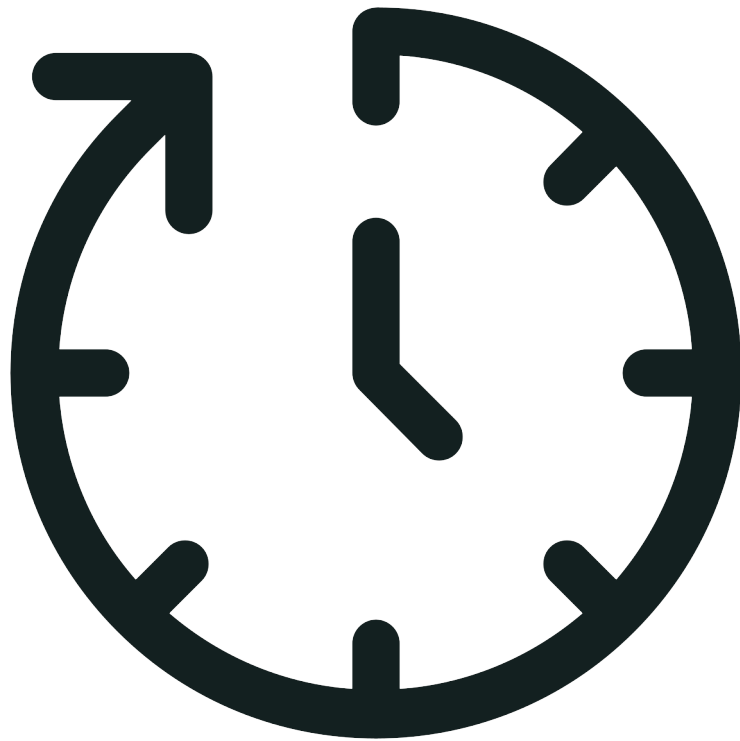


# Hour of Prayer



# Growing in Prayer

We're all learners when it comes to prayer. We want to make the most of Thy Kingdom Come this year to grow in prayer. We're setting a challenge. Can you complete an hour of prayer? Some of us might have managed it once, but for most of us that seems like a pretty big challenge.

We're here to encourage you to take the leap and see what happens! You are more likely to do it if you put a time in your diary to focus. Prayer is the most significant thing we can do as Christians which means there are always 100 reasons why we shouldn't do it. Setting a time will help you to make it happen!

## The Prayer Room

During Thy Kingdom Come the Prices are hosting a prayer room in the lean-to in their garden. It will be a great space to pray and we will make it comfy as well as putting resources in there to help you in your hour of prayer. You will need to book a place with Rachel who will explain how you can access it too.

## But what can I do for an hour?

Filling an hour of prayer can feel daunting. The key is to plan it a bit so it feels more doable. You can always change the plan as you go along and as the Spirit leads. So here are some building blocks you can use as a start. Choose the ones you like the most. Try new things and use your imagination to come up with other ideas. We've also got some sample 'hours' if a blank page is not helpful to you!

## What are we praying for?

So you've made a plan, booked a time in the prayer room, but what should you pray for? Particularly during Thy Kingdom Come, we're praying for more of God's Kingdom to come in Bentley and our world, and for others to come to know the amazing love of God for themselves.

- Pray for Jesus' light to shine in the darkness present in people's lives
- Pray for healing where there is hurt - be it physical/emotional/spiritual
- Pray for opportunities to speak about the hope that we have found in Jesus with our families and friends
- Pray for our children to grow up understanding and experiencing God's love for them
- Pray for our Alpha course starting on June 5th - that new people will come and get to know God for themselves
- Pray for your 5: that God will powerfully come into their lives and they will accept his love for them

# Prayer Block Ideas



## Worship

**What:** Play some worship music and sing along.  
hijklhklhk

**Resources:** The St Peter's Rocks playlist on Spotify. ([stpete.rs/rocks](https://open.spotify.com/playlist/stpete.rs/rocks))



## Pray a Psalm

**What:** Choose a Psalm and use it to pray.

**Resources:** A bible, hard copy or on your phone/tablet



## The Lord's Prayer

**What:** Use it straight, or as a framework to spark other prayers

**Resources:** Will be available in the prayer room. Online at [stpete.rs/pray](https://stpete.rs/pray)



## Map it out

**What:** Use the map to pray for a street at a time or for significant places.

**Resources:** Large map of the parish in the prayer room. Smaller copies available, ask.



## Use a Prayer Service

**What:** Start with Morning or Evening Prayer from the Church of England.

**Resources:** Red books with instructions in prayer room. Links to online [stpete.rs/pray](https://stpete.rs/pray)



## Thank You list

**What:** Write a list of all the good things God has done for you.

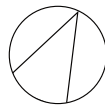
**Resources:** You'll need a notebook and pen, or perhaps a good note-taking app.



## Read Scripture

**What:** Read the Bible and meditate on it, pray for wisdom.

**Resources:** Use the 5 day readings ([stpete.rs/5](https://stpete.rs/5))



## Church Vision Prayer

**What:** Simple prayer asking God to grow our church.

**Resources:** Will be available in the prayer room. Online at [stpete.rs/pray](https://stpete.rs/pray)



## Pray in tongues

**What:** Pray in tongues, a special prayer language from God.

**Resources:** Fab (40 mins) talk about the gift of tongues by Andy Croft on YouTube ([stpete.rs/got](https://stpete.rs/got))



## Write your prayers

**What:** Write your prayers down. It can help clarify your thoughts.

**Resources:** You'll need a notebook and pen, or perhaps a good note-taking app.



## Roll the dice

**What:** Number six things you want to pray for. Roll then pray for that number.

**Resources:** There are dice in the prayer room and they're cheap on ebay.



## Listen!

**What:** Choose to sit in silence and ask God to speak to you.

**Resources:** You might want to make a note of what you think the Lord is saying.

# Sample Hours

Time	Activity
0-10 mins	Worship, sing three songs from the playlist or other songs that help you focus on God.
10-30 mins	Read Scripture, make notes on what you notice/like/struggle with.
30-35 mins	Dice, roll three or four times and pray for the issues that come up
35-40 mins	Pray in tongues.
40-50 mins	Listen. When your mind wanders (not if!) bring it back to listening to God. Often he speaks in whispers rather than writing on the wall.
50-55 mins	Reflect on what has happened over the last hour. Was it easy or hard? What have you learned about praying today?
55-60 mins	Finish up with the Church Vision Prayer and The Lord's Prayer

Time	Activity
0-20 mins	Use Morning or Evening Prayer from the Church of England. Allow plenty of time for silence, there's no need to rush.
20-30 mins	Thank You list. Count your blessings, encourage yourself to think widely. There's a lot to be thankful for!
30-40 mins	Worship, sing two or three songs from the playlist of other songs that help you focus on God.
40-50 mins	Listen. When your mind wanders (not if!) bring it back to listening to God. Often he speaks in whispers rather than writing on the wall.
50-55 mins	Reflect on what has happened over the last hour. Was it easy or hard? What have you learned about praying today?
55-60 mins	Finish up with the Church Vision Prayer and The Lord's Prayer

Time	Activity
0-15 mins	Pray a Psalm. Pick one and read through it, slowly, a couple of times. Then use each line to spark your own praise/please to God. You can rinse and repeat with other Psalms too.
15-25 mins	Map it out. Use the map to help you pray for people on a particular street, a particular employer or school.
25-40 mins	Write Prayers. Write down what you want God to do in your life, the lives of your friends and family, our church and Bentley.
40-50 mins	Listen. When your mind wanders (not if!) bring it back to listening to God. Often he speaks in whispers rather than writing on the wall.
50-55 mins	Reflect on what has happened over the last hour. Was it easy or hard? What have you learned about praying today?
55-60 mins	Finish up with the Church Vision Prayer and The Lord's Prayer