



24hr Prayer Guide

Thank you for signing up to be part of our 24hrs of prayer!

Attached are some ideas and various resources to help you through your hour of prayer - it'd probably be a good idea to flick through it beforehand to get an idea of how you want to spend your hour.

Some ideas may be more suited to groups but could be adapted to personal prayer; some might make you uncomfortable - please just use any that may help.

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60 MINUTE PRAYER GUIDE

The Lord's Prayer

Ask God to help you pray...and read the Lord's Prayer in Matthew 6:9-15

'This, then, is how you should pray...'

Approach (15 minutes)

'Our Father in heaven, hallowed be your name...

Think of all the names you've heard God called (if you need inspiration why not read: Genesis 21:33, Exodus 3:14, Judges 6:24, Deuteronomy 7:9, Deuteronomy 10:17, Isaiah 5:16, Psalm 136:26, Isaiah 7:14 & John 8:58.)

Which name do you mostly use when speaking to God? "What comes into our minds when we think about God is the most important thing about us." A.W. Tozer. Do you use the name 'Father'?

Read Matthew 7:9-11. How does your identity as God's child affect the way you approach him now?

Why not imagine that you are sitting with God? Reflect on James 1:17 and on the truth that his goodness // does not change.

Ask (15 minutes)

'Your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread.'

Read Matthew 6:10-11. Write down the people names, situations and places you want God to move in on post-it notes. Include anything that has been worrying you or needs that you have. Ask God to teach you to pray in his will for his kingdom in each of these situations.

Why not create a prayer wall in the room you are in by sticking the notes up? As you reflect on them, thank God that your needs are in his hands.

Examine (15 minutes)

'Forgive us our debts, as we also forgive our debtors, and lead us not into temptation, but deliver us from the evil one.'

Read Matthew 6:12. Think back through your last 24 hours, the things you've done and the people you've met. Ask the Holy Spirit to highlight things you've done wrong. Next ask the Holy Spirit to show you times you should have acted and did not.

Try holding a stone in your hand and thinking about the things you have done wrong, then, slowly release the stone into a bowl of water.

Thank God for forgiving you. Is there someone you need to forgive today? Ask God to show you who, and as thoughts come to mind, repeat the process.

Extol (15 minutes)

'For yours is the Kingdom, the power and the glory for ever and ever.'

Stand and speak the names of God out loud adding after each one why this is true in your life (i.e. I know you're my provider because you provided for the debts I needed to pay).

Write a song or poem on paper that expresses your love to the Father. Look up the Psalms for inspiration. Your needs are in his hands.

As you finish, repeat these words to yourself: "Seek first his kingdom and his righteousness, and all these things will be given to you as well..." Matthew 6:33

Amen

PRAYER IDEAS

Want to pray but need help with how? Here are some helpful hints and simple practical ideas to help you talk to God...

Be God Conscious

"God, I want to give you every minute of this year. I shall try to keep you in mind every moment of my waking hours." Frank Laubach

Try Laubach's game with minutes. See how many minutes in a day you can become conscious of God's presence. Come up with ways to remind yourself to think about God. Talk to Him throughout the day and look for His presence in the ordinary events. Is He trying to get your attention? What is He saying to you? Offices, universities, supermarkets, restaurants, coffee houses, planes, open spaces: God is everywhere, look for Him and listen for His whispers.

Be balanced

We all have our favourite topics of conversation; the same is true in prayer. If you often find yourself praying about the same things why not try this easy to remember tool to bring some variety and balance to your conversation.

The ACTS Pneumonic

A for Adoration – spend some time worshipping Jesus. Use your favourite music, a Psalm, write something, or choose a characteristic or recent answer to prayer to inspire your praise.

C for Confession – sin there anything you've done or not done that has been unloving to God and others? Ask the Holy Spirit to show you when you have sinned and fallen short of God's love recently. You might want to use the words of Psalm 139:23-24 as your prayer. Say sorry for whatever comes to mind and ask the Holy Spirit to help you change your future behaviour.

T for Thanksgiving – think, speak or write a list of all the good things in your life and thank God for each of them.

S for supplication – supplication is an old fashioned word for asking. What are the things that you, your family and friends, your church, town or nation need? Ask God to intervene and meet the needs of each situation. Uncertain how to ask? There's no special language or strategy needed, Jesus encourages us to keep it simple (Matt 6:5-8) and if we're unsure about what God wants then pray for the most positive and loving outcome to each situation.

Be silent

We live in a noisy world full of distractions. Whether you love or hate silence, there is an amazing peace and connection to God to be found in practicing stillness.

"Step out of traffic, take a long loving look at me..." Psalm 46:10

Try building times of silence and stillness into your day. Choose a time and place with few distractions. Turn off your phone, computer, music and any other sources of noise or connection. If you find silence hard just try 3 minutes and build from there. If you find your head full of unwanted thoughts give each one to God and consciously keep focusing back on Him. Breath deeply and slowly and invite the Holy Spirit to meet with you.

Be persistent

Jesus told a story of a woman so passionate about wanting justice she succeeded in getting her way simply by bugging the Judge who could make it happen until He finally relented (Luke 18). Our Father is a lot more willing to act than a reluctant Judge, but Jesus used this story to tell us about the importance of not giving up when prayers aren't answered immediately. It's ok to keep asking God.

Are there specific things you want to persist in asking for? Try these simple ideas to help you remember to pray and not give up:

Use your hands – are there five people or situations you want to pray about. Assign a finger or thumb to each and every day spend five minutes a day holding each finger and thumb of your hand and praying for each situation

Use your mirror – is there something you look at every day like a mirror, computer screen or phone? Write a note and stick it there to act as a daily reminder to pray.

Use your clothes – do you have a favourite accessory or piece of clothing you wear often. Why not assign a prayer request to a specific item and every time you wear it make that request your prayer project for the day.

Be adventurous

Struggle to focus during quiet times of prayer? Bring some adventure and interaction into your time with God. Why not use something like a set of dice and assign each number you could roll with a request or kind of prayer (silence, thanking, singing, etc.) Roll the dice and spend a few minutes on the prayer assignment it gives you.

Be kind

Random acts of kindness are an easy way of making prayer practical and positive. It can move our focus away from our needs, and onto others. Kind acts can often be small or large, just be aware of the people and situations around you and have fun thinking of ways to bless them. These can be spontaneous, so be ready to act and pray on the spot. You could try:

- Doing the washing up and praying that your household have clean hands and a pure heart
- Treat someone to lunch and pray that your love and attention reflects that of Jesus
- Send someone chocolates or flowers anonymously and pray they better understand how much God loves them
- Pay for the coffee of the person behind you in the queue and bless them with joy
- Leave food next to a sleeping homeless person and pray that the Father would provide for their needs
- Help a person struggling with a heavy load carry it to their destination and pray that they know the yoke and lightness of Jesus

PRAYING THE BIBLE

The Bible is described as the word of God and is living, active and relevant to our lives. Here are four ways the Bible can shape and empower your prayers.

Be inspired

"I am an old man, but I still pray at my window, facing Jerusalem, three times a day - just as I've done since my teens when I was brought here as a prisoner of war. As sure as my name is Daniel, when I pray God answers. It's never occurred to me to stop, even when the law went out several months ago that anyone caught praying to another God but the king would be put into a pit of unfed lions. God has proven himself so faithful in the nearly 80 years I've been in Babylon that there was no reason to doubt he wouldn't be faithful now. Why change the holy habit of a lifetime because of fear?"

Daniel is just one of hundreds of people's lives captured in the Bible that can teach us something about prayer. From David who wrote many of the Psalms, to Jesus who led a life saturated in taking time out with God. Try reading a Psalm and a chapter of a Gospel each day and notice the words, teaching, moments and heart of prayer displayed in each.

Pray ancient prayers

The Bible is full of prayers people have prayed. From the Lord's Prayer taught by Jesus to some powerful and challenging words from people following God through the centuries. Why not write down the prayers that strike you and memorise them to try praying yourself. Using the words of others can challenge us to break out of our usual habits and learn to interact with God in new ways.

If you're unsure where to start then try searching 'prayers from the bible' online.

Pray God's promises

God keeps His promises and the Bible is full of promises He's made to the people who follow Him. Knowing what He's said, and reminding Him of it in prayer is a great way to get to know who God is and to agree with what He wants.

Find the 'promises of God' by searching online or try learning these three popular promises in your prayer life for yourself or others this week:

- "God has said, "Never will I leave you; never will I forsake you." Hebrews 13:5
- "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you." Jeremiah 29:11-12
- "Because he loves me," says the Lord, "I will rescue him;
- I will protect him, for he acknowledges my name.
- He will call on me, and I will answer him;
- I will be with him in trouble,
- I will deliver him and honor him.
- With long life I will satisfy him and show him my salvation." Psalm 91: 14-16

Hear God speak

The Bible isn't just relevant to the people it was written to. God can use it to speak to you. Here are two ways you can read the Bible in a way that helps you hear him.

What's in a name? Choose a passage and substitute the names of people or nations for your own. Try it with Isaiah 43:1-5 and notice how it makes you feel and what words or phrases jump out at you.

Meditate on the words Grab a pen and paper and start with one verse or small passage. Read the passage out loud several times. Write it down word for word the read it over, paying special attention to sentences or phrases that jump out at you. Is God highlighting anything? Write down your thoughts on what you've noticed then turn what He has said into a prayer in your own words.

Simple, isn't it? As you park yourself in the Word of God, prepare to be amazed at the depth God brings to your prayers, circumstances and the situations you're praying about!

LISTENING

Did you ever notice that God gave us two ears but only one mouth? Sometimes we forget this when we go to pray, and we spend the whole time talking to God. Listening is a particularly simple way to pray, but it can be challenging if you're not used to it.

Try listening

Make space – listening takes time and it helps if you start by removing distractions. Choose a place and time that helps you focus on God.

Clear your head – many people find it difficult to still their minds when they sit in silence. If you find you're thinking of things you need to do, make a list for later then put it to one side.

Don't worry – if the thoughts filling your mind are about situations or worries you want to pray about, don't try to push them down. Give them to God one at a time and then let go of them. Don't let anxiety absorb your energy.

Learn to recognise His voice – God can speak in many ways. He can use our thoughts, feelings, the bible, our experiences or our surroundings to capture our attention. If you find your mind filling with pictures or thoughts that seem a bit strange or random. Pay attention to them and test whether you think they're God's voice. He will not contradict what He's said in His word, and the Holy Spirit can help you with discernment – the ability to tell God's voice from others or ours.

As you finish be sure to write everything down, even the things that seem strange or unrelated to anything. If God is speaking He will continue the conversation, or you can ask Him to confirm what He's said in other ways as you go on with your day or week. If they are just random thoughts, that's okay; it's all part of the process of learning.

PRAY FOR ...

Various scriptures and ideas to help you pray for..

Government

- 1 Tim 2:1 Heavenly Father, I give thanks for our government.
- 1 Tim 2:2 I pray for all men and women having authority over us in any way.... that we may lead a quiet and peaceable life, in all godliness and honesty.
- Prov. 1:23 Pour out Your Spirit upon them and make Your Word known to them.
- Ps 25:21 Cause them to be men and women of integrity.
- Prov. 2:10 Let wisdom enter their hearts, and let knowledge be pleasant to them.
- Prov. 2:11 Let discretion preserve them and understanding keep them.
- Psalm 1:1 Make their hearts and ears attentive to godly counsel.
- Prov. 2:21 Let the upright dwell in our government.
- 1 Cor 4:5 Bring to light what is hidden in darkness.
- 1 Chr 22:19 setting their hearts and their souls to seek the Lord.
- 2 Chr 7:14 humbling themselves, praying, and turning from their wicked ways.
- Acts 26:18 Open their eyes and turn them from darkness to light.
- Isa 49:22 Raise up a standard in this nation.
- Zech 10:1 Cause the rains of Your Spirit to flood this land.
- Isa 59:16 Raise up intercessors for this nation
- 2 Cor 10:4 to pull down strongholds over this land.
- Isa 40:5 And let the glory of the Lord be revealed!

The Church

- 1 Pet 5:6 Heavenly Father, we humble ourselves under Your mighty hand.
- 1 Jn 1:9 Forgive us for our sins, and cleanse us from all unrighteousness.
- Heb 10:22 Let us draw near to You with a true heart in full assurance of faith.
- Col 3:16 Let Your Word dwell in us richly.
- Col 1:9 Fill us with the knowledge of Your will,in all wisdom and spiritual understanding,
- Col 1:10 that we may live and conduct ourselves in a manner worthy of You,fully pleasing You, and being fruitful in every good work.
- Eph 4:23 And, by being renewed in the spirit of our minds,
- Col 3:12 that we put on tender mercies, kindness, humility, meekness, longsuffering: bearing with and forgiving one another.
- Eph 4:13 That we dwell together in the unity of the faith,
- 1 Cor 1:10 I pray we all speak the same thing, with no divisions among us,
- Phil 1:27 standing fast in one spirit, striving together for the faith.
- Heb 13:9 That we're not carried about with various and strange doctrines,
- 2 Tim 2:15 But we study, rightly dividing the word of truth.
- 1 Tim 6:18 but are rich in good works, ready to give and willing to share.

- Eph 4:16 I pray that the whole body be knit and joined together, and that every part does its share causing growth to the body.
- 1 Pet 1:22 Let us all fervently love one another with a pure heart,
- 1 Pet 4:7 Let us become serious and watchful in our prayers,
- Col 3:2 setting our minds on things above and not on things on the earth.
- Acts 4:29-30 That we will speak forth Your Word with great boldness... and that You will stretch forth Your hand to heal....that signs and wonders may be done in the name of Your Son Jesus.

Our Community

There are many different ways in which we can pray for our local community. Those suggested here are just a starting point.

- Cut out some good and bad news stories about your area from the local newspaper
- Write a list of the buildings around your church – or draw a diagram of your building and your neighbours –and put it on a large sheet of paper in the place where you'll be praying
- Visit the neighbours around your church, or the other people who use your building, and ask them for any prayer requests they may have
- Think of those in the church with local links in education, health, social services or other community groups and take some time to pray for them

PRAY CREATIVELY

24-7 Prayer has helped people all over the world learn to pray by finding a new language of expression. Talking with Jesus in an interactive way has inspired and engaged all generations; particularly young people. Be creative in designing your prayer space - here are our some tips to get you started.

Keep it simple and bold. Creative doesn't mean cluttered. If in doubt make the room welcoming, colourful and have prayer guides or activities to interact with if people need them.

Engage all five senses. How could you use inspiring images and verses to catch the eye, music and sound to inspire, things to touch or hold to focus the mind or things to taste or smell to help people consider what they're praying about?

Creative prayer stations

Prayer stations can help those who find praying for an hour a challenge. Below are a few ideas of the kinds of stations you could put in your 24-7 Prayer Room to help people talk with God.

Identity - Family Tree

Find a real tree or draw one. Invite people to write the names of their families and friends and stick them to the tree as they pray for each in turn.

Please - Wailing Wall

Make space on a wall, net or piece of fabric for people to write or draw their honest requests to God. Watch as it fills up as the week progresses.

Sorry - Sin Bin/Trash Can

Put a bin (or trash can), some paper and pens in the room and invite people to pray the words of Psalm 139:23-24. As they decide to repent write the sin down and throw it in the bin.

Forgive - Wash it off

Get a bowl of water and some pens. Invite people to write the names of those they need to forgive on their hands and as they wash them off, to ask Jesus to help them forgive.

Kingdom come - World Zone

Put maps, globes and newspapers in the room and encourage people to pray "your kingdom come, your will be done" over nations and situations.

CHURCH ORGANISATIONS

A list of groups and organisations in the church to help you to pray for them.

Apologies if any have been left out!



Times: Thursday Evenings between 6:45pm and 8pm

For boys and girl in Primary 2, 3 or 4 who like fun, making friends and fantastic stories!



Foodbank

Times: Tuesday - 2pm to 3:30pm and Friday - 11am to 12:30pm

Foodbank is designed to help individuals and families in crisis, through the provision of emergency food supplies.



The Hub

Times: Monday to Friday 11am to 1pm

Open for a friendly chat over a cuppa, or to sit and reflect quietly. We're always ready to lend a listening ear and if you need some practical support we'll point you to those qualified to help.



Times: 2nd Tuesday of each month at 10:30am

The Womens fellowship meets once a month, and the programme includes reports on missions, Visiting speakers and bible teaching.



Times: Thursday Evenings between 6:45pm and 8pm

Juniors is a lively, interactive club for girls and boys in P5 to P7 with games, craft, quizzes, singing, outings and, most importantly, to learn about God.



Times: Every Wednesday morning 10.15-11.45am

Pop-ins is a Multi-cultural international group of mums, dads and carers. Pop-ins is a great way of meeting people and some of these friendships are a lifeline for many years to come!



Sunday School and Bible Class

Times: Sunday mornings during the church service (from around 11:30)

Sunday School (pre-school up to Year 7) provides a weekly programme which includes worship, Bible teaching and worksheets, Scripture memory work and quizzes, singing and puzzles. They initially meet together in the Loft and then move into smaller groups in classrooms with their teachers. Bible Class is currently held for young people in Years 8, 9 and 10 providing an opportunity for small group Bible study and discussion relevant to the lives of the teenagers. The children take part in a Mission Project every year and participate in morning services on occasions.



W3

Times: Thursday Mornings - 9:30am to 11am

The purpose of our group is to create a place where women of all faiths (and none) can meet and discuss issues of their lives in a friendly and inclusive manner and to gently explore aspects of the Christian faith



Youth Club

Times: Friday Evenings - 7:30pm – 10:30pm

Sports, cooking, crafts, games, chill out...all these things are available at Ham Bap on Friday nights for Years 8 and over. This is also a great chance to hear what Christianity is all about and how following Jesus is radical and relevant in Bangor in our generation.

Youth Impact

Times: Sunday Evenings - 7:45pm – 9:15pm

For kids in years 8 – 12 - there's a great mix of food, banter, games, hanging out and getting to know God's word. There's also a group for 6th year and students.

Coffee Bar

Times: Friday afternoons - 3:15pm to 5pm

After a hectic week at school or tech, the kids call in to HRBC for a coffee, hot chocolate, tea or cold drink, along with some great donuts and other treats. This is a chill out time for them with leaders are on hand if you want to chat about anything



Meeting Point

Times: 1st Wednesday of the month at 3pm

The “just a little bit older” element of our congregation join together for fellowship, praise, Bible teaching and conversation.



Christians Against Poverty

CAP Money Courses are a revolutionary money management course that teaches people budgeting skills and a simple, cash-based system that really works. This course will help anyone to get more in control of their finances, so they can budget, save and prevent debt. Run at various time during the year.



Lads, Dads and Grandads

We run several Saturday morning series focused on issues men face at home and in the workplace, as well as occasional social activities throughout the year.



The aim of the HRBC 20's and 30's group is to see young adults grow in Godliness and to serve others throughout the church body and welcome new folk to the church, running various activities and get-togethers throughout the year.



Christianity Explored

Meeting together over a meal to give people wanting to know more about Christianity time and space to consider the big questions of life and to explore the life of the person at the heart of the Christian faith - Jesus Christ.

Other groups:

Prayer Support	<i>Providing prayer after the services.</i>
Mizpah	<i>A prayer diary designed for those who wish to pray for others and be prayed for is in circulation.</i>
Cleaners	<i>Keeping the church clean</i>
Administration	<i>Serving the administrative needs of the church</i>
Maintenance Team	<i>Behind the scenes work fixing bits and pieces about the church</i>
Home Groups	<i>Meeting together to grow closer to God and encourage one another</i>
Audio Visual Team	<i>Sound and vision around the church, website and CD ministry</i>
Music Groups	<i>Leading us in worship on Sundays</i>
Pastoral Care Team	<i>Visiting and providing care for the church</i>
Creche	<i>Looking after the little people!</i>
Pastors, Elders & Deacons	<i>Spiritual and practical leadership (See Titus 1:5 & 1 Tim 3:1-13)</i>
Welcome Teams	<i>Proving a warm welcome and information on Sundays</i>
Carnalea Clinic	<i>A team from the church visit the home once a month to sing songs and share a short message.</i>
Catering	<i>Organising food and drinks after services and at functions. Coffee and cakes are also provided during the Thursday evening kids events - please pray that relationships can be developed and conversations had to bring glory to God</i>
Practical Support	<i>Those who do behind the scenes work like setting up for the different groups, counting collection etc.</i>
Missionaries	<i>At home: Sam Cowan and the work in Kircubbin Abroad: Paul and Tania Baker, Terry and Wilma Flannigan; Philip and Rachel Moore and our friends in the Horn of Africa</i>

CHURCH VISION

Pray also through the vision for our church:

PRAYER
Fervent prayer that is both personal and corporate

Matthew 6:5-13
Phil 4:6-8
Prayer Meetings
Mizpah Prayer
Prayer Triplets

DISCIPLESHIP
Relevant biblical teaching that changes lives

Colossians 2:6-7
2 Timothy 3:14-17
Sunday Teaching
Home Groups
Age-specific Ministries

FELLOWSHIP
Loving relationships across the generations

1 John 4:11
Hebrews 10:24-25
Home Groups
Social Events
Hospitality

MISSIONAL LIVING
Passionate outreach both at home & overseas

Matthew 28:18-20
Acts 13
Evangelistic Preaching
Community Outreach
Christianity Explored
Overseas Missions

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