



PRAYER FOR
THE NATION

PRAY FOR 6 MINUTES @ 6PM



THE COMMUNITY OF THE
TREE OF LIFE



November 2020

PRAY FOR 6 MINUTES @ 6PM

Make November 2020 a month of #PrayerForTheNation. Join with Christians across the nation in a collective moment of prayer at 6pm each day.

We are adopting the 'P.R.A.Y' framework from 24-7 Prayer's #lectio365 app. Each day we are going to

Pause

Read

Ask

Yield.

Use the resources below to pray with your household for 6 minutes at 6pm. Each day there is a suggested prayer activity. Here is a list of what you need:

Sunday: a candle, matches, photos of family & friends

Monday: a candle, matches, paper & pen

Tuesday: a candle, matches, hand sanitiser

Wednesday: a candle, matches, a coin

Thursday: a candle, matches, salt

Friday: a candle, matches, pair of shoes, marker pen

Saturday: a candle, matches, a glass of water

SUNDAY //

FAMILY, FRIENDS AND LOVED ONES

PAUSE [1 MIN]

Light a candle. Read this prayer and hold a moment of silence.

As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.

READ & REFLECT [1 MIN]

Read John 15:12-17 aloud and take a moment to reflect.

“This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one’s life for one’s friends. You are my friends if you do what I command you. I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. You did not choose me but I chose you”.

ASK & ACTIVITY [3 MIN]

We lift to God those we hold in our hearts – praying for their health, their well-being and their sense of hope.

We pray that even when loved ones cannot physically be together they would not feel apart. We ask for God’s help in our communicating, our connecting and our caring.

Spend three minutes in prayer. You may like to use the prayer activity below.

Prayer Activity:

Grab a family photo or two off the wall or fireplace, or access photos of friends and family on a smart device. Look at the photos as you pray. Let the photos prompt you to pray for friends, family and loved ones by name.

YIELD [1 MIN]

Take a moment in quiet to yield to God's presence and purpose. Pray this closing prayer.

*Loving God,
at this time of crisis
when so many are suffering,
we pray for our nation and our world.
Give our leaders wisdom,
our Health Service strength,
our people hope.
Lead us through these parched and difficult days
to the fresh springs of joy and comfort
that we find in Jesus Christ our Lord.
Amen.*

Blow out the candle.

MONDAY //

SCHOOLS & COLLEGES. CHILDREN & YOUTH

PAUSE [1 MIN]

Light a candle. Read this prayer and hold a moment of silence.

As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.

READ & REFLECT [1 MIN]

Read 1 Peter 5:5-7 aloud and take a moment to reflect.

“In the same way, you who are younger must accept the authority of the elders. And all of you must clothe yourselves with humility in your dealings with one another, for “God opposes the proud, but gives grace to the humble.” Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you”.

ASK & ACTIVITY [3 MIN]

We pray for all those involved in the shaping of young lives.

We give God thanks for the sacrifice and commitment of teachers and all those involved in serving children and young people in education. We pray, that all might be nurtured and cared for, and that every needful resource would be made available – that all lives can flourish even in these difficult times and that no one would be overlooked.

Spend three minutes in prayer. You may like to use the prayer activity below.

Prayer Activity:

Grab a piece of paper and a pen. Draw around your hand. On each finger, write a prayer of blessing. You might like to name local schools, colleges, teachers, children and young people that you know. Stick your hand prayer on the fridge as a prompt to hold these people in your prayers.

YIELD [1 MIN]

Take a moment in quiet to yield to God's presence and purpose. Pray this closing prayer.

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Amen.*

Blow out the candle.

TUESDAY //

ELDERLY, ISOLATED AND VULNERABLE

PAUSE [1 MIN]

Light a candle. Read this prayer and hold a moment of silence.

As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.

READ & REFLECT [1 MIN]

Read Psalm 91:1-4 aloud and take a moment to reflect.

“Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the *Lord*: He alone is my refuge, my place of safety; he is my God, and I trust him.

For he will rescue you from every trap and protect you from deadly disease. He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armour and protection”.

ASK & ACTIVITY [3 MIN]

We echo God’s commitment to those most at risk of this virus by praying today for those who are particularly vulnerable and isolated. Praying for their deliverance, protection and comfort.

We hold before God those who care for them – that they would be strengthened and encouraged in this work.

Spend three minutes in prayer. You may like to use the prayer activity below.

Prayer Activity:

Grab a bottle of hand sanitiser. As you apply the sanitiser to your hands, pray protection, strength and healing for the elderly, isolated and vulnerable, and those who work with them. You may like to name individuals you know. Let each time you use hand sanitiser be a prompt to pray.

YIELD [1 MIN]

Take a moment in quiet to yield to God's presence and purpose. Pray this closing prayer.

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Amen.*

Blow out the candle.

WEDNESDAY //

BUSINESS, WORKPLACE & ECONOMIC WELLBEING

PAUSE [1 MIN]

Light a candle. Read this prayer and hold a moment of silence.

As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.

READ & REFLECT [1 MIN]

Read Jeremiah 29:10-11 aloud and take a moment to reflect.

“This is what the *Lord* says: “You will be in Babylon for seventy years. But then I will come and do for you all the good things I have promised, and I will bring you home again. For I know the plans I have for you,” says the *Lord*. “They are plans for good and not for disaster, to give you a future and a hope”.

ASK & ACTIVITY [3 MIN]

In this time of great challenge, we pray for the economic wellbeing of the country. We remember before God those who face uncertainty in their work.

We lift before God those who have lost their jobs and face an uncertain and difficult future. We pray for a renewed commitment to our common life together.

Spend three minutes in prayer. You may like to use the prayer activity below.

Prayer Activity:

Grab a coin. Flip the coin in the air. If it lands heads up, ask God to help someone. If it lands on tails, thank God for something. Keep your prayers short so you can flip the coin several times. You may like to name individuals or businesses you know locally. Let each time you use money, be a prompt to keep praying.

YIELD [1 MIN]

Take a moment in quiet to yield to God's presence and purpose. Pray this closing prayer.

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Give our leaders wisdom,
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Amen.*

Blow out the candle.

THURSDAY //

THE NHS AND OTHER KEY WORKERS

PAUSE [1 MIN]

Light a candle. Read this prayer and hold a moment of silence.

As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.

READ & REFLECT [1 MIN]

Read 2 Kings 2:19-21 aloud and take a moment to reflect.

“One day the leaders of the town of Jericho visited Elisha. “We have a problem, my lord,” they told him. “This town is located in pleasant surroundings, as you can see. But the water is bad, and the land is unproductive.”

Elisha said, “Bring me a new bowl with salt in it.” So they brought it to him. Then he went out to the spring that supplied the town with water and threw the salt into it. And he said, “This is what the *Lord* says: I have purified this water. It will no longer cause death or infertility”.

ASK & ACTIVITY [3 MIN]

Our God is the great healer – and the agent used more than any other is the NHS.

Today we voice our gratitude for those who serve this country in the National Health Service and pray that God would prosper the work of their hands – that they would all be encouraged in their continued work of sacrifice and care amongst us.

Spend three minutes in prayer. You may like to use the prayer activity below.

Prayer Activity:

Grab some salt. Tip some salt out on a table or work surface, roughly 20cm x 10cm. Write a single word prayer in the salt with your finger. 'Strength', 'courage', 'health', 'blessing', for example. Rub out the word and write another and another. Each time you use salt, pray for the NHS and key workers.



YIELD [1 MIN]

Take a moment in quiet to yield to God's presence and purpose. Pray this closing prayer.

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Amen.*

Blow out the candle.

FRIDAY //

NATIONAL AND LOCAL GOVERNMENT

PAUSE [1 MIN]

Light a candle. Read this prayer and hold a moment of silence.

As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.

READ & REFLECT [1 MIN]

Read 1 Timothy 2:1-4 aloud and take a moment to reflect.

“I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. 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. This is good and pleases God our Saviour, who wants everyone to be saved and to understand the truth”.

ASK & ACTIVITY [3 MIN]

We pray for those who are in positions of authority with responsibility for decision making at national and local level at this difficult time.

We ask that God would give great wisdom, deep commitment to all and right judgement.

Spend three minutes in prayer. You may like to use the prayer activity below.

Prayer Activity:

Grab a pair of shoes and a marker pen. Write a prayer on the soles of your shoes. You may like to name local or national leaders. As you put on your shoes and walk, your prayer will literally, rub off, on your neighbourhood and the ground beneath your feet. Let's change the atmosphere through prayer!

YIELD [1 MIN]

Take a moment in quiet to yield to God's presence and purpose. Pray this closing prayer.

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Amen.*

Blow out the candle.

SATURDAY //

ALL WHO ARE GRIEVING, AND ALL SUFFERING WITH PHYSICAL AND MENTAL ILL-HEALTH

PAUSE [1 MIN]

Light a candle. Read this prayer and hold a moment of silence.

As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.

READ & REFLECT [1 MIN]

Read Psalm 46:1-3 aloud and take a moment to reflect.

“God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea. Let the oceans roar and foam. Let the mountains tremble as the waters surge!”

ASK & ACTIVITY [3 MIN]

‘Lord, the one you love is ill... John 11:3’.

We bring to God all those who suffer in body, mind, and spirit or with grief. We ask that in God’s great loving kindness they might know Gods sustaining presence amidst their pain.

We pray for those who are stretched beyond their own capacity to cope and remain hopeful – that in the roar of these waterfalls God would bring a sense of coherence, comfort and strength.

Spend three minutes in prayer. You may like to use the prayer activity below.

Prayer Activity:

Grab a glass of water. Take a refreshing sip of pure, clear water. Pray by name for someone, you know who is grieving or ill. Ask God to refresh and restore their health. Take another sip of life giving water and pray for someone else. Whenever you drink water, keep praying.

YIELD [1 MIN]

Take a moment in quiet to yield to God's presence and purpose. Pray this closing prayer.

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Give our leaders wisdom,
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Lead us through these parched and difficult days
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Amen.*

Blow out the candle.