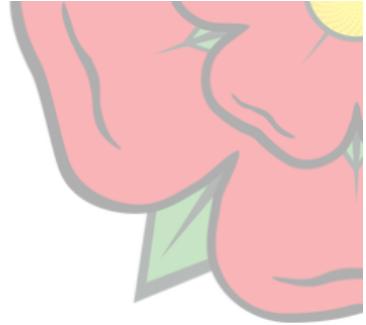


PRAY FOR LANCASHIRE



60 Minute Prayer Guide

Thank you for joining in with Pray for Lancashire. This prayer guide aims to support you during your prayer and please keep a note of anything God might say as you pray. If you have a word, picture, bible verse or anything that's encouraging, please feel free to email it to info@lancasterfoundation.co.uk

Start by Stilling

Take a few moments to slow down – God is thrilled that you are here! Focus on your breathing and if it helps, you might like to repeat the following breath prayer to yourself (Psalm 8) as you breath in and out:

[IN] O LORD, my Lord...

[OUT] ...how majestic is your name.

Pray for your Community (15mins)

Take a moment to think about your community. Who are the people or places that come to mind?

- Make a list of the people and places you think of
- Now choose 3-4 of these to pray for, aiming to pray 3 minutes for each.
- As you pray, listen to what God is stirring in your heart. If you like, use the following prayer:

Loving God, I pray for [insert name] asking that you would do a new thing in their life this year. Fill them with your Holy Spirit, awaken in them the knowledge of your love and power. Fan into flame the gift of God in their lives. In Jesus' name, amen.

Pray for another Community (15 mins)

Using the map attached or a digital map app, chose a city, town, or community to pray for that is not where you live. Maybe you know a church in that region, a charity project or people who live there. If you don't know anything specific about the area, take a few minutes to read up on the main challenges facing this location through a quick google search. Or alternatively, use the following prayer from Habakkuk and repeat it over this area, even naming specific places you see on the map. Take some time to listen to God too – what might He be saying about this area?

LORD, I have heard of your fame; I stand in awe of your deeds, LORD. Repeat them in [insert location] in our day, in our time make them known; in wrath remember mercy. Habakkuk 3 v 2

Pray for Lancashire (15 mins)

If you can, adopt a kneeling position holding your hands out before the Lord. 2 Chronicles 7: 14 says:

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

As you kneel before God, you may like to confess your own sins, or those that you are aware of which are relevant to this wider region.

- Is there an injustice that you'd like to confess and bring before God?
- Begin to ask that God would bring His healing to Lancashire, that his Holy Spirit would fall afresh on this region and that revival would come.
- Ask God to push back the darkness and to flood Lancashire with the light and hope of Jesus. Use the words from Joel 2: 28-29 to help you pray.

Yield (saying 'yes' to God)

Lord, I lay all these prayers and requests before You. I ask that Your will would be done, for You always know what is best and Your timing is perfect. I choose to trust in You - fill me with Your peace. In Jesus' name, amen.

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