

## So what do we pray?

Maybe using the fingers of your hand can remind you of what to pray for.

Index finger- ask God for direction

Thumb - thank God for something good

Middle finger- pray for those with responsibility

Ring finger - pray for someone you care about

Little finger- pray for those in need



Remember the Lord's Prayer is not just a prayer, it is also as a way of praying

- **Father** - We address God as Father and acknowledge that he is great and holy.
- **Focus** - We ask God to focus us on his kingdom, his values, his will.
- **Feed** - We ask God to give us our food and all that we need to grow.
- **Forgive** - We ask God to forgive us and make us forgiving.
- **Free** - We ask God to free us from temptations that entangle us and from evil in the world and in ourselves

# Invitation to pray

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Dear Friends

Joseph Scriven in his hymn, "What a Friend we Have in Jesus", reminds us that if there is trouble anywhere, then we should "Never be discouraged but take it to the Lord in prayer".

We have been in lockdown now for about 5 weeks. As the situation continues with no apparent end in sight, we may start to feel anxious or worried especially as news reaches us of those whom we know having succumbed to the virus. At time like this Scripture invites us, as does the hymn writer, to turn those worries and concerns to God in prayer.

I therefore call us to spend some time on Tuesdays between 18:00 – 20:00 in prayer.

Some thoughts on how we can pray and on what is prayer are included in this leaflet.

God Bless

Sylvester & Carolyn

### Some thoughts on prayer

Prayer is about our communication with God, and God's communication with us.

When we pray we should make time to listen as well as share.

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

*1 Thessalonians 5:16-18*

Dear God...

I'm listening

We can pray anytime and anywhere we feel comfortable.



Some people find it helpful to set aside a particular time or place.

Some like to have a focus, such as a candle or an object to hold.



Prayer is a natural part of our life that we can build into our everyday routine.

We can invite him to be part of our lives, decisions and relationships throughout the day.

We can speak to God about the things that concern us in ordinary, simple language.

We can also sit silently in his presence.

We can ask him for things or just chat.