



100HRS OF PRAYER *Resources*



THY KINGDOM COME

RESOURCE PACK

100HRS
OF
PRAYER

MAY
2020

This pack has drawn together existing online resources, and some of our own creations. Where available, please click on the links to watch linked video content.

To book your prayer times, visit <http://www.24-7prayer.com/signup/aedf21>

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HOW TO USE THIS GUIDE

We are coming together as a church to pray over 100 hours leading up to Pentecost 2020 for our community and our nation in the face of this Coronavirus Pandemic. And we're joining the global wave of prayer that is 'Thy Kingdom Come.'

Each prayer slot is 1 hour long, and it is completely up to you how you use it. You can do it on your own, with your household, using video conferencing software with other people, or even phoning someone!

Approaching an hour of prayer can feel quite intimidating, especially if it's not something we're used to. The idea behind this resource is not to tell you what to do, but rather to offer some creative ideas to help you to get the most out of this opportunity to pray.

We serve a God who is **good** - He loves us and cares about us and wants us to pray to Him. We serve a God who is **mighty** - He is bigger than Coronavirus and fear and anxiety, and He can move mountains. And we serve a God who **speaks today** - prayer is a two-way conversation with God, so spend some time listening!

RESOURCE 1

WORSHIP



**“Come, Lord, stir us up and
call us back. Kindle and
seize us. Be our fire and
our sweetness. Let us love.
Let us run.”**

—Augustine of Hippo

Worshipping God is an excellent place to start your hour of prayer.

Idea #1

Read through Psalm 100 below, and after each paragraph pause and in your heart or out loud express the Psalmist's words to God in your own words.

*Shout with joy to the Lord, all the earth!
Worship the Lord with gladness.
Come before him, singing with joy.*

*Acknowledge that the Lord is God!
He made us, and we are his.
We are his people, the sheep of his pasture.*

*Enter his gates with thanksgiving;
go into his courts with praise.
Give thanks to him and praise his name.*

*For the Lord is good.
His unfailing love continues forever, and his faithfulness
continues to each generation.*



Idea #2

Listen to a worship song. But don't just have it on in the background, or let it just go past - really *listen* to it.

Listen to the words of praise and adoration. Let God speak to you through them, and give them back to God as *your* praise.

Here is a playlist with a few ideas:

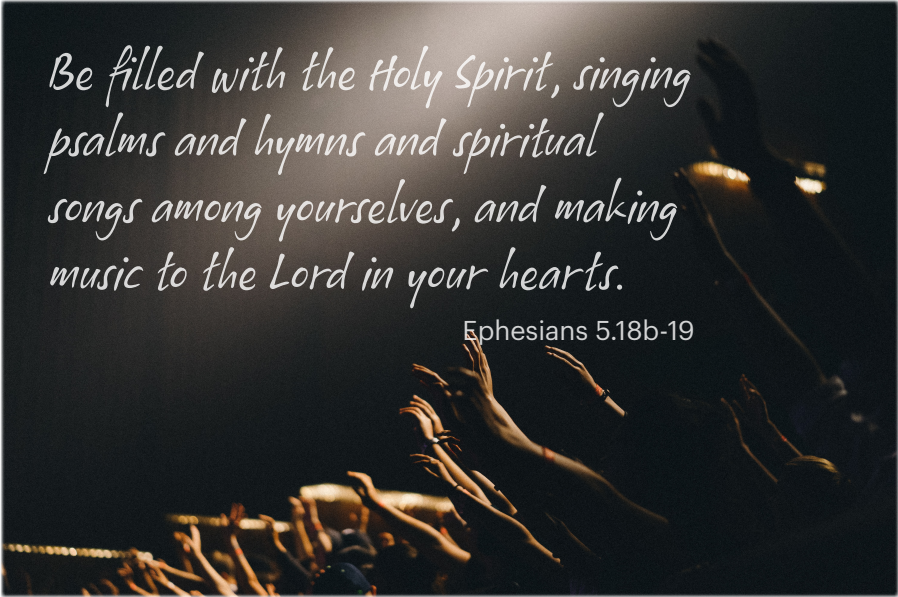
[https://www.youtube.com/playlist?
list=PLuJge7hmNtJMWnTLy_SS5i5Cp-zpkk_ze](https://www.youtube.com/playlist?list=PLuJge7hmNtJMWnTLy_SS5i5Cp-zpkk_ze)



Idea #3

For 10 minutes, put everything else to one side (ask God to help you do this) and just rest in His presence. You might find it helpful to play the following instrumental music while you do this:

<https://www.youtube.com/watch?v=Xx1MjhzKcYw>

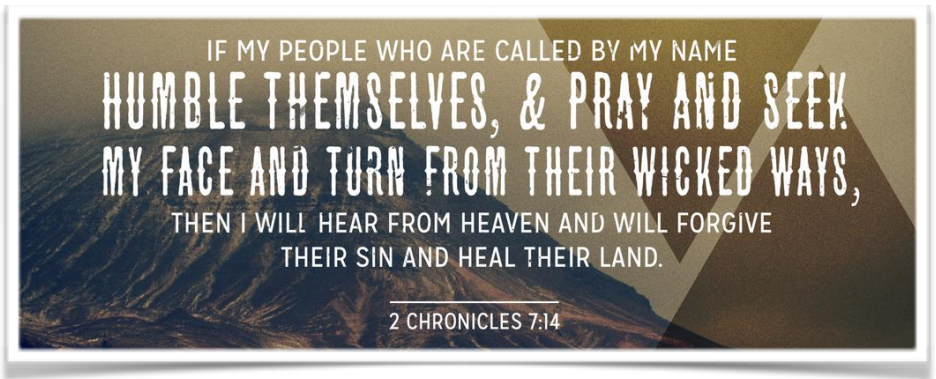
A photograph of a church service. In the foreground, many hands are raised in prayer, reaching towards the top of the frame. The background is dark, with some light sources visible, creating a dramatic and spiritual atmosphere. The text is overlaid on the left side of the image.

*Be filled with the Holy Spirit, singing
psalms and hymns and spiritual
songs among yourselves, and making
music to the Lord in your hearts.*

Ephesians 5.18b-19

RESOURCE 2

CORONAVIRUS PRAYERS



Idea #1

PRAY FOR THE CONTAINMENT OF THE VIRUS

Using water and soap, thoroughly wash your hands.

Ask God to slow and halt the spread of the Covid 19 Coronavirus.

Take a moment to pray for God's particular intervention in the nations most affected.



Idea #2

PRAY FOR THE ILL AND ISOLATED

Using a pen and a tissue, write the names of the people you know who are self-isolating or who have contracted the virus.

Ask God to make His presence felt in solitude and to protect, strengthen and heal them.



Idea #3

PRAY FOR PROTECTION OF THE VULNERABLE

Take a pen and a packet of plasters.

Write on plasters the names of the people you know who are elderly or have an under-lying condition that may make them susceptible to the Coronavirus.

Ask God to protect them from infection.



Idea #4

PRAY FOR LOCAL AND NATIONAL LEADERS

Place your hands on your head and ask God to give wisdom to national and local political leaders as they make decisions to protect people.

Cup your hand over your ear and ask God to bring excellent advisers to guide them.

Open your hands in front of you and ask God to give them the ability to communicate clearly to the public.



Idea #5

PRAY FOR HEALTH PROFESSIONALS

Rub sanitiser into your hands as you ask God to protect the health professionals (doctors, nurses, ambulance crews and more) caring for those affected by the virus.

Ask God to give them peace, wisdom, to anoint them for their jobs and to protect them from infection.



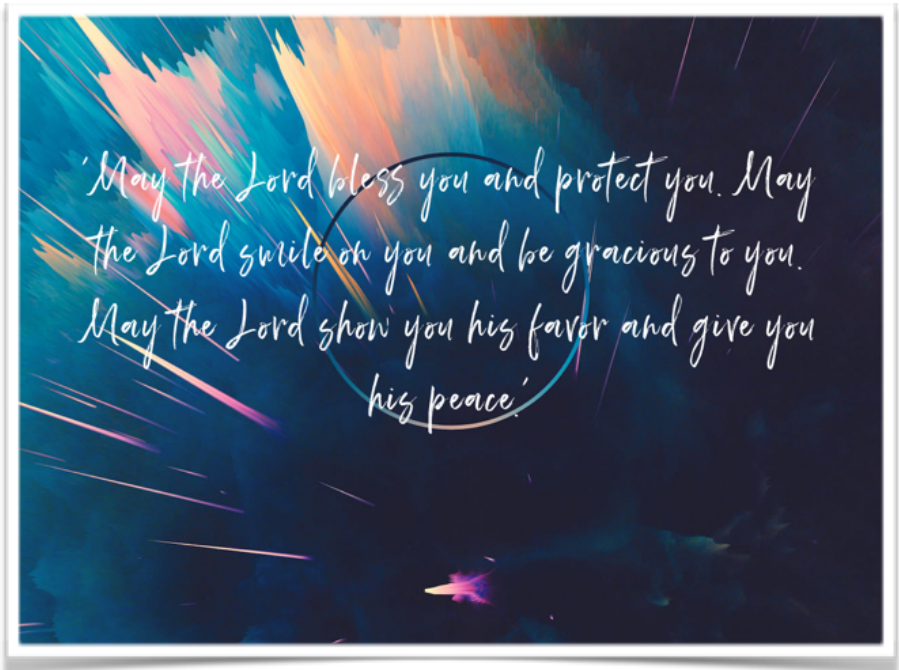
Idea #6

PRAY FOR THOSE AFFECTED IN OTHER WAYS BY THE PANDEMIC

There are many of people who will be indirectly affected by the coronavirus pandemic.

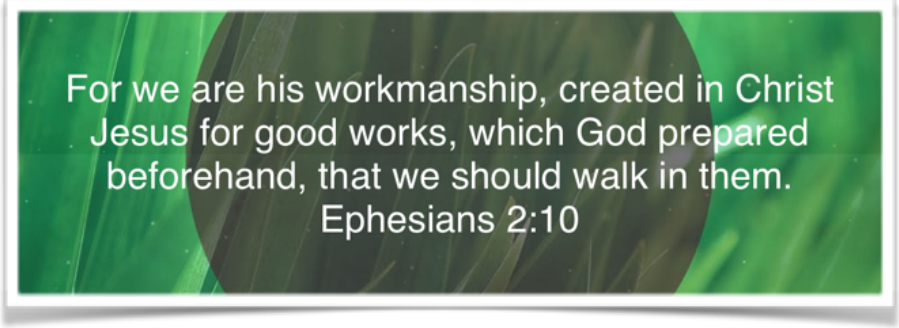
Ask God to comfort those grieving the loss of loved ones, to provide for those in financial difficulty because they are unable to work, and for business leaders as they face such unprecedented disruption to life.

Pray the blessing of Numbers 6:24-26 over each group.



RESOURCE 3

CREATIVE PRAYERS



For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.
Ephesians 2:10

Idea #1

THE SORRY BIN

Gather a rubbish bin (or paper shredder), paper and pens, and invite people to reflect on and pray the words of Psalm 139:23-24:

Search me, O God, and know my heart; test me and know my thoughts. See if there is any wicked way in me, and lead me in the way everlasting.

As areas of sin are revealed to us in our own lives, write them down and ask the Lord for forgiveness. As a symbol of His grace and forgiveness finish by throwing the paper into the bin or shredding it.



Idea #2

MAP PRAYER

Load up a picture of your local area on your computer (e.g. on [Google Maps](#)). Place a pin or just zoom in on a particular area and pray for the people living there. Ask the Holy Spirit to move in our nation and speak out His fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.



Idea #3

PRAYER DOODLING

Using colouring pens and a piece of paper and doodling while focussing on a word or phrase from Scripture can help us to be still and listen to God. See how to do it here: https://www.youtube.com/watch?v=axLQCrq_qMs



Idea #4

USE A CAMERA

Taking photos captures the everyday beauty in the world. Grab your camera and go for a prayer walk with the intention of taking photos of the beauty you see in people, buildings and nature (being sure to abide by social distancing guidelines)

As you pray, ask God to speak and reveal more of His creativity to you.



Idea #5

WRITE A LETTER

Get your favourite pen and a new sheet of paper (writing paper if you have it!). Now write “*Dear Father God,*” at the top and let your heart lead your hand as you write out a prayer letter to God.

If you’re feeling particularly creative, you may like to add illustrations or decoration.

Once you’ve finished, pop it in an envelope and put it away somewhere. Finally, put a note in your diary for this time next year to find your prayer letter, and read it to see how God has answered your prayers!

RESOURCE 4

PRAYER & CARE



PRAYER & CARE

This current situation presents an incredible opportunity for the Church worldwide to unite in prayer so that our family, friends and neighbours will come to know the love and peace of Jesus Christ for themselves.

As we pray for those we love to come to know the hope and love of Christ we seek to show God's love towards them - by caring for them. Here are 5 ideas on how we can care and love those we know, even when we are socially distanced:

1. **Keep up contact.** Make a phone call, send an email, letter or card saying that you are praying for them at this time.
2. **Keep an eye out for the anniversaries of life events.** Make that phone call to let people know you care.

3. **Send a small gift** or book purchased on line, maybe insert life words etc.

4. **Serve** where you can in delivering groceries or medications.

5. Make sure the people you pray for know how much you value them by **blessing them** with whatever means you can find.

Start now by praying for five friends, family or neighbours who don't yet know Jesus:

Idea #1

POST-IT NOTES

Use five post-it notes and write one name onto each. Stick them onto your mirror, above your bed or somewhere that you'll see them regularly and will be reminded to pray.



Idea #2

SCRABBLE LETTERS

Use Scrabble letters to create a name puzzle of the people you want to pray for. As each name is formed, pray 'Lord Jesus, we pray that ... may come to know you. Amen.'



Idea #3

LEGO

On the side of a piece of Lego, write the name of someone you want to pray for (or stick on a label with their name). Each time you pray for that person, put another piece of Lego on top of the name to create a prayer tower.



Idea #4

PAPER CHAIN

Cut out several strips of coloured paper. On each strip, write the name of someone to pray for. Either tape or staple the strips together to form a chain. Each time you pray for the person, put a tick beside the name.