

# **SPIRIT PRAYER**

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

## **S**cripture

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep praying for the saints. Ephesians 6:18

## **P**ractical

Take a piece of string and think of 5 people you would like to pray for. Tie a knot in the string for each person. Put the string in your pocket or lay it somewhere you will come across it during your day. Each time you do come across it pray for, and ask God to bless, one or more of the people represented by your knots.

## **I**ntercessory

Pray around employment – for those unemployed because they have recently lost a job, for those who have been unemployed for a long time, for young people leaving school and college who have never had a job. Pray for those who can't even find a job to apply for and for those who find themselves competing with many others for a single job. Pray for those who fear imminent job loss, especially in the hospitality industry. Pray that God will take the feelings of despair, hopelessness, failure and fear of the future and replace them with hope and purpose; that his love would restore a sense of worth and value.

## **R**eflective

Imagine yourself walking along a road.

It is hot, it is dusty.

You feel weary, thirsty.

You find yourself going over in your mind the last few months – the virus, the lockdown, the church closure, the fear, the uncertainty, the loneliness....

You feel sad, confused, maybe angry, lost.

Be aware of Jesus coming up beside you.

You know who He is because you've heard the story of the Road to Emmaus

Look at Him. What does it feel like to be walking beside Him?

Move closer

What is He saying to you?

What would you like to say to Him?

Maybe He will take your hand, maybe you will feel His hand on your shoulder or maybe you will stop and He will give you a big hug.

As you walk on together feel yourself walking forward into the life that is yours today and be reassured that He is with you, He will never leave you.

Speak out your thanks to Him in prayer...

Bring Him any people or concerns that are on your mind or in your heart..

## **I**nspirational

Read Matthew 6:25-34.

Pray that God will speak to you through the words of Scripture.

## **T**hankful

Each day of this month write down one thing you are thankful for – it can be big or small.

Day 1 - write and say thank you to God (out loud if possible)

Day 2 - write and say thank you for what you have written on days 1, 2

Day 3 – write and say thank you for what you have written on days 1,2,3

And so on till the end of the month