



# THY KINGDOM COME

## A SUGGESTED 60-MINUTE PRAYER GUIDE

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Below you will find a centering prayer, scripture reading and a range of 'prayer actions'. Please feel free to use what you want. You have permission to dip in and out, follow the suggested timings or go at your own pace.

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Depending on what 'prayer action' you choose to take, you may need a Bible, paper and pen – scroll down to find out more before entering prayer.

### INTRO

This month, we are joining the global prayer movement, 'Thy Kingdom Come', in praying between Ascension and Pentecost (13th to 23rd of May) for more people to come to know Jesus. Everyone who takes part in Thy Kingdom Come is invited to:

- Deepen their own relationship with Jesus Christ;
- Pray for 5 friends or family to come to faith in Jesus;-
- Pray for the empowerment of the Spirit that we would be effective in our witness.

This prayer guide will offer practises and suggestions for how to enter into prayer and engage with these three prayer points. Let's join with 80 other countries, and Christians from all denominations and backgrounds, in praying for the Holy Spirit to come, equip and inspire us.

## CENTERING AND SILENCE

5 MINS

Get into a comfortable posture and pray.

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

Bring your attention to your breath. Treat each breath in as an arrival. Breathe in God's presence. As you breath out, imagine letting go of future worries and responsibilities to God. Become present.

You may like to use this 'Thy Kingdom Come' opening prayer:

*Almighty God, your ascended Son has sent us into the world to preach the good news of your kingdom: inspire us with your Spirit and fill our hearts with the fire of your love, that all who hear your World may be drawn to you, through Jesus Christ our Lord. Amen*

## OPENING SCRIPTURES

5 MINS

Read slowly, aloud or in your head. You may like to read several times:

Acts 1: 6-8, 14 [NSRV]

*So when they had come together, they asked him, "Lord, is this the time when you will restore the kingdom to Israel?" He replied, "It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." [...] All of [the disciples] were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.*

Acts 2: 1-2

*When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting.*

# ASCENSION REFLECTION

15 MINS

"God has willed to make himself known in the mystery of the Psalms."  
(Thomas Merton, *Praying the Psalms*)

'Thy Kingdom Come' takes place between Ascension and Pentecost. Take a few minutes to read this Psalm and gaze over this image. Both offer different ways to imagine the ascension of Jesus. Here are some questions you might consider:

What captures your attention?

If you were one of the disciples, how would you feel watching Jesus - who had just died and risen from the dead - disappear into the clouds? Use your imagination to build the scene, write a story, or draw a picture.

Pause to reflect on what you notice.

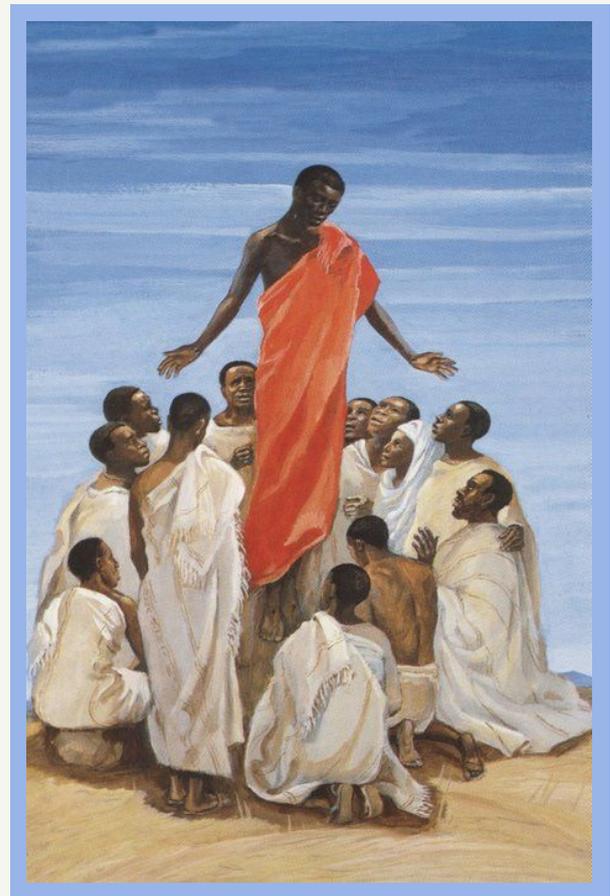
Is there an invitation or a fresh understanding being offered to you?

Psalm 47 (KJV):

God is gone up with a shout,  
The LORD with the sound of  
a trumpet.

Sing praises to God, sing  
praises:  
Sing praises unto our King,  
sing praises.

For God *is* the King of all the  
earth:  
Sing ye praises with  
understanding.



# PRAY FOR FIVE

25 MINS

Think of five people or five situations you would like to pray for during 'Thy Kingdom Come'. Take 5 minutes to pray for each of these in turn. We have come up with a range of suggested prayer actions to help you pray for five. Read the list and choose a prayer action, or make up your own.

## **Option one:** Pray for Five walk:

If you can, go for a walk. For each of your 5, stop in a different place. Take a moment to centre and bring your attention to your breathing. Pray blessing over that situation or person, holding them before God. Ask God to be present. Moving to a new location for each of your 5 is a good way to re-centre your attention in the abiding presence of Christ.

## **Option two:** Pray for Five about the house:

For each of your 5, move to a different place in your house, or whichever space you are using for your hour of prayer. Take a moment to centre and then pray, or simply hold the person or thing before God. Moving to a new location for each of your 5 is a good way to re-centre your attention in the abiding presence of Christ.

## **Option three:** Pray for Five exactly where you are:

You might like to write a blessing or prayer to speak over each of your 5 people or situations. You could keep these and say them each day throughout Thy Kingdom Come. Here are some examples of blessings you might like to use:

"Holy Spirit, come and fill \_\_\_\_\_ with the transforming love of God; interrupt their life with the joy of your presence."

"Loving God who renews all of creation, I pray for \_\_\_\_\_, that your image in [this person/situation] may be restored."

## CLOSING BLESSING

10 MINS

In you, Father all-mighty, we have our preservation and our bliss.

In you, Christ, we have our restoring and our saving.

You are our mother, brother, and Saviour. In you, our Lord the Holy Spirit, is marvellous and plenteous grace.

You are our clothing; for love you wrap us and embrace us.  
You are our maker, our lover, our keeper.

Teach us to believe that by your grace all shall be well, and  
all shall be well,  
and all manner of things shall be well. Amen

- A prayer of Julian of Norwich

May the same Spirit that hovered gently over the waters hold us and preserve us in our pain and our bliss.

May the same Spirit that filled Jesus with so much life that he defeated death restore our confidence in the resurrected Christ.

May the same Spirit that filled the disciples with Holy fire on that first Pentecost embrace us with the gift of our maker's presence.

Come Holy Spirit.

Amen