



One-Hour Prayer Guide



Beginning to Pray | 4 Minutes

Give yourself to God for this hour and lay down distractions, turn off your phone or put on silent mode. Write anything down that you need to remember and put distractions away, and find a quiet space. Ask God to help you spend this time fruitfully with Him. Ask for the Holy Spirit to fill you and guide you. Spend a few minutes in silence, aware of the presence of God with you and ask him to quiet your mind and soul.

Confessing to God | 3 Minutes

It's useful to spend a couple of minutes going over with God any sin which weighs on you. This is a time to say sorry. Ask for His cleansing, then accept it by faith and thank God for it. He is far more willing to forgive than you are to ask.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness

Worshipping God | 5 Minutes

Worship God for being so amazing. Listen to some worship or read a favourite Psalm. Thank Him for his goodness to you, your friends and family, be specific! Psalm 22 speaks about God inhabiting the praises of His people. As you worship Him, enjoy His presence. Write some specific things down that you are thankful for.

*In you our ancestors put
their trust; they trusted
and you delivered them.*

*To you they cried out and
were saved; in you they
trusted and were not
put to shame.*

- Psalm 22:4-5





Asking God for Ourselves | 5 Minutes

Pray about life's difficulties. Use this time to talk over with the Lord your own personal struggles.

Discuss with Him the relationships with your special people, spouse, parents, family, close friends. Tell him about your hang ups, your fears, your financial needs and your job.

Begin to pray for the needs of others, knowing that God is always listening to us and is for us, he wants to bless us and help us, so be completely honest and bold.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

- 1 John 1:9

Asking God for Others | 5 Minutes

Pray for people you know and love to come to faith in Jesus. You can boldly ask for their salvation because Jesus died for them. Ask God to bring Christians into their lives, pray for the Holy Spirit to draw them to Jesus and to give you and others opportunities to witness. Pray for those in special need, pray for healing and provision. Name them before God, write them down in a prayer journal or on some paper to put on your door, fridge or wall and name them before God every day.

Praying for Woodlands | 5 Minutes

Pray for Woodies and its needs this term particularly with Government guidelines for Covid changing constantly. Pray that we as a community would have a deep renewal of love for God this year and hope as we look to God for all we need to live for Jesus. Pray for Woodies leaders that they would be renewed in hope and vision for the term ahead, for them to be lead by the Holy Spirit in moving forward as we start a new year. For us as a group of churches to support the most vulnerable and for pastoral care to be top of our agendas as we seek to notice and care for one another in these challenging times.



04 Intercession | 20 Minutes

Praying for our Ministries | Choose one ministry to cover in pray for 10 Minutes



Children

Ruth & Janine would love you to pray for:

- Strength and unity of family units.
- Children & families to feel close to God.
- Wisdom for the team to find new and exciting digital ways to engage and inspire.
- Children to grow in a two way, vibrant relationship with God
- Ruth as she steps down in late January, for a smooth transition for her & the team.



Devo

Joe and the Devo Team asked for us to pray:

- For young people, whether part of Devo or not, to encounter and get to know Jesus!
- For young people's mental health and wellbeing in lockdown.
- For our Devo Team as we try our best to love and serve young people in Covid times!



Students

Please pray for Amy and the Student Team:

- January is a busy month for deadlines & assessments, this can be overwhelming.
- Newer believers to try Alpha, taking the next steps and feeling supported
- Team to have God's vision and energy to adapt in uncertain times with Covid.
- Protection against disappointment, challenge of finding new opportunities.

04 Intercession | 20 Minutes

Praying for our Ministries | *Choose one ministry to cover in pray for 10 Minutes*



Alpha

Rachel & Melissa would love us to pray for:

- Alpha as it starts online on 20th January.
- People to invite their friends to sign up.
- Wisdom for the leaders to know how best to follow up and disciple people from the course afterwards, when meeting in person is more challenging.
- People to encounter Jesus and give their lives to Him.

Global Partners

Ask God to bless our global partners and to be bringers of hope and share the good news of Jesus where they are placed around the world in this challenging time.

- Debbie: Germany
- Catherine: Bristol & South Asia
- Elaine, Matthew & Helen: The Himalayas
- Jame and Juliette: East Asia
- Julian and Mei-Hwa: Middle East
- Annet: Middle East
- Samm & Andy: Hungary
- Juliette D: Easton
- Charmian & Dennis: Peru
- Amy: Indian Ocean Islands
- Chris & Mandy: Uganda
- Joshua & Sarah: Kenya
- Richard & Margaret: Montpellier, France
- Jo & Eric: Avignon, France
- Catherine: South Asia
- Steve & Dawn: Avonmouth Docks Chaplain
- Cath: Romania



Praying for Bristol & the UK | 8 Minutes

Pray that God will guide Boris Johnson and those in government to navigate us through Covid going forward, for people losing jobs and facing uncertainty. Pray for the successful roll out of the vaccine. Pray particularly for schools, universities and those working on the frontline in hospitals too and all who work for the NHS.

Pray for Marvin Rees, our Mayor, as he seeks to serve the city in the best way. Pray for integrity and honesty and a desire to serve the needy and the poor in the new normal of Covid and the effects it has had on our city and the poorest.

*Where there is no guidance,
a people falls,
but in an abundance
of counsellors there is safety.*

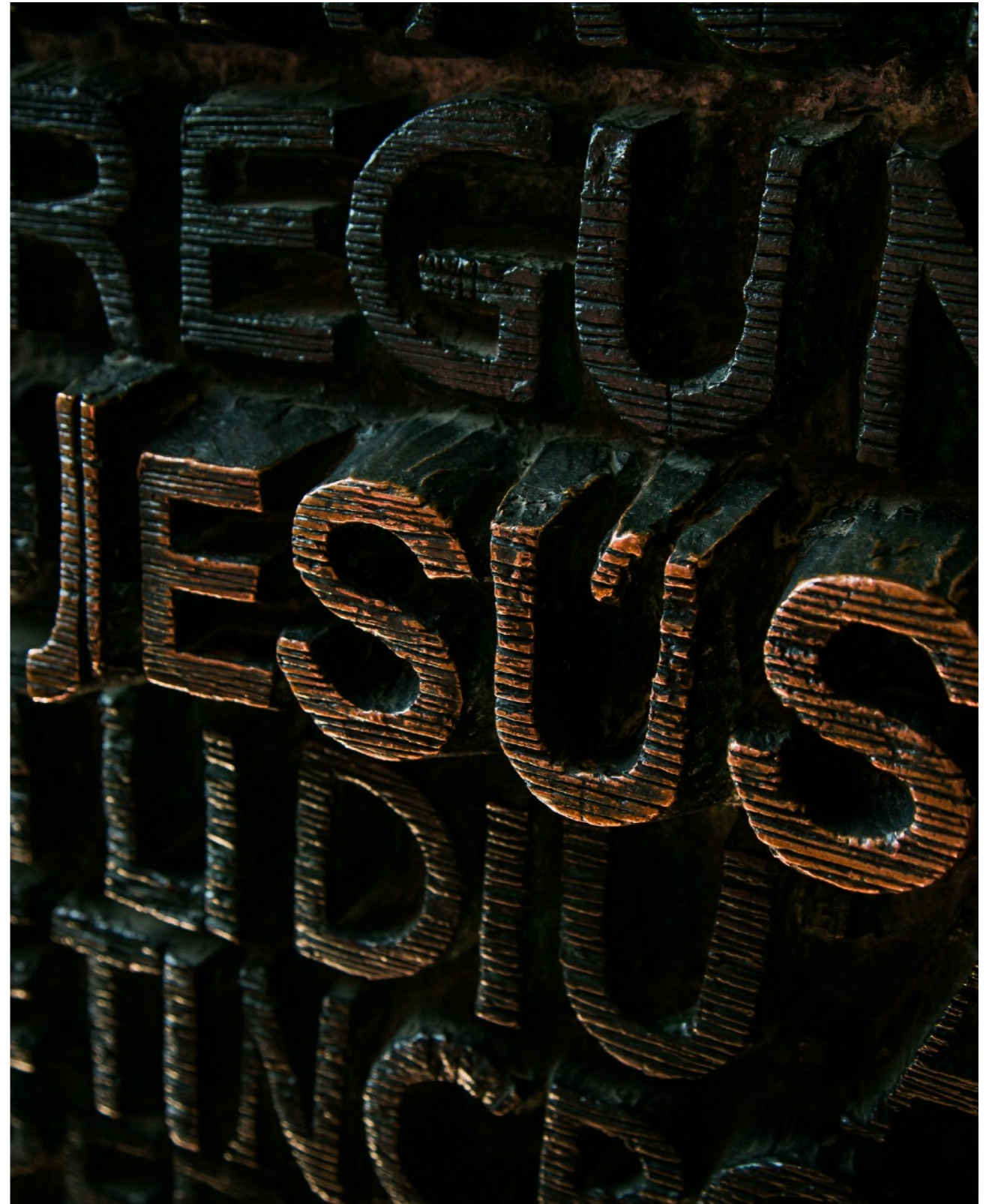
- Proverbs 11:14

Praying for our World | 5 Minutes

Pray for other Nations and the work of Christ throughout the world. Pray for those places whose countries are at war and affected by famine and disaster, especially the worst hit countries affected by Covid. Intercede for unreached peoples, call on God to send labourers into the harvest. Pray for those who are persecuted for following Jesus and for the church to be a beautiful display of God's kingdom.

Praying for Justice | 5 Minutes

Woodlands is an International Justice Mission (IJM) partner, supporting their fight to help end human trafficking and slavery for good. You can download IJM's **Justice 5-Day Devotion** and mediate on what it means to seek justice for the poorest of the world - it's a great tool to help you pray throughout this Prayer Week.





Listening to God | 5 Minutes

Spend these last moments listening to the Holy Spirit. Ask God to speak and give you faith to keep praying for these things this week and going forward.

Please do share anything you feel the Holy Spirit saying to you for Woodies and any encouragements with the team by emailing prayer@woodlandchurch.net.

*Our prayers lay the track
down which God's power can
come like a mighty locomotive,
His power is irresistible, but it
cannot reach us without rails.*

- Watchman Nee