

B2gether 60 MINUTE PRAYER GUIDE

Welcome to the UV Week of Prayer. Prayer is powerful. This is an exciting week and we look forward to speaking and listening to God.

You will need your prayer kit.

Remember that your B2gether prayer partner will be praying at the same time, so if you have to stop they will still be praying.

Our special verse all week is Micah 6:8

**He has showed you all what is good
and what does the Lord require of you
but to act justly and to love mercy
and to walk humbly with your God?**

PAUSE: (5 mins)

We start by settling our minds so that we can talk with God. It may help you to either shut your eyes and listen to this music <https://www.youtube.com/watch?v=L5gOGxHeeAg>. If you find it easier to focus with your eyes open you might like to colour in the page from your kit while you listen.

REJOICE: (10 mins)

Read this psalm quietly to yourself and then read it out loud.

**Earth, sing to the Lord!
Be happy as you serve the Lord!
Come before him with happy songs.
Know that the Lord is God,
He made us and we belong to him.
We are His people, the sheep he takes care of.
Come through the gates to his temple giving thanks to him.
Enter his courtyards with songs of praise.
Honour him and bless his name.
The Lord is good!
There is no end to his faithful love.
We can trust him for ever and ever!**

Psalm 100

Now a song to join in with - 'My guardian'.
<https://www.youtube.com/watch?v=MiRH8Hc8VQI>

ASK: (30 minutes)

We are going to ask God to help us all to bring justice and mercy to people who live without it today.

In your kit you have 7 hearts made from card and a length of ribbon. We are going to say a prayer as we thread each heart onto the ribbon one by one. Each heart has a letter written on it. When they are all put onto the ribbon the letters should spell the word PRAYER.

Start with the red heart and thread it from right to left along the ribbon so that you can see the letter. Then thread the other colours in the order shown below, saying the short prayer written for each one as you do.



We pray for people who are mistreated because of the colour of their skin. Help us to show your love to all people because we are all made to be like you. If we can, help us to speak up for anyone we know who is badly treated because of the way they look.



We ask you to help us fight and overcome coronavirus. Please watch over and protect the weak. Help scientists to find a vaccine and more treatments. We pray that they will share their discoveries with each other and especially with the poorer parts of the world.



Please bless our leaders and all who work honestly and humbly to bring justice to the poor, the disabled, those living in countries at war, refugees and modern-day slaves. Please hold back people who make plans for evil.



Thank you for our beautiful world and for supplying our every need. Help us to find cleaner ways of travelling and producing energy. Help us to be more thoughtful and fair in the way we shop.



Please give energy and wisdom to everyone working with friends, family or those who suffer anxiety, depression or other mental health problems, especially at the moment. Shine the light of your love into their situations and bring care and healing.



We pray for people in the world living without the things we take for granted - homes, clean water, medicines, schools and enough to eat. Especially we pray for people without jobs and the many children who live in poverty even in our town.



Jesus, you died and rose again to set us free and then left your Holy Spirit to comfort us and help us to pray. We need your Spirit to help us not to spoil your creation or take advantage of others. Please give us the strength to do whatever we can even when it costs us.

YIELD: (15 mins)

Switch on the tea light from your kit to remind you that God's light shines and is seen in the darkest of places.

Now read these words out loud.

**Lord, hear my prayer for justice.
I am calling loudly to you.
I am being honest in what I say,
so please listen to my prayer.
You will make the right decision,
because you can see the truth.**

**Show your amazing kindness
and rescue those who depend on you.
Use your great power
and protect them from their enemies.**

Psalm 17:1-2 & 7

**I always remember that the Lord is with me,
he is here close by my side
so nothing can defeat me.**

Psalm 16:8

Listen to 'My lighthouse' <https://www.youtube.com/watch?v=reAlJKv7ptU>

While you are listening you can add sticky gems to the hearts on your prayer ribbon. Put it up in a window or on the wall to remind you of God's promise of amazing love.