

Introduction

To join in with the call to prayer, here is a list of ideas to pray every hour from 7am to 7pm, ending with lighting a candle and putting it in our windows to share God's light in our darkened world.

Fast if you feel God is calling you to, and you are physically able to.

Every hour includes scripture, a question, a reflection to prompt prayer, and something to thank God for.

Joining together

During the day we would encourage you to join in with the National Day of Prayer through:

- 8.15am Archbishop Justin Welby leading worship on BBC Radio 4
(also available online on CofE website at 9am, where you find the order of service too)
<https://www.churchofengland.org/more/media-centre/online-church>
- 10.30 am Soul Survivor Watford for worship and teaching
<https://www.soulsurvivorwatford.co.uk/church-online>
- Any time Ring up a friend and pray with them.

The Day of Prayer

7am **Start the day by acknowledging that God for who he is.**

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” *John 3:16*

Q: What is bigger in your heart right now: your fear or your love for God?

Set today's prayer in perspective by thanking God for his goodness, love, mercy, kindness, justice, power and peace. Thank him for the gift of Jesus.

Thank God for his presence with us.

8am **Pray for Governments and Leaders.**

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.” *1 Timothy 2:1-2*

Q: In what parts of life are you a leader? What wise and loving decision can you make today?

Ask God to give them wisdom in every decision, compassion for the weak and needy, courage and hope.

Praise God for the good ways in which our governments and authorities enable God's blessing in this country.

9am **Pray for the Vulnerable: Elderly, Homeless, those with Underlying Health Issues and more.**

“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

Psalms 73:26

Q: What does it feel like to be vulnerable?

Take a few moments to think of people you know or have met who are especially vulnerable at the moment. Say or write their names, or picture them in your mind. Then pray:

“Father God, you are the mighty fortress that cannot be shaken, take these people into your shelter, protect them from harm and surround them with your peace. In Jesus’s name, Amen.”

Thank God for sending his son Jesus to the lost and broken.

10am Pray for families, networks, communities and friendship groups.

“For as in one body we have many members and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another.”

Romans 12:4-5

Q: What does it feel like to be alone?

Ask God to strengthen connections, relationships, friendships, communities and networks in this time of separation and isolation, ask that even though we are apart in body, that we will grow closer in love.

Thank God for a loving relationship that you have known.

11am Pray for Key Workers.

“The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you!” On the contrary, those parts of the body that seem to be weaker are indispensable!”

1 Corinthians 12:21-22

Q: Who keeps everything going? Hands up if you had heard of Key Workers before!

It takes many people to keep food on tables and bins emptied in our complicated modern world. Pray now for every woman and man who is working hard to keep our society on its feet. Recognise where you have overlooked people in the past and ask God’s forgiveness for any wrong attitudes.

Thank God for every good and perfect gift that he provides, including bin men and cleaners.

12noon Pray for Children and Young People.

“He took a little child whom he placed among them. Taking the child in his arms, he said to them, “Whoever welcomes one of these little children in my name welcomes me; and whoever welcomes me does not welcome me but the one who sent me.””

Mark 9:36-37

Q: What was it like for you when you were young and the unexpected happened?

So far, it seems that children have been notably spared from much of the worst of the medical effects of the Corona Virus outbreak. But the lives of many children have been turned upside down. Pray for stability for families. Pray for those whose family situations are difficult or unhappy. Pray that adults would be able to learn from the young in this time and act accordingly. Pray for children in isolation that they would still grow and stay healthy both physically, mentally, emotionally and spiritually.

Thank God for the joy of youth

1pm Pray for our Medical Professionals and Emergency Services

“You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal.”

Isaiah 26:3-4

Q: What is it like to truly appreciate something or someone?

We may never know how hard these people will have worked during this pandemic. Here are some of the many roles that will play a huge part in caring for those who are sick and battling this disease: Doctors – Nurses – Physiotherapists – Radiographers – Pharmacists – Clinicians – Infection Control – Receptionists – Porters – Administrators – Social Care – Paramedics – Police – Fire – and more. Don't thank God for these people because of what you know they have done, thank God for them because of everything they will do in the next months that you have no idea about yet. Cry out to God that he will strengthen them, give them peace, that they will know justice done and be adequately supported by those in government.

Thank God for those who care.

2pm Pray for those who are suffering in other ways, especially financially.

"But the man fell down before his master and begged him, 'Please, be patient with me, and I will pay it all.' Then his master was filled with pity for him, and he released him and forgave his debt.

Matthew 18:26-27

Q: What is it like to lose everything?

In this time of terrible uncertainty, many people's livelihoods have been lost. Every job lost is an individual or family in financial difficulty. Pray during this hour that God would provide during any difficult days ahead. Pray that God would release his resources through his people to support and provide any who are in need.

Thank God for everything you have.

3pm Pray for those who are gripped by fear, anxiety or despair.

"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."

1 John 4:18

Q: What is bigger, your fear, anxiety or despair or God's love for you?

It's ok to be afraid. We all get anxious or sad. This is human. But God wants to lead us through our anxiety and fear. So pray now that those who are caught in completely expectable human emotions will be able to step through into the love of God and his peace. If you are anxious now, ask God to remind you of his love for you and take some time to rest in the reply.

Thank God for his comfort and strength.

4pm Pray for those who are sick.

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Isaiah 41:10

Q: Do you trust in the power of Jesus?

This is a very personal and painful area for many people. Each of us will have lost loved ones even though we have prayed for them. In the face of tragedy, how do we cry out for those we love who are sick? We do just that. We cry out to God that we love them, and we ask him to take this suffering away. We ask God that he would draw close to them. Sometimes when we pray this, nothing seems to happen, but we know that God answers every prayer. Even when we cannot see a result, God is at work. Sometimes God heals. Know that the one we cry out to is the maker of all and that all authority and power is his. Cry out to him now for those who are sick and suffering.

Thank God that he knew you in your mother's womb and will always be with you.

5pm Pray that in this time of crisis, people will come to know God.

“For the Lord your God is gracious and compassionate. He will not turn his face from you if you return to him.”
2 Chronicles 30:9b

Q: What does God want you to do about it?

More important than finances, more important than hospitals, more important than anything else: we need to know that God is real, that we can know his love and purpose through his son Jesus, and be filled with his life by the Holy Spirit. That goes for everyone who’s a part of a church and everyone who’s not. Think of five (or more) people you know who don’t know about the reality and goodness of God. Write down their names or say them out loud. Thank God for the ways in which you already see God’s presence in their lives and ask God to move more and more in their lives.

Thank God for the people who told you about Jesus.

6pm Pray for yourself.

“But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit, keep yourselves in God’s love as you wait for the mercy of our Lord Jesus Christ.”

Jude 1:20-21a

Q. What grace do you need from God right now?

We need God’s grace all of the time, not only at points of crisis but always, we cannot survive without it. Ask God for anything you need moment by moment so that your faith and your ability to pray might be grown through whatever circumstance you face. Examine those things throughout this day which have brought you closer to God and those which have made you feel more distant. Be reassured that he is there with you in all of them.

Thank God that he is the unchanging source of all your blessings.

7pm A final blessing.

“The Lord bless you
and keep you;
the Lord make his face shine on you
and be gracious to you;
the Lord turn his face toward you
and give you peace.”

Numbers 6:24-26

Amen

Now light a candle and place it in your window.