

**Advent Prayer Day: Saturday, 28 Nov, 7am to 9pm**



## **60-Minute Prayer Guide**

*You'll need: A Bible, a Candle, Water, Soap, Tissues, Pens, Pack of plasters/band aids, Hand sanitizer (of course you can also pray without these symbolic aids to prayer!)*

### **PAUSE (10 minutes)**

*PRAY this bible passage aloud*

Isaiah 60:1-3

Arise, shine, for your light has come, and the glory of the LORD rises upon you. See, darkness covers the earth and thick darkness is over the peoples, but the LORD rises upon you and his glory appears over you. Nations will come to your light, and kings to the brightness of your dawn.

*BE STILL, WELCOME THE HOLY SPIRIT*

*Then use this prayer:*

You challenge us this Advent time  
This season of preparation  
To put aside our pride  
And understand our need  
For repentance, forgiveness and mercy  
Less of self, more of you  
Preparation for our journey  
To the stable and beyond  
Purify our hearts, sanctify our lives  
That we might serve you  
Faithfully this day and all days. Amen

## **REJOICE AND REFLECT (25 minutes)**

### **PRAY**

*Psalm 91 aloud (you can sing or listen to a worship song instead)*

### **REFLECT**

*Read Mark 13:24-37*

*Is there an insight for me in this passage?*

*A question?*

*A personal application?*

*How does this passage lead me into prayer?*

## **ASK (20 minutes)**

### **PRAY FOR THE CONTAINMENT OF THE VIRUS**

*Using water and soap, thoroughly wash your hands.*

*Ask God to slow and halt the spread of the Covid 19 Coronavirus.*

*Take a moment to pray for God's particular intervention in the nations most affected.*

*Pray that the vaccines will be safe and effective, and that the poorest nations will not lose out.*

### **PRAY FOR THE ILL , ISOLATED AND BEREAVED**

*Using a pen and a tissue, write the names of the people you know who are self-isolating or who have contracted the virus. Pray for those struggling with mental health and those who are lonely. Pray for the bereaved.*

*Ask God to make His presence felt in solitude and to protect, strengthen and heal them.*

### **PRAY FOR PROTECTION OF THE VULNERABLE**

*Take a pen and a packet of plasters / band aids.*

*Write on plasters the names of the people you know who are elderly or have an under-lying condition that may make them susceptible to the Coronavirus. Pray for residents of care homes. Ask God to protect them from infection. Ask God to give them hope and courage to step out and again once the vaccination is under way.*

### PRAY FOR LOCAL AND NATIONAL LEADERS

*Place your hands on your head and ask God to give wisdom to national and local political leaders as they make decisions to protect people and to steer our world through this crisis.*

*Cup your hand over your ear and ask God to bring excellent advisers to guide them. Open your hands in front of you and ask God to give them the ability to communicate clearly to the public.*

### PRAY FOR HEALTH PROFESSIONALS AND KEY WORKERS

*Rub sanitiser into your hands as you ask God to protect the health professionals (doctors, nurses, ambulance crews and more) caring for those affected by the virus.*

*Pray for key workers you know in your community.*

*Ask God to give them peace, wisdom, to anoint them for their jobs and to protect them from infection.*

### PRAY FOR THOSE WHO ARE AFFECTED BY THE ECONOMIC CRISIS

### PRAY FOR CHURCHES AT THIS TIME OF ADVENT AND CHRISTMAS

*Pray that many would explore the good news of Christmas this year. Pray for our church's activities over the next weeks (find them all at [www.denhamparish.church/christmas](http://www.denhamparish.church/christmas)). Pray that we would be courageous to invite our families, friends and neighbours to our Christmas events and services. Pray that the Spirit of God would begin a new work of love and transformation in many people this Christmas.*

### FINISH WITH THIS PRAYER FOR THE NATION

## A prayer for our nation



Loving Father God,  
be with us in our distress; be with our families, friends, and neighbours, our country and our world. Give health to the sick, hope to the fearful, and comfort to mourners. Give wisdom to our frontline and key workers insight to our Government, and patience to us all. Overcome disease with the power of your new life, through your Son, Jesus Christ our Lord.

Amen.

## **YIELD (5 minutes)**

*Take time to pray this prayer slowly. > is a symbol for breathing IN, < for breathing out.*

Where I am fearful, eternal Father, help me regain your calm.

Where I am rushing, eternal Father, guide me to your unhurried pace.

Where I am restless, eternal God, help me to know your patience.

Where I am anxious, eternal God, may I breathe in your peace.

> I breathe in your peace, Jesus,

< and breathe out anxiety.

> I breathe in your patience, Jesus,

< and breathe out restlessness.

> I breathe in your unhurried pace, Jesus,

< and breathe out my rushing.

> I breathe in your calm, Jesus,

< and breathe out my fear.

> Holy Spirit, < fill me with your rest.

> Holy Spirit, < fill me with your quiet.

> Holy Spirit, < fill me.

> Holy

< Spirit.

**BE STILL**

*Thank God for His presence and release into His hands all you've prayed this past hour.*

**Tomorrow is Advent Sunday - "Marantha - come, Lord Jesus!"**