



— 60 Minute Prayer Guide

Thank you for joining in with Pray for Lancashire. This prayer guide aims to support you during your prayer. Please keep a note of anything God might say as you pray. If you have a word, picture, bible verse or any encouragement, 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 (15 Mins)

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

- Make a list of the people and places you think of
- 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. 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.





Thank you for joining in with *Pray for Lancashire*. This prayer guide aims to support you during your prayer walk and is based on a resource developed by 24-7 Prayer.

Inspired by God's promise to Joshua, we can walk the victory of Jesus into every part of our neighbourhoods, towns, and wider region. In faith we walk, believing that as the soles of our feet hit the ground, we are appropriating the work of Jesus over the principalities and powers influencing the atmosphere and shaping the narratives of our locality. Prayer walking engages all our senses, rousing us to cry out to God, as we walk with defiant hope across our towns. While we walk in victory, and therefore pray in victory, let us remember the way that victory was won – sacrificial, self-emptying, love.

Pause

Before you set off for your walk take a moment to be still, asking God to open your heart, eyes, and ears to His will as you pray. As you prayer walk the area where you live, you may notice things you have not seen before or become aware of things that God stirs in your heart to pray for. So, whether you are on your own or prayer walking with a group, take a moment to be still first, inviting the Holy Spirit to lead you as you pray.

W.A.L.K - 4 Simple steps to prayer walking

W - Worship

As you set off, begin by fixing your eyes on Jesus and worshipping Him. You may like to quietly pray, declaring the Lordship of Jesus, or you could use the rhythm of your steps to recite a simple phrase / bible verse such as: “**KING OF KINGS AND LORD OF LORDS**” (Revelation 19:16). Alternatively, you could hum a worship song or use a simple Psalm to help you praise.

If you are prayer walking with others, offer praise and thanks to Jesus for who He is, declaring His Sovereignty and Lordship over the ground that you walk.

A - Ask

Flowing from your time of praise and worship, begin asking God for His Holy Spirit to fall on the place where you live and the area where you are walking. If you are prayer walking by a river / canal, look at the direction and flow of the water and use this as an image to ask for God's Holy Spirit to flow through your town and region, bringing light and life to everywhere it touches.

Think about the places that the river passes by as it flows through the town/region. Begin to pray for specific people, places, and communities that you know. This might include households, schools, businesses, community centres, and churches. Pray for God's Holy Spirit to surround these people and places, bringing transformation and new life.



L - Listen

As you walk and pray, leave space to listen to what God might want to say to you - then pray that back. Often God may give you promises from scripture or prophetic words and pictures; listen for promises and literally walk these promises over your community.

If you are prayer-walking in twos, listen to one another's prayers and you will find yourself sparking off one another's words and thoughts. You may find it helpful to pause your walk for a moment, to stand by a river, park, town centre or street, and simply listen. You could then share and pray together as a group for a short time, or journal what you feel God has been saying, before you then continue on your walk.

K - Know your Land

Get (and keep) yourself informed around the area you are prayer-walking; research some of its history; some of its ongoing problems; so you can pray for breakthrough.

Do you or someone in your group know some of the current situations that require persevering prayer? If so, share these and begin to pray into them.

Are there particular graces that rest on the area? Celebrate these and ask God to make your area a blessing beyond its borders, just like our rivers are a source of life across all Lancashire.

Yield

As you come to the end of your prayer walk take a moment to yield (submit) all your prayers and petitions to Jesus, asking that His will would be done and that His kingdom would come across Lancashire. Maybe God has stirred something in your heart that you feel you would like to act upon – a commitment to continue a particular prayer, someone to connect with, or somewhere to help/volunteer...Use this time as an opportunity to say **'YES'** to God, asking Him to help you in anything you now feel lead to do.

After a moment of reflection, you, or someone else (if in a group), may like to pray a closing prayer, thanking God for this time and submitting your region into His loving hands.

Further Ideas

In 2 Kings 2: 19-21, we read about Elisha salting the water and declaring healing across the region...

The people of the city said to Elisha, "Look, our lord, this town is well situated, as you can see, but the water is bad and the land is unproductive." "Bring me a new bowl," he said, "and put salt in it." So they brought it to him. Then he went out to the spring and threw the salt into it, saying, "This is what the Lord says: 'I have healed this water. Never again will it cause death or make the land unproductive.'" And the water has remained pure to this day, according to the word Elisha had spoken.

As a prophetic act, you may like to pause if you are by a river / canal and 'salt the water', just like Elisha did. Throw some salt into the river and ask for God's healing across the region. As you do this, pray that God's holiness and blessing would flood through the region, just as the rivers flow across Lancashire, bringing new life, productivity, and goodness for His glory.





From Jesus to the Nations

Equipment

String or thread

Scissors

Pins

Corkboard

World map on the cork board with the word Jesus in the centre
(within the Atlantic Ocean on a Euro-centric map)

Optional: post it notes

Instructions

Jesus is Lord of every nation, every people and every place.

Take a piece of string and 2 pins. Choose a country somewhere in the world and connect it to the word 'Jesus' using your string and pins. As you connect the country to Jesus, pause to pray.

You might pray for:

- people and families in that country
- a particular city, town or village
- a school, workplace or community
- a church, prayer room and Christians there
- people who do not yet know Jesus

As the strings spread across the map look at how many different places are being connected to the name of Jesus.

Pray for the day when people everywhere will recognise Jesus as Lord.

Optional extra: write your prayer on a Post-it note/paper and place it underneath or close to the map.





Many Words, One Declaration

Equipment

Pieces of card with a word from Philippians 2: 9-11 lightly pencilled on the back

Bowl or container for the cards

Art materials

Blue tack

Grid on a wall or table with numbered spaces for every word card to be attached

Sign with each word numbered in chronological order

Instructions

Philippians 2:9–11 is made up of many individual words, but together they proclaim one powerful truth: ***Jesus Christ is Lord.***

One passage. Many words. One shared declaration.

1. Take a word

Choose one blank card from the basket. Your card represents one word from Philippians 2: 9–11 (the word is written lightly on the back).

2. Create your word

Write your word on the card and decorate it in whatever way you choose. You might use beautiful lettering, patterns, colour, illustrations or something more ornate and creative.

Some words might seem very important, like “**Jesus**” or “**Lord**”. Some might seem small, insignificant or ordinary like “**the**”, “**and**” or “**to**”.

Whatever word you receive, take time to notice it. What does it do? Why is it needed? What happens if it isn't there?

Some words stand out, while others quietly hold everything together. Our prayers and our lives can be like that too. God sees and values every contribution.

As you create, *slow down and pray about your word.*





Instructions

Ask yourself:

- What does this word mean?
- What does it tell me about Jesus or God?
- Why might this word be important in this passage?
- Does this word give me something to praise God for or pray about?

3. *Discover where your word belongs*

When you have finished, look at the copy of Philippians 2: 9–11 and find where your word appears.

Find the corresponding space on the large grid and place your card there.

4. *Watch the picture emerge*

You only have one small part of the passage. You don't see the whole picture at the beginning.

But as each person contributes their word, our individual pieces come together to create one shared verse and one shared declaration of praise.

Take a moment to look at the completed passage and pray:

Jesus Christ is Lord.

Every knee will bow.

Every tongue will confess.

To the glory of God the Father.

Thank God for who Jesus is and pray for the day when people everywhere will recognise



Skittles Prayers

Equipment

Party bag size packets of Skittles

Instructions

Sometimes a simple, unexpected prompt can help us to pause and pray in a different way.

Take a bag of Skittles, open it and allow the contents, 1 Skittle or several, to guide your prayer (and provide a sweet treat!).

There is no need to rush. Pause. Reflect and talk honestly with God. Listen to what He wants to say to you.

ACTS is a framework to help us explore different aspects of prayer. Spend time reflecting according to the colour of Skittle you pick out of the bag.

Red (Adoration):

Take time to focus on who God is. Praise him for his character, faithfulness and goodness.
What about God do you want to honour and praise today?

Orange (Confession):

Be honest with God about things that need bringing into the light. Ask for forgiveness and receive his grace.
Is there something you need to acknowledge, surrender or ask God to forgive?

Yellow (Thanksgiving):

Notice things you can thank God for. The obvious things and those you might otherwise overlook.
What are you grateful for today? Where have you seen God's goodness?

Green (Supplication):

Bring your requests to God. Pray for yourself, for others, for your community or for the world.
Who or what is God placing on your heart to pray for?

Purple (All of the above):

Take time to pray through Adoration, Confession, Thanksgiving and Supplication, allowing yourself to spend time on each one.

