

SPIRIT PRAYER

You are invited to use some or all of the ideas during the month of November.

Scripture

He said to them. When you pray, use words like these: 'Our Father in heaven, to you be praise and honour. May your kingdom come and your will be done, here on earth as in heaven.' Matthew 6:9-10

Practical

As you unpack your food shopping think of the people involved in growing, making, packaging, delivering, selling it. Give thanks for them and pray that God will be with them in whatever circumstances they find themselves.

Intercessory

Pray for those for whom darker, colder days bring an increased sense of depression and futility that they may be aware of the loving presence of Jesus Christ, the Light of the World.

Reflective

Heavenly Father, I am no longer my own but yours. Put me to what you will, rank me with whom you will; put me to doing, put me to suffering; let me be employed for you, or laid aside for you, exalted for you, or brought low for you; let me be full, let me be empty, let me have all things, let me have nothing: I freely and wholeheartedly yield all things to your pleasure and disposal. And now, glorious and blessed God, Father, Son and Holy Spirit, you are mine and I am yours. So be it. And the covenant now made on earth, let it be ratified in heaven. Amen
John Wesley

Irate

Share with God what is making you angry about the on-going effects of the pandemic. Listen to whether he wants you to channel your anger into positive action or whether he wants you to leave it with him.

Thankful

Think of something in nature which has caught your attention in the last few days and give thanks to God for the lift it gave to your spirit. Share your experience with someone if you can.