pray for a developing Godly wisdom for all people in the church as they face difficult situations in their families, work, school, colleges, friendships, and faith.
- Pray for a continuous and growing sense of the Fruit of the Spirit in the lives of the followers of Christ in Kerith.
- Pray for an outpouring and boldness in using the Gifts of the Holy Spirit to encourage, equip and build up the church.

FOR CHILDREN:

RESOURCE NEEDED - bible, play doh, worship music

Play some worship music and invite the Holy Spirit into your home. Pray over your child and ask for your child to be filled with the Holy Spirit. Pray protection over them as they go about their life at school, learning new things, navigating friendships. Ask Jesus to stay close to them.

Invite your child to mould themselves out of play doh with their hands outstretched, as a reminder that this is their posture towards God, even when they are busy doing other things. You could also use the play doh for confession & repentance - moulding something to represent whatever is separating them from God, then remoulding it, just like God remoulds each of us.

Carve out regular time to read the word of God with your child. Allow them to see you doing the same, as they will do what is modelled to them.

TUESDAY - SALVATION

"...to open their eyes and turn them from darkness to light, and from the power of Satan to God, so that they may receive forgiveness of sins and a place among those who are sanctified by faith in me."

Acts 26:18

"Brothers and sisters, my heart's desire and prayer to God for the Israelites is that they may be saved." Romans 10:1

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

John 3:16

Today we will pray for those you know and those you don't who do not yet believe in Jesus. We focus on people within our immediate circles who we see daily, those in our immediate and wider family, colleagues, acquaintances, neighbours, people we serve and people we are served by. Those in leadership of us, and those we lead. Have these people in your mind as you pray the following things for them:

- Pray that God would give them a 'heart of flesh'.
- Pray that God would put His Spirit in them.
- Pray that they would come to Christ.
- Pray that God would free them from the slavery of sin.
- Pray that God would grant them repentance.
- Pray that they would encounter God in a real, tangible way in their lives.

Pray the following for yourself:

- Pray for opportunities to minister, evangelise and love them.
- Pray for boldness and courage to take the opportunities that arise.
- Pray for a burden to see these people come to know Jesus.
- Pray for perseverance and patience.
- Pray for a deepening of relationships to help you lead people to God.

Also, pray for the following:

- Pray for the various tools, groups, individuals and organisations that are seeking to see more people come to Christ including: Alpha, other local churches, influential Christians in the various spheres of the world.
- Pray that as a church we will have an 'inviting' culture, with many people regularly bringing new people along, who don't yet know Jesus.

- Pray that you, and the Christians around you avoid falling to the temptation to be merely 'inward looking', but are continuously reaching out to those not yet part of the church community.
- Pray that the church will be seeing people 'daily' coming to know Jesus (that we would see at least 365 people making first-time commitments to Christ each year).

FOR CHILDREN:

RESOURCE NEEDED - paper & pen

In Kerith Kids we pray the ABC prayer with children who chose to become friends with Jesus for the first time. Ask your child about whether they have done this already. If they have, thank Jesus together and then ask your child to draw an outline of their hand. Invite them to write the names of other people they also want to know Jesus, along each finger. Pray for the names together.

If they haven't yet asked Jesus to be their forever friend and they want to, talk & pray through the prayer with them at home. Be sure to let the Kids Team know if this happens at home!

Dear Father God,

*I Admit that I have said, thought and done things that
are wrong, called sins.*

*I Believe that Jesus is God's son and he loves me and he
died to save me from my sins.*

*I Choose to ask Jesus to be my Forever Friend
and saviour, and to follow him for the rest of my life.*

Amen

WEDNESDAY - THE NATIONS

"Ask me, and I will make the nations your inheritance, the ends of the earth your possession." Psalm 2:8

"He will judge between the nations and will settle disputes for many peoples. They will beat their swords into ploughshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war any more." Isaiah 2:4

*"For dominion belongs to the Lord and he rules over the nations."
Psalm 22:28*

- Pray for yourself that God will give you a vision for the nations. You may feel very stuck in your local setting, which may feel very small, but know that through both your prayers and your actions you can touch nations you may never visit.
- Pray for the nations on your doorstep. In our multicultural nation we don't need to travel to another country to meet people from other nations, we just need to step out of our front door. Pray that God will open doors for you to meet people from other nations in your street, at work, when you're out and about, and that he would use you to be a blessing to those people.
- Pray for people from Kerith who have moved overseas. This includes Sam & Hannah Fairs-Billam in Zambia (leading 'Tehila) and Andy & Mickey Partington in Bolivia (leading 'Novo), but you may know of others. Pray for them, their children if they have any, and the work they are doing.
- Pray for the churches we have connections with in other nations. This includes Albania, Lithuania, Estonia, Serbia, Macedonia, Zambia and Malawi but you may know of others. Pray for them to know the love of God in Jesus more clearly, to be empowered by the Holy Spirit, to know unity and to grow in health and impact.
- Pray for Christians facing persecution around the world. In nations such as North Korea, Afghanistan, Somalia, Libya and Pakistan (listed by Open Doors as the 5 countries where Christians face the most extreme persecution). Pray for courage, boldness and comfort for our suffering brothers and sisters.
- Pray for the promise to Abraham to be fulfilled, that all nations on earth will be blessed through the church.

FOR CHILDREN:

RESOURCE NEEDED - a physical globe, or a printed picture of one, post it notes, pen.

If you have a globe - now is a good time to use it! Look at various countries across the world. Talk to your child about current news items from across the globe, finding the country, writing prayers on post it notes for those situations in those countries and placing it on the map.

In Kerith Kids we sponsor with www.compassionuk.org both Deo, from Uganda, and Alondra, from Nicaragua, through the children's financial giving on Sundays. Ask your children about them and spend time praying for their families, their education and health - and that they will know Jesus!

Pray for all of us to look after our world as well as we can. Have conversations about how you as a family can do more to help the planet - write a family manifesto, asking God to help you in this!

THURSDAY - THE UK

"Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God." Romans 13:1

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." 2 Chronicles 7:14

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people - for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness." 1 Timothy 2:1-2

- Pray for wisdom for every politician you are aware of. Pray for the Prime Minister, the Opposition party leaders, as well as the cabinet and key political leaders in the UK. Also, pray for your local MP and Christian MPs in parliament.
- Pray for the Monarchy.
- Pray through current political and national issues - for God's kingdom to come and his will to be done.
- When you have no idea how to pray for when it comes to politics - pray in tongues! And if you haven't got the gift of tongues then now might be a good time to ask for it.
- Pray that in all governmental workings the needs of the vulnerable and marginalised in our society will be kept to the forefront.
- Pray that God would begin to bring healing and reconciliation in areas of division and disunity.
- Pray that God would raise up the church, and individual Christians to have a prophetic voice which speaks love, hope, challenge and purpose to our nation.
- Pray that Justice, mercy and humility will be key values and behaviours of our nations leaders and people.

FOR CHILDREN:

RESOURCE NEEDED - a map/outline of the UK, crayons

Talk to your children about the politicians who meet in London (they will no doubt have heard of Big Ben!) Show them where this is on the map. Explain they meet there together, but they represent all the different areas on the map - invite your child to start colouring the map starting from they meet London, to every edge and corner of the map!

Remind them that everyone matters in our country, it doesn't matter how much money they have, what they look like, how old they are, or whereabouts they live. We all matter to God! Pray for our politicians to have wisdom as they make decisions for all the people. Pray for our Prime Minister as he leads the country. Pray for all of us to love each other better. Pray for the churches all across the UK, that the doors will be wide open and many people will walk through the doors to find Jesus! Pray for all the Christians - that as we walk back out the doors of church buildings on Sundays, that we will take the good news of Jesus to every corner of the UK.

FRIDAY - LOCAL COMMUNITY

"Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper." Jeremiah 29:7

- Pray for the various Kerith ministries that seek to serve the local community, particularly those in need. This includes our Foodbank, debt counselling, job club, life skills courses, reading and writing courses, recovery groups and all our other justice ministries. Thank God for the army of volunteers who make all of this possible.
 - Pray for our various partner organisations who serve the local area including:
 - **TLG** coaches who go into primary schools to work alongside children in danger of being excluded from school.
 - **Home For Good** - Thank God for all the children being fostered and adopted in our community, and for our partnership with Home for Good which is helping fuel this work. Pray for more families and individuals to be inspired to foster or adopt children.
 - **CAP** who seek to help people released from a life sentence of debt, poverty and its causes.
 - Pray for our team going into local prisons to run Alpha Courses and lead Sunday services. Pray for local prisoners.
 - Pray for our work supporting families who have children with additional needs and our group for adults with additional needs.
 - Pray for our work with the homeless, including the night shelters that take place in partnership with various churches
 - Pray for those who work in various organisations and groups who serve the local community. Pray for wisdom, strength and love as they lead, in order that they might do the best they can to glorify God in all they do.
- Pray for the local area including:
- Education - that local schools would prosper, and that the children would become world-changers in various ways across the world.

- Healthcare – pray for the doctors, nurses and various professionals who serve us. Pray for wisdom for those in charge to steward budgets, staff and resources well.
- Emergency Services – pray for the police, fire brigade, ambulance service and all those who work in varying crises to protect, keep the peace and rescue the public.
- Local Businesses – pray that local business owners will thrive in their sectors. That businesses will grow and be prosperous. That Christian business owners will shine as they set the example in leading organisations with Godly values.
- Public Sector – pray for those who work in local council and local initiatives to serve the community.

FOR CHILDREN:

RESOURCE NEEDED – paper, magazines/material for collage, pens, crayons, cardboard box

Think about what ‘local community’ means to your child. It may be their toddler group, their school, clubs they belong to. Pray thanks for those groups and for the children to be a light in their community. Why not turn off the lights at home and light a candle, to show the children how they can shine like a light for Jesus in the areas they are part of.

Help to open their eyes to others around them by talking about the local services in the area – police, firefighters, hospitals and doctors surgeries. Your children will no doubt have noticed rough sleepers, may have seen the food bank donations in supermarkets and at church. You could use a cardboard box to show them how people with nothing have to sleep outside – use it to draw or write prayers on.

Pray for all these people and that Jesus will meet all of their needs.

Your child could make a collage or draw a picture of the groups and people mentioned and be prompted to pray for them each day.

SATURDAY - HEALING

"Dear friend, I pray that you may enjoy good health and that all may go well with you, just as you are progressing spiritually." 3 John 2

"Worship the Lord your God, and his blessing will be on your food and water. I will take away disease from among you, and none will miscarry or be barren in your land. I will give you a full life span." Exodus 23:25-26

"But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed." Isaiah 53:5

Firstly, take time to thank God for where you have seen healing in your own life, and in the lives of others - whether physical, emotional or spiritual.

- Pray for healing across the church and people in your world - make a list of those you are aware of that need praying. Let that list focus your attention as you pray for the following:
- Pray for those who need physical healing.
- Pray for those who need emotional healing through various circumstances they find themselves in.
- Pray for those in hospital, and those who are currently home-bound.
- Pray for those with long-term illnesses and diseases.
- Pray for those suffering with mental health issues.
- Pray for those who have recently been healed or are in the process of being healed. Pray that they might continue to 'walk in' their healing.
- Pray that Jesus would be glorified as people you know are healed.
- Pray for the healthcare professionals who are involved in the healing process for people. Healing through healthcare professionals is not 'second class' healing.
- Pray for yourself - where do you need healing in your life?

FOR CHILDREN:

RESOURCE NEEDED - pens, plasters, and somewhere to stick them!

Invite your child to write names of people who need to be healed, onto a plaster. Some of their prayers may be for things adults view as insignificant, some of the prayers may be for things adults want to rationalise - let's encourage the children to pray extravagant prayers for healing! Pray for doctors and nurses as they help to bring healing to those we love.

More mature children may also pray for emotional healing, situations where healing needs to take place, as well as for physical healing. Encourage it all! Stick the plasters on a poster/card/ somewhere the children will see and be reminded to pray. Be prepared for conversations when we don't see healing in our time, still declaring His goodness, whatever the outcome. When the healing does come, tear away that plaster and be sure to thank God with your child for His goodness and power!

MORE RESOURCES

We are grateful for the various groups, individuals and organisations who provide excellent resources, many of which have been used to create this Prayer Guide.

There are many other ways to continue to grow in prayer. Below is an extensive list of resources that we recommend.

24/7 Prayer Website - www.24-7prayer.com

General Books on Prayer

How to Pray
by Pete Greig

Prayer: Finding the Heart's True Home
by Richard Foster

Prayer
by Tim Keller

A Praying Life: Connecting with God in a Distracting World
by Paul E. Miller

The Circle Maker
by Mark Batterson

With Christ in the School of Prayer
by Andrew Murray

General Resources on Prayer

Tool Shed: 30 Practical Prayer Tools
The Prayer Course Videos

Personality and Prayer

Sacred Pathways
by Gary Thomas

Slowing & Centring

Opening to God: Lectio Divina and
Life as Prayer
by David G. Benner
An Invitation to Solitude and
Silence
by Ruth Haley Barton

Petitionary Prayer

J. Hudson Taylor: A Man in Christ
by Roger Steer

Intercessory Prayer and Spiritual Warfare

Mountain Rain: A biography of
James O. Fraser
by Eileen Crossman,
The Screwtape Letters
by CS Lewis,
The Soul of Prayer
by P.T. Forsyth
Shaping History Through Prayer
and Fasting
by Derek Prince

Perseverance and Unanswered Prayer

Luminous Dark
by Alan Emerson
God on Mute
by Pete Grieg
A Grieg Observed
by CS Lewis

Confession & Reconciliation

The Lost Art of Forgiving,
by Johann Christoph Arnold

Contemplative and Listening Prayer

Opening to God
by David G. Benner
Into the Silent Land: The Practice of
Contemplation
by Martin Laird
The Sacred Year
by Michael Yankoski
Hearing God
by Dallas Willard
The Practice of the Presence of God
by Brother Lawrence

The Lord's Prayer

The Lord's Prayer
by William Barclay
Fifty-Seven Words that
Changed the World
by Darrell W. Johnson
Praying the Lord's Prayer
by J.I. Packer
The Lord and His Prayer
by Tom Wright

Devotional Resources

My Utmost for His Highest
by Oswald Chambers
Common Prayer: A Liturgy for
Ordinary Radicals
by Shane Claibourne et al.
The Bible in One Year (app).
By Nicky and Pippa Gumbel
Operation World: The Definitive
Prayer Guide to Every Nation, ed.
by Jason Mandryk
Celtic Daily Prayer,
by The Northumbria Community
The Divine Hours Series,
by Phyllis Tickle



KERITH COMMUNITY CHURCH

01344 862699 | info@kerith.church | www.kerith.church