

RHYTHM OF PRAYER

**Rejoice always, pray
without ceasing, give
thanks in all
circumstances; for this
is the will of God in
Christ Jesus for you**

1 Thessalonians 5:16-17

How to use this guide

Open this guide to the day
that matches the current
date.



Open your Bible to one of
the passages.

(Or click on the links!)



Open your heart to learn
from, listen to and pray to
God.





Take a breath.

Allow the tasks and commitments of the day to hover.

Be still and know He is God.



READ

What is the message?
Does it tell me anything about myself?
What do I learn about God?



PRAY

God loves to hear your voice.
Your unfiltered, genuine words. **Be you.**

Ask some questions?

You can speak to him like a friend.



HEAR

Leave some space to see if God has anything to say back

Maybe it's a feeling, an image or some words. Often it will be a gentle nudge.

If you get something – write it down.

It is so special to be part of the same team, shoulder to shoulder with each other. To win the match, create the project, bake the cake.

As God's church, we are made one. We are brothers and sisters all together on the same team to tell the story of Jesus so that others may know and join in the Good News of Jesus' death, resurrection and salvation!

READ

3

"My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you.

John 17: 20- 21

Other Passages:

[Romans 15:5-6](#)

[Philippians 2](#)

[2 Corinthians 13:11](#)

[Psalms 133](#)

[1 Corinthians](#)

[1:10-17](#)

[Ephesians 4](#)

PRAY

2

Jesus incarnate, three-in-one God, who came to find us and make us one, would you meet us wherever we may be today. Show us how to live in unity with one another. Join us together with your love so that the world might see the evidence of your glory and goodness made visible in our midst.

*Lord in your mercy
Hear our prayer*

HEAR

1

Take a moment to wonder what it looks like to live in unity with Jesus and with others today.

Journal a way that you might share that with someone today.

When I am rock climbing, I find it hard to trust the rope will catch me if I fall. Even when I can see it is securely attached with heavy-duty knots, a voice inside my head still doesn't want to risk it. Relying on something unseen seems stupid.

In today's theme, we are invited put our faith in Jesus, a person who we do not necessarily see - but get the chance to know.

READ

3

Now faith is confidence in what we hope for and assurance about what we do not see.

Hebrews 11:1

Other Passages:

Matthew 21:18-21

James 1

Matthew 17:14-20

Romans 10:17-21

Ephesians 6:10-16

1 Peter 1:3-9

PRAY

2

Loving Father, enlarge our faith. Help us to hope based on not what we can see but show us where we can trust you in the unseen. Teach us to see with eyes that are open to your ways. We dearly seek you and wish to know you - the creator who made it all and is present to it all. Come and have your way in our lives.

*Lord in your mercy
Hear our prayer*

HEAR

1

"I believe in Christianity as I believe that the Sun has risen not only because I see it but because by it I see everything else." CS Lewis

What does God want to reveal to you today, in the light of His glory and grace?

The third day is a sign of resurrection. The Bible often uses the number 3 as a symbol that someone is going to rise again. Look for yourself: find a mention of the number 3 in the gospels and see what happens next...

John 11 tells the story of Lazarus, Jesus' family friend who falls sick and dies. Jesus waits a few days and then goes to the grave, rolls away the stone and tells Lazarus to come out. To everyone's amazement - Lazarus is alive!

READ

3

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"

John 11:25

Other Passages:

Matthew 28

1 Corinthians 15

2 Corinthians 5

Romans 8:11

Revelation 21:5

Isaiah 26:19

PRAY

2

Jesus you are the Lord of Life and Destroyer of Death. Come and resurrect the dead parts of our lives, transform what was lost and restore it into joyful, new-found kingdom awesomeness!

Where things need to die, help us lay them down so that you can bring them into newness. Thank you for your gift of new life, help us to live in its fullness.

*Lord in your mercy
Hear our prayer*

HEAR

1

Jesus knew mourning just as much as the joy of life. He wept over losing his dear friend. He is with you.

Reflect on the parts of you that currently have new life, and the others that are in grief. Explore them with Jesus.

One of the most repeated descriptions of God throughout the story of scripture is that He is '*gracious, merciful and compassionate*'. He loves His people and wants to bless them wherever He can.

Often we make mistakes and get in the way of His beautiful plans. But even when we've messed up, His grace and mercy are there to chase us down and find us - often when we are stuck in a metaphorical hedge.

READ

3

*Surely goodness and mercy shall follow me
all the days of my life, and I shall dwell in
the house of the LORD forever.*

Psalm 23: 6

Other Passages:
Ephesians 2:1-10

Lamentations
3:22-23

Exodus 34:5-7

2 Corinthians
12:9-10

Psalm 116

Numbers 6:22-27

PRAY

2

Gracious, merciful, compassionate God. You are one who watches over us, cares for us and provides for us. We are sorry for when we choose our own routes, ideas and plans and neglect yours.

Thank you for your love, that kindness that prompted you to send Jesus to save us. Help us look out for your love so that we won't get lost and that we can lead others to you.

We love you.

HEAR

1

*Lord in your mercy
Hear our prayer*

The Psalmist is sure that God's goodness and mercy will follow them. Are you sure that it will follow **you**?

Take a moment to journal through why and to Jesus to reveal more of His love.

Jesus didn't come only for the Jews or the Politicians or just you or me. He came for everyone. Every continent, country, county and couch. We're all invited.

Today we think about our worldwide family of Christ; each person is known, loved and cherished by a God who cares. Some of us are richer and others are poorer but all are working for His glory.

READ

3

After this I saw a vast crowd, too great to count, from every nation and tribe and people and language, standing in front of the throne and before the Lamb. They were clothed in white robes and held palm branches in their hands.

Revelation 7: 9

Other Passages:

John 17:13-26

Psalms 67

Isaiah 42:10-13

1 John 4: 7-12

**Matthew
28:19-20**

Psalms 19:3-5

PRAY

2

Father of all creation, thank you for your overflowing kindness. No-one is excluded and all are welcome to your church. We pray blessing over your people across the world. We pray for the nations that are persecuting you and ask that your kingdom would come and your will be done here on earth as it is in heaven.

*Lord in your mercy
Hear our prayer*

HEAR

1

Choose a part of the map. Take a minute to pray for the church there. For the leaders, the family, the mission and the communities.

Ask God to help you and guide your prayers



The youth of today aren't just the church of tomorrow, they're the church of today. Children ask more questions than adults and often bring a curiosity that can unlock faith that has laid dormant.

Jesus welcomed the younger members of his audience with arms wide, enthusiastic to hear what they had to share. How might we do the same?

READ

3

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."

Matthew 19:14

Other Passages:

Luke 18:15-17

1 Timothy 4:12

Proverbs 22:6

Psalm 127

**Deuteronomy
11:16-21**

Romans 8:13-15

PRAY

2

God, Father of Jesus and lover of young people, we thank you for the babies, toddlers, children, teenagers and young adults in our communities. Bless them today and always that they may show us the way to your kingdom. Fill them with your spirit and the life that flows out and onward.

*Lord in your mercy
Hear our prayer*

HEAR

1

Think of the young people in your life, maybe you are one!

Maybe you're a parent, aunty, uncle, grandparent, step-mother, sister, brother...

Take a moment to pray for them. What do you love about them? Maybe send them a message of encouragement?

In the story of creation, the LORD rested on day 7. He set the standard for us all to join him on the 7th day of rest. The fourth commandment is to *'remember the sabbath day and keep it holy'*.

Life does not have to be go-go-go all the time. We can pause in the presence of God and find rest when we have rushed ahead and left God behind.

READ

3

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Genesis 2: 2-3

Other Passages:

Exodus 20

Isaiah 30:15

Matthew
11:28-30

Hebrews 4

Psalms 127:1-2

John 16:33

PRAY

2

Storm-calmer God, just as you told the wind and waves to be quiet on the Sea of Galilee we pray that you give us that same rest. Help us to quiet our minds and souls to stop and enjoy you today. Fill us with your peace. Would our joy and worship stem from the fountain of fun that is found in you.

*Lord in your mercy
Hear our prayer*

HEAR

1

Pause and Breathe.

One breath in.

One breath out.

Spend some time in silence or quiet (if possible). One minute or one hour - whatever suits best.

Take a moment to stop and chat to God about whatever comes to mind.

I love films that finish with a climactic fight scene: either with swords arcing through the air or machine guns flashing with bullets, ricocheting off walls and smashing through windows. The enemy is defeated and good beats evil.

Paul says that we wage war against unseen foes with different weapons that can bring peace into a world of opposition and fear. Prayer is the key means of establishing heavenly order with God's authority in our pockets.

READ

3

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

2 Corinthians 10: 3-4

Other Passages:
Ephesians 6:10-20
Exodus 14:14
1 Samuel 17: 34- 51
Psalm 24
2 Chronicles 20:15
1 John 5:1-5
2 Kings 6:16-23

PRAY

2

Mighty God, undefeated in battle. We lift you high as you go before us, fight beside us and watch our backs as we wage war in the heavenly spaces. Teach us to wear the Armour of God and walk in the ways of righteousness as we live in the world with love, faith and hope.

Bring peace where there is violence, heal where there are wounds, bind up what evil lurks and banish the darkness that lingers.

*Lord in your mercy
Hear our prayer*

HEAR

1

The LORD is the one who fights, but they are still our battles. Bring to mind where there is restlessness, opposition or a lack of peace. Ask God to come in and win your war.

This planet is rich with colour. Landscapes differ just as much as the people do. Each running their own race and living with their own communities.

Today we seek to pray for those who choose to discriminate rather than celebrate the differences in people. We declare healing over spaces that are divided by racism and wish to see reconciliation for that which has been broken by injustice, slavery and hatred.

READ

Maranatha.

3

There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.

Galatians 3:28

Other Passages:

Romans 1:14

**1 Corinthians
1:22-25**

James 2:8-9

John 7:24

Romans 2:11

1 Samuel 16:7

PRAY

2

Jesus, Lord of creation and lover of all hearts, we seek you hungry for justice. We pray for peace along the frontiers where fighting has become black and white; fearing foes, we have missed the faces and families who carry rich histories and stories.

Teach us to love others with the love you pour out so generously to all. We are all equally welcomed at your table.

HEAR

1

*Lord in your mercy
Hear our prayer*

Where can you pursue racial justice in your life? Ask God to help reveal how you can seek the kingdom of all in your life.

Don't know - maybe there is a book or a video that might be able to help?

Jesus is the Son. The heir. The apple of His Dad's eye. God was so pleased when He saw His boy emerge from the waters of the Jordan. And the Centurion was astonished when He saw the impact of Jesus' death - knowing that there was no regular man hanging on that cross.

Jesus was the Son of God, who was sent to save us from our sin. Redeeming us back into the Father's everlasting arms that are thrown wide to welcome us home.

READ

3

*And when the centurion, who stood there in front of Jesus, saw how he died, he said, "Surely this man was the **Son of God!**"*

Mark 15:39

Other Passages:

John 1:49

Matthew 14:33

Acts 9:20

Hebrews 4:14-16

1 John 5:19-20

Ezekiel 33:1-3

PRAY

2

Jesus, Son of God, we worship you for who you are. Our Saviour.

You are mighty and magnificent, kind and close. Through your blood we are welcomed into the family and made whole - children of the almighty, brothers and sisters with you. Thank you for this gift of life, help us to live it in its fullness, just like you have done. We want to walk in your ways today - let's go!

*Lord in your mercy
Hear our prayer*

HEAR

1

Have you heard the Father's affection for you?
Do you know that He's so so proud of you?

Maybe there is a way He is trying to get your attention to tell you that?

I'm not sure if Jesus was an introvert, but we know in His recorded ministry that He retreated to quiet spaces very often. It was something that all the gospel writers noted, and the disciples were hungry to learn **how** to pray like He did. The first step was simple: find a quiet place.

'Solitude is thus the place of purification and transformation, the place of the great struggle and the great encounter. Solitude is not simply a means to an end. Solitude is its own end.'

Henri Nouwen, *'The Way of the Heart.'*

READ

3

Every day Jesus went to the Temple to teach, and each evening he returned to spend the night on the Mount of Olives.

Luke 21:37

Other Passages:

Luke 5:16

Mark 6:32

Psalm 33:22

Psalm 62:6

Mark 4:38-40

Psalm 46:9-11

PRAY

2

O Gentle Whisper, in the dead of night, speak to us. Help us run from the loud, proud and rowdy to the desolate and deserted spots. Let us leave the other voices and noises and hear your loving words.

Lead us like a gentle candle flame so we might glow alight from the encounter we have with you.

*Lord in your mercy
Hear our prayer*

HEAR

1

Take some time to sit in quiet. Give God some space to speak.

Write down what He says.

Sin is murky. It gets in the way and messes up relationships, especially the way we relate to God. Jesus' sacrifice means that we are forgiven and restored a place of standing that is righteousness, holy and blameless.

Through confession we can recognise this reality and live in the light of forgiveness.

READ

3

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

James 5:16

Other Passages:

1 John 1:5-10

Romans 10:5-10

Psalm 51:10

Psalm 32

Nehemiah 1:5-7

2 Chronicles

7:11-16

PRAY

2

Loving Lord, thank you for the gift of your forgiveness. Though our sins were like scarlet, you have made them white as snow - blemish free and brighter than the sun.

Help us to live in the light, dancing free in the spotlight of your love, quick to share and invite others to let go of their grudges and burdens through the restoration that is won through forgiveness.

*Lord in your mercy
Hear our prayer*

HEAR

1

For a few minutes, take a kneeling posture and take some time to get real with God. Allow your conscience to bring things to mind.

Admit to God where you have been wrong lately and ask Him to help you let go of where others have wronged you. Step out and leave those things in the room you are in!

Living in London means that you can't walk far from your house without brushing shoulders with other people and sharing the pavement with other local businesses- shops, hairdressers, market stalls, banks, coffee shops, pubs, and so many more!

Today we will take time to think of all those in our neighbourhood and pray for God's blessing on our patch.

READ

3

His master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!

Matthew 25:21

Other Passages:

Acts 16:13-15

Matthew 25:14-21

Colossians 3:17

Psalm 112

Hebrews 3:1-4

Exodus 35: 35

PRAY

2

Incarnate God, deity-made-human, we pray for the places we call home and ask that you would make yourself at home here too. Bless those who work in the local area, the people who have roots and history here.

We pray for fruitful harvests and bumper restaurant orders. Teach us how to live well together, especially when we share different cultures, history and heritage. Help us to be a heavenly community - welcome to all, rich in colour and bursting with diversity!

*Lord in your mercy
Hear our prayer*

HEAR

1

Find some time today and go for a short walk around your local area.

Pay attention to places of work or businesses that are around you. Pray for their thriving. Ask God to guide your vision to help you pray for where He wants to work.

'The Earth is the Lord's and everything in it' declares Psalm 24, the joy of living in it means we get to look after God's handiwork and help it flourish.

This planet is a sensitive place, careless actions can have harmful circumstances. Looking after our world is an important task, one that should be done with the guidance of the Maker.

READ

3

The LORD God took the man and put him in the garden of Eden to work it and keep it.

Genesis 2:15

Other Passages:

Genesis 1-2

**Deuteronomy
10:12-14**

John 1:1-5

Romans 8:19-23

Psalm 24

Psalm 96:11-13

PRAY

2

Great Creator, the contours of the hills and valleys know your touch. You crafted this world with the love of a caring artist, finely carving each detail with a smile and bubbling heart.

Help us to join in with your work and tend to this planet, living sustainably and selflessly. Teach us to see this place with your eyes and be your hands by re-creating it healthier and tending to the weeds just like we see you doing.

*Lord in your mercy
Hear our prayer*

HEAR

1

How can you get involved with looking after God's creation?

Maybe you could clean up your street, sort your recycling? Could you walk to work today? Or take the bus instead of driving?

We are all part of God's family; parents and children, daughters and sons, uncles and grandparents, aunties and cousins. Made one by the gift of Jesus' sacrifice.

Within the heavenly chorus of many, some choose to form their own families through marriage. Joining together to bring new life into the world in a celebration of love. Today we think of the width and diversity within our kingdom family.

READ

3

For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, because we are members of his body. "Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh."

Ephesians 5:29-31

Other Passages:

Matthew 19:4-6

Ephesians 6:1-4

Ephesians 3:14-17

1 Corinthians 13

Ecclesiastes 4:9-12

Ruth 1

Amos 3:3

PRAY

2

Father God, you flung your arms wide to welcome us all into your adopted family. We thank you for the gift that it is to know and be known, to be in relationship with you and others around us.

Fill us with your love so that others may see you through the way we share that love today. In our words, ways and wonders would you be present, loving Maker.

*Lord in your mercy
Hear our prayer*

HEAR

1

Picture the faces of your nearest and dearest: friends, family, spouses or any other important relationships and take a moment to pray for each one as they come to mind. Maybe write their names down or draw pictures to help you?

Who else could you pray for today?

The stories of faith recorded in the Bible are pretty violent. Followers of God experienced name calling, political manipulation, exile, torture, prison, execution and many more types of persecution for their faith.

Being a disciple of Jesus is not an easy way to live. It is counter-cultural and an unpopular decision to some. Many believers across the world today still pay the highest price to declare Jesus is Lord, some giving their lives as a testimony of His love for us.

READ

3

We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies.

2 Corinthians 4:9-10

Other Passages:

Matthew 5:10

2 Timothy 3:10-17

**1 Corinthians
4:6-13**

Colossians 4:2-6

Galatians 4:28-31

Hebrews 13:3

Matthew 10:16-23

Hebrews 11:32-40

PRAY

2

King Jesus, we pray for peace. We pray for an end to the suffering and struggle that happens in the name of religion.

One day there will be a time when every knee shall bow to the undisputed ruler of all. Until then, Jesus, we ask that people can live lives that do not end as a result of religious hate.

*Lord in your mercy
Hear our prayer*

HEAR

1

Research a country where Christians are being persecuted. Ask Jesus to help you pray for that place.

Maybe join together with some friends to discuss how you can support the persecuted church?

The love of God is not a treasure for us to hold but an invitation to extend and a gift to freely give with those around us - no one is excluded. Beyond that fact, those who have little or nothing are signposted by the scriptures as those worthy to receive esteemed gifts of the kingdom.

How might we serve those who are poor? Those in financial struggle, emotional need, housing crisis, situational difficulty or those despairing for help.

READ

3

But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous.

Luke 14:13-14

Other Passages:

Proverbs 28:3-6

**Jeremiah
22:15-17**

Isaiah 58:6-10

Luke 14:12-14

**2 Corinthians
9:6-9**

James 2:1-12

PRAY

2

Jesus, help us love those who find themselves on the margins. Who go without and live with debts that can't be repaid on their own. Help us to extend your love and be your hands in the world to show your gospel message today, even if we know that the gifts we give can't be repaid.

Bless them today in the power of your name.

*Lord in your mercy
Hear our prayer*

HEAR

1

How can you bless someone today? Ask God to help you love someone in need today.

Maybe you could buy someone their shopping? Share a meal with a friend that is struggling? Have a pray, make a plan and **go do it!**

The Christian heritage is built on the shoulders of some significant leaders throughout the generations of history: Abraham, Esther, Paul, Jesus...

Our leaders shape the stories we tell of who we are as a people and where we are going. In the same way our reigning Monarch, Prime Minister and governments (national and local) steer our direction as a country today, making decisions that tell the narrative of our culture.

READ

3

Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity.

1 Timothy 2:2

Other Passages:

Hebrews 13:17-18

1 Timothy 2:1-6

Isaiah 41:8-10

1 Timothy 4:11-16

Romans 8:1-8

1 Peter 5:1-7

PRAY

2

King Jesus, we pray for our leaders. We pray for those who lead small teams in local towns to national level governors and international CEOs. Lord God, would they follow your leadership first, being an example of love, compassion, honesty, truth and light to the world we live in. Fill them with your spirit we pray.

Give them wisdom in their decisions and compassion in their hearts that they would follow your kingdom's example on this earth.

*Lord in your mercy
Hear our prayer*

HEAR

1

Choose a leader and pray for them today, maybe it's the captain of your sports team, a teacher at school, a politician or someone you look up to.

Ask God to help you pray, can you help them today?

Psalm 100 is short, sweet and very punchy. *The Message* translation paraphrases verse four as ‘*Enter with the password: “Thank You!”*’. Just like when you greet a friend with a hearty “Hello!”, thanksgiving is the soundtrack to a heavenly welcome.

Even when there doesn’t seem much to be thankful for, choosing to give thanks is a simple but radical way to invite the kingdom of God onto the ground where you stand.

READ

3

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

Psalms 100:4

Other Passages:

Colossians 2:6-7

**1 Thessalonians
5:16-18**

James 1:16-18

Philippians 4:4-9

2 Corinthians 9:15

Luke 17:11-19

PRAY

2

Dear God, Thank you.

Thank you for who you are, what you’ve done and what you’re doing. You are a kind Father who gives generous gifts and we honour you with our praise. Help us to praise you when we don’t feel like it. We love you.

*Lord in your mercy
Hear our prayer*

HEAR

1

Write a thank you message to God. Open up a notebook and tell him what you are grateful for at the moment, it can be little or massive, be real.

See how he replies!

The Holy Spirit wasn't a happy accident or collateral fallout from Jesus' resurrection. Holy Spirit was sent to support the mission of God on this earth. They are a heaven sent helper to bring the kingdom near.

Today, right now, we can meet with the person of the spirit and encounter Him in real life. He reveals all wisdom, moves in power to transform and speaks to us with the voice of God.

READ

3

Then, after doing all those things, I will pour out my Spirit upon all people. Your sons and daughters will prophesy. Your old men will dream dreams, and your young men will see visions. In those days I will pour out my Spirit even on servants—men and women alike.

Joel 2:28-29 NLT

Other Passages:

John 16:7-14

John 14:15-21

Romans 15:13

Acts 2:1-13

Galatians 5:16-25

2 Corinthians

3:12-18

PRAY

2

Holy Spirit, thank you that you are present with us always. Whether we are aware or caught unawares- you are near. Meet us today in our moments so that we might dream dreams of your kingdom and move in the power of your loving goodness to transform our communities to the image of your restoring beauty.

HEAR

1

*Lord in your mercy
Hear our prayer*

Set a timer for 3 minutes, find somewhere comfortable and quiet to sit.

Start the timer and ask Holy Spirit to reveal himself to you. Start a conversation and ask any questions that come to mind.

Once the timer goes off, make a note in your notebook for what you talked about. Maybe chat about it with a trusted friend?

Jesus talked the talk, and many were saved. He also walked the walk and laid down the path for us all to follow. He showed us the way to the fullest life - one that is jam-packed and bulging at the seams in its richness.

The road of discipleship is lived out of a life of service, loving our neighbours out of the love we have for God. Serving those who can't afford to pay us back and giving all we have obediently as a generous gift.

READ

3

For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.

Matthew 20:28

Other Passages:
Philippians 2:1-11
1 John 3:16-18
Romans 12:9-21
1 Peter 4:8-11
1 Corinthians 12:4-11
Joshua 24
Psalm 2:11

PRAY

2

Humble Father, you saw it fit to assume the posture of a servant, serving those who were not worthy to sit at the same table as you. Teach us to live lives in the same way. Your might and majesty were not disqualified by your servant heart but proved by your willingness to lead from a place of generosity and gentleness. May we do the same, through the power of your spirit.

HEAR

1

*Lord in your mercy
Hear our prayer*

Who can you serve today?

Maybe you could cook dinner for a friend or family. Is there someone you know who is having a hard time.

Ask Jesus to invite you into an opportunity to serve others today.

The final scene in scripture is one of restoration. The broken earth gives way to a new heavenly city that is unfurled with the exclamation “*new things are coming on the horizon!*”

Renewal is God’s why. It’s His purpose to His plans. Why did He save us? So that we might dwell with Him, be made whole and celebrate a perfect union with a Good God. Better yet, we don’t have to wait until we reach the other side of eternity. He’s working His renewal purposes **now**.

We get to join in!

READ

3

And he who was seated on the throne said, “Behold, I am making all things new.” Also he said, “Write this down, for these words are trustworthy and true.”

Revelation 21:5

PRAY

2

Creating God, thank you that didn’t leave us on our own. Thank you that you are still moving, shaping and speaking today. We pray that you renew us.

Breathe, Holy Spirit, into our dry bones so that we would carry your presence afresh today. Make us whole. Make us one. So that your kingdom and all its renown will resound with heaven’s melodies in our human hearts today.

HEAR

1

*Lord in your mercy
Hear our prayer*

Are there things that you’re unhappy with at the moment? Health struggles, difficult situations, political frustrations, media irritations.

Be direct and let God know where you want to see new life revitalised today.

Other Passages:

Isaiah 43:14-21

Joel 2:17-21

Habakkuk 3:1-2

2 Chronicles 7:11-18

Isaiah 55 & 58

Matthew 19:27-29

Ezekiel 37

Illness is a part of our world today. There is currently a 50% chance of contracting Cancer, the flu virus flies around every winter and healthcare services are stretched to their limits all over the world. It is a residual and ongoing struggle for most people today.

Jesus is Lord of All. Full stop. So when He walked on this planet, so many people we restored from physical ailments and infirmities. The gospels are saturated with stories of how Jesus healed and restored illness. Incredible!

READ

3

And Jesus answered them, "Go and tell John what you hear and see: the blind receive their sight and the lame walk, lepers are cleansed and the deaf hear, and the dead are raised up, and the poor have good news preached to them. And blessed is the one who is not offended by me."

Matthew 11:4-6 ESV

Other Passages:

James 5:13-15

Revelation 21:1-4

Psalm 103

**Jeremiah
17:14-17**

John 14:12-14

Acts 3:1-10

PRAY

2

Jehovah Rapha, The LORD who heals, we declare healing over this world in your name. We pray for those on hospital wards, in ambulances and struggling in pain at home.

Draw near to those who need you more than ever, comfort, console and cure those people we pray. We wait for the day where sickness is no more, until then we seek you to meet us the mire of earthly struggle for you are the LORD, the One who is mighty to save.

HEAR

1

*Lord in your mercy
Hear our prayer*

Is there someone close to you who really needs the healing balm of Jesus?

As an act of prayer put their name somewhere visible and every time you see it- pray for them.

Celebration is a key facet of the Christian faith. We dance for joy at Christmas and Easter, we remember Jesus' sacrifice every Sunday in the communion sacrament, every service tends to contain tuneful melodies of praise. It should actually quite easy to find joy in the life of Christian - for there is so much to celebrate.

As much as an attitude, it is also a practice to savour the goodness of God and celebrate Him - regardless of the circumstances. We get to do that every day!

READ

3

And kill the calf we have been fattening. We must celebrate with a feast, for this son of mine was dead and has now returned to life. He was lost, but now he is found.' So the party began.

Luke 15:23-24

Other Passages:

Isaiah 55:12-13

Luke 15:4-6

John 12:12-15

Matthew 22:1-14

Matthew 9:14-15

Psalms 145

Psalms 34

PRAY

2

Jesus, you are the LORD of the Dance. The bridegroom at the wedding of eternity and chief bartender at that wedding in Cana. Help us to dance in the light of glory and grace today, even when our feet don't feel the beat or our heart is tired with grief we want to celebrate the gift of life we find in you. Life is a party when it is with you, Almighty King.

*Lord in your mercy
Hear our prayer*

HEAR

1

How can you bring a little joy into your day today? Need some help - ask God to show you!

Maybe there is a worship song you can dance to? A fun story you can tell? Or a treat you could 'taste and see' that He is good!

When we say “Yes!” to God we are choosing to partner with His purposes and make way for His kingdom to come. The tricky thing is saying “Yes!” often means saying “No,” to other things, many of which are easier or more appealing to choose.

There may be times where God invites us to give our “YES!” and the consequences make no sense and leave us confused. Faith is then helpful for us to be able to stand under God’s word and trust it will hold up over our heads - even if we don’t know *how* it will.

READ

3

“Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you.

James 4:7-8a

Other Passages:

Luke 9:23-24

Hebrews 12:1-3

Romans 12:1

James 4:1-12

Proverbs 3:5-6

Psalms 81:10-11

2 Chronicles 30:8

PRAY

2

Jesus, We are sorry for when we chose our own way and ignored your advice.

But today, we say “Yes!” to you. Help us to keep saying “Yes!” when it doesn’t make sense or we feel like we don’t have the strength to go on. We want the best way, which so often is not our own way - it is your way. Lead us along the paths of righteousness so that we might see you glory in our midst.

*Lord in your mercy
Hear our prayer*

HEAR

1

What does your “Yes!” look like today? Where do you need to lay down your plans to be able to pick up Jesus’ way today?

Write down your “Yes!” in a notebook and review it before you sleep tonight

For some people, it sucks to be on your own. Unbelievably, even introverts need people from time to time. And there are moments where even the most organised person finds themselves at a loose end. We get lonely sometimes.

Thankfully, we have a God who meets us in those moments. He doesn't drag us out of them, but He speaks to us. The scriptures are full of stories of people that felt so alone, sad and low. Yet God was faithful to them and brought them into some beautiful places.

READ

3

"A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land."

Psalms 68:5-6

PRAY

2

Jehovah Shammah, the LORD who is there, we thank you for meeting us in moments of sadness and loneliness. Even when we are surrounded by people we still feel lost and alone, but you know us, you see us and you are there.

We thank you for your presence. Help us remember that we are never left on our own. You find us and lift us with strength that we would never find to places we could never reach.

Restore us again, O Lord.

HEAR

1

*Lord in your mercy
Hear our prayer*

Feeling alone? Write a Psalm to the Lord, it can be long or short. Tell Him how it feels to be you right now.

Not so lonely? Think about those on the fringes of your friendship group, check in on them. Even the strong and loud ones, they need hugs too.

Other Passages:

Psalm 23

Psalm 68

Deuteronomy
31:6

Psalm 139:7-12

Hebrews 13:5

Romans 14:7

Isaiah 41:10

Worship is a word that comes from our values. If it is worthy, it gets worshipped. Messi, your iPhone, that TV show.

Our priorities define what we deem worthy of worship. As the Saviour of the World, for most Christians it is quite natural that we believe that Jesus is worthy of our time, attention, money and effort. Worship is simply the word we use to describe our actions and affections towards that which is worthy.

READ

3

“Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands.”

Psalms 63:3-4

Other Passages:

Romans 12

John 4:23-24

Psalms 100

Hebrews 12

Isaiah 58

Haggai 1

1 Peter 1:3-9

PRAY

2

Lord God, you are worthy of our worship. Most High, above all, there is nothing that compares to you that can even fathom your greatness. We thank you for your goodness and give you all we have got. On days we forget, remind us who you are and resultantly who we are.

Oh how we love you Lord! How your love is better than life!

*Lord in your mercy
Hear our prayer*

HEAR

1

How can you worship God today? Is there way that you can do it that makes it exclusive to you. With your own words, actions or efforts.

He is worthy of **your** worship, right?!

God is close to **all**. Isaiah 61 says He is especially close to those with broken hearts, those who are prisoners of darkness, those held captive, and those who are poor.

Losing a job is a heartache, headache and a serious hurt. Those who are made redundant can feel like the road has been pulled out from under their feet. Those struggling to find work can feel like they're playing the worst game of hide and seek. Fighting to put food on the table, keep the roof above their heads and provide for family can be deeply stressful. Sometimes their prayer can only stretch to one word, "Help."

READ

3

"and provide for those who grieve in Zion— to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendour."

Isaiah 61:3

PRAY

2

Loving God, you made us each with gifts, skills and abilities that are blessings to communities and rich encouragements towards the beauty of life. But in dark seasons of uncertainty, lack and loss we pray for those who may go without today.

For who have lost and less, we pray that you provide, Jehovah Jireh, so that they may be filled as they seek you in desperation.

HEAR

1

*Lord in your mercy
Hear our prayer*

Ask God to guide your prayers for those who are unemployed. Maybe you could choose a sphere of work and pray for those looking for a job in each:

family, economy, government, religion, education, media, entertainment.

God is kind and often chooses to move in a collaborative ways, rather than dictate the way things are going to go. He moves through you and I and chooses to share the journey, adventure and memories. In this way we learn as we go, walking deeper, often with our frail human frames leaning on His as things become more wayward. He's there for the campfire hangs just as much as the strategy meetings.

Communion is about being with God, not just doing the God-stuff.

READ

3

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

John 15:5

Other Passages:

Exodus 33:11

John 15

2 Corinthians 3: 16-18

Matthew 26:17-30

Ezekiel 37:26-28

Mark 10:27

Ephesians 2:1-10

PRAY

2

Jesus, True Vine, help us abide with you. For we cannot do anything apart from you, unless we want to struggle helplessly. Show us how to lean on you in it all, committing to your ways and collaborating with you.

Would your words lead our words, your ways walk ahead of ours and would we see the world your way- for it is wonderful.

HEAR

1

*Lord in your mercy
Hear our prayer*

Have a chat and pray with God today about anything, the more random the better. He's down for the hangs just as much as He is about the kingdom. He loves YOU, so getting to know you is a treat He adores.

Make a note about what you said, keep a record of His words. They're life giving.

Psalm 139 says that we are *'fearfully and wonderfully made'*. A glorious phrase capturing the majesty and beauty that was present in our formation. God got it just right when He formed us.

The word 'handiwork' is also translated 'masterpiece' or 'workmanship'. In the original language of Greek it is the word *poeima* which is where we get the word 'poetry'. We are God's poetry, the love song of His heart. So good!

READ

3

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Ephesians 2:10

Other Passages:

Luke 4:9

1 Peter 2:9

Psalm 139

Galatians 2:20

2 Corinthians
5:17

Exodus 3:14

PRAY

2

God the Poet, we thank you for creating us in your image. Carrying the likeness of your goodness and walking as ambassadors of you in the world you created. We praise you

Teach us not only to live with the reflection of your image but would we shine the light you placed in us as children of light. Show us how to walk in the way that you lead us.

*Lord in your mercy
Hear our prayer*

HEAR

1

Find a mirror. Notice the details and the qualities that make up who you are: your facial features, clothing choices, a smile, a frown.

Have a chat with God based on what you see.

When the disciples asked Jesus, “Lord, teach us how to pray”. Jesus starts with the mighty words “Our Father”. It is an introduction with intimacy and closeness. A relationship.

This was a radical proposition to address a revered God who was known to be powerful and had a history of being particular with how people should meet Him - just read Leviticus! Today we contemplate the closeness of our father in heaven who is open and interested in having a relationship with us.

READ

3

*“This, then, is how you should pray:
“Our Father in heaven,
hallowed be your name’*

Matthew 6: 9

Other Passages:

Ephesians 3:1-6

1 John 3:1-2

Psalms 68:5-6

1 Corinthians 8:6

Isaiah 64:7

2 Peter 1:16-18

PRAY

2

Our Father, the one who loves us enough to hear our cries from heaven. We thank you for your generosity and grace. You did not withhold any good thing from us and still choose to know and love us.

You parent us so well and know every cry, tear and frustration alongside the celebration moments and victories along the way. Teach us to walk with you, Dad.

HEAR

1

*Lord in your mercy
Hear our prayer*

Take a moment to consider how God is a Father to you. Draw a picture or write down some words that describe God the Father in your notebook.

Maybe it would be helpful to chat about with a friend or family member?

Adoration

Thanksgiving

Petition

Intercession

Contemplation

Warfare

Listening

Confession

Submission

Blessing

Lament

Communion

Benediction

Repentance