

# THY KINGDOM COME '12 Hours of Prayer'

**Saturday 30th May 8am - 8pm**

As part of the 'Thy Kingdom Come' global wave of prayer, Churches in Calne invite everyone to join in with 12 hours of prayer.

The day is divided into 12 individual hours. Sadly, due to Corona virus lockdown we cannot meet together. Instead there is a creative programme of written mediations and prayers, videos and a Zoom prayer gathering. Please feel free to be involved for as short or as long a time as you feel able.

Grab a coffee and just sit in the peace and quiet of your own home



For more info please contact  
Sam King tel: 01249 812389

# THY KINGDOM COME

## 12 Hours of Prayer

### 8am - EARLY MORNING MEDITATION - Breakfast on the Beach

YouTube Video Link: [https://youtu.be/JqB\\_zr4xgss](https://youtu.be/JqB_zr4xgss)

### 9am PRAYING FOR MY NEIGHBOURHOOD

In this hour you are invited to pray for your neighbourhood. You might like to do this by going for a short walk around your local streets. However you could sit by a window that looks out onto your street or in a front garden. Ask God to speak to you to help direct your praying. Pray with your eyes open for the people that pass. Pray over buildings and shops and the homes of your neighbours. Pray for all who live and work there.

You may like to use the 'Aaron 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 NIV)

As you draw your prayers to a close is there anything that God might be saying to you?

### 10am ZOOM PRAYER GATHERING

Click on the link @10am <https://us02web.zoom.us/j/4558317021>

Or dial by your location

+44 203 481 5240 United Kingdom

+44 131 460 1196 United Kingdom

+44 203 051 2874 United Kingdom

+44 203 481 5237 United Kingdom

Meeting ID: 455 831

### 11am PRAY FOR 5

Praying for others to know Jesus is one of the most powerful things we can do. Persistent prayer for others brings transformation to their lives. Consistently praying for others takes discipline, and there are many ways that we can build up habits that will help us to pray for our friends and family.

Choose five people you would regularly like to pray for and write their names down onto a list. If you're not sure who to pray for, ask God to guide you as you choose. Once you have settled on 5 names, commit to praying for them regularly by praying the following:

***Loving Father,  
in the face of Jesus Christ  
your light and glory have blazed forth.  
Send your Holy Spirit that I may share with my friends [here, name your friends]  
the life of your Son and your love for all.  
Strengthen me as a witness to that love  
as I pledge to pray for them,  
for your name's sake. Amen.***

Here are five easy ways to pray for five people regularly. Choose the one that suits you best.

### **1. PIECE OF STRING**

Take a piece of string or cord, and tie five knots in it to represent each of the five people you have committed to pray for. You could carry the knotted string in your pocket, tie it round your wrist or place it somewhere that you'll see it regularly. Use the knots to remind you to pray for each person on your list of five.

### **2. SMALL STONES**

Find five small stones (light coloured ones are best) and write each of the people on your list onto each of the stones. Place them on your desk, bedside table or fireplace as a reminder to pray. Alternatively, you could place each stone in a different room of your home and pray for each person as you enter or leave the room.

### **3. BUSINESS PRAYER CARD OR BOOKMARK**

Grab a piece of card that will easily fit inside your wallet, purse or book. Write your list of five names onto the card before putting it in your wallet or book. Use this card as a daily reminder to pray for them.

### **4. PRAYER ALERTS**

Add your list of five people to the alerts section of your phone and set reminders to pray for them. You could choose one name per day, or pray for all five across your day. Remember to set alerts for a suitable time where you can stop to pray for your list.

### **5. POST-IT NOTES**

Use five post-it notes and write one name onto each. Stick them onto your mirror, above your bed or somewhere that you'll see them regularly and will be reminded to pray.

*Using the **BLESS** acrostic can help us to focus on all of the felt needs of those we are praying for:*

**B**ody – health, protection, energy

**L**abour – employment/unemployment, retirement, adequate income

**E**mootional – inner peace, joy, wisdom, insight, patience

**S**ocial – healthy relationships between spouses, parents, children, friends, reconciliation; love

**S**piritual – repentance, salvation, obedience, faith

## **12pm PRAYING DURING CORONA VIRUS PANDEMIC**

*You are invited to spend some time praying for our nation and world during this pandemic.  
Below are some prayers that may be of help to you as you pray.*

God of all hope we call on you today.  
We pray for those who are living in fear:  
Fear of illness, fear for loved ones, fear of other's reactions to them.  
May your Spirit give us a sense of calmness and peace.

We pray for your church in this time of uncertainty.  
For those people who are worried about attending worship.  
For those needing to make decisions in order to care for other  
For those who will feel more isolated by not being able to attend.  
Grant us your wisdom.

Holy God, we remember that you have promised that  
Nothing will separate us from your love – demonstrated to us in Jesus Christ.  
Help us turn our eyes, hearts and minds to you.  
Amen

Loving God,  
If we are ill, strengthen us.  
If we are tired, fortify our spirits.  
If we are anxious, help us to consider the lilies of the field and the birds of the air.

Help us not to stockpile treasures from supermarkets in the barns of our larders.  
Don't let fear cause us to overlook the needs of others more vulnerable than ourselves.  
Fix our eyes on your story and our hearts on your grace.

Help us always to hold fast to the good,  
See the good in others,  
And remember there is just one world, one hope,  
One everlasting love, with baskets of bread for everyone.

In Jesus we make our prayer,  
The one who suffered, died and was raised to new life,  
In whom we trust these days and all days, Amen.

You call us to speak to you in prayer– even when the places we would usually go to are not available. Help us to know your Spirit's presence wherever we pray.  
Today we especially pray for those who are living in fear – give them your strength.  
For those who have not yet realised the urgency of the situation – protect them, and all of us from harm. Today I especially want to pray for .....

In the name of Jesus. Amen

## 1pm PRAYING THE LORD'S PRAYER

In praying the Lord's prayer we:

- We bless God and pray for our world, our communities and our lives to be shaped by God's will;
- We pray for daily needs to be met,
- For forgiveness for wrongdoings, strength to resist temptation and protection from danger.

You are invited to use this time praying through the Lord's Prayer. They are very familiar words, and because of that we so often forget their meaning. You may find it helpful to take each phase in turn and spend time reflecting on its meaning. Below there are three versions of the prayer that may be helpful.

*Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those  
who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and ever. Amen.*

*Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.*

*Eternal Spirit, Life-Giver, Pain-Bearer, Love-Maker,  
Source of all that is and shall be,  
Father and Mother of us all, Loving God, in whom is heaven:  
The Hallowing of your name echo through the universe!  
The way of your Justice be followed by the peoples of the world!  
Your heavenly will be done by all created beings!  
Your Commonwealth of Peace and Freedom sustain our hope and come on earth!  
With the bread that we need for today, feed us.  
In the hurts we absorb from one another, forgive us.  
In times of temptation and test, strengthen us.  
From trials too great to endure, spare us.  
From the grip of all that is evil, free us.  
For you reign in the glory of the power that is love,  
now and for ever. Amen.*  
Jim Cotter

### **2m VIRTUAL PRAYER WALK OF CALNE**

YouTube Link: <https://youtu.be/ov6kdx085c>

### **3pm - CHRISTIAN MEDITATION**

*‘In Meditation you are learning to be. Just to be – as you are’*

John Main ( Order of St. Benedict) opened the first Christian Meditation Centre at his London monastery, recovering a simple tradition of silent, contemplative prayer from the teachings of early Christian monks, the Desert Fathers

Meditation is simple and practical - it is about experience rather than theory - a way of being rather than a way of thinking, a way of living from the deep centre of your being in every situation. The focus of meditation for the Christian is Christ - it does not exclude other types of prayer and can deepen reverence for the sacraments and scripture. Meditation is about coming to stillness of spirit and body, despite all the distractions of the modern world! To help us reach this stillness we recite a short phrase called a mantra.

#### **HOW TO MEDITATE**

Find a quiet place, take a comfortable upright sitting position, gently close your eyes, sitting relaxed but alert. Silently, interiorly, repeat your single word mantra. The mantra recommended by The World Community for Christian Meditation is *‘maranatha’* said as 4 equally stressed syllables - *ma-ra-na-tha* - an Aramaic word meaning ‘Come Lord’. Say the word in rhythm with your breathing, fairly slow and rhythmical, listening as you say it silently, gently and continuously. Meditation is not quiet reverie or passive stillness but attentive wakefulness - when thoughts or images come, don’t try to dispel or repress them but simply let them go by simply returning to your mantra.

Aim to meditate for 20 minutes - in time, you might increase this to twice a day.

### **CHRISTIAN MEDITATION IN CALNE**

The group normally meet every Thursday from 6:30-7pm in St Mary's church - we have music playing as people arrive, followed by a short reading then a 20 minute meditation (a gong and timer can be downloaded from WCCM) with music playing at the end as people quietly leave.

At the moment, the group is unable to meet but every Thursday, we send out a reading so meditators can use the same reading, meditating at 6:30pm if possible - a way of being together in spirit - and mind!

**If you would like to be included in this mailing, please e-mail Kevin or Jane Wells : wells4millst@uwclub.net.**

### **4pm - PRAYERS RIBBONS @ POP UP PARK**

Take some to think of what God has laid on your heart to pray about. On ribbon or strips of material write your prayers. You may then like to take a walk into town to Calne Pop Up Park. Use your walk as an intentional time to pray. At the Pop Up Park you will find a piece of wire net to tie them on. It is located on the bank of the stream at the bottom of the park. Ribbon and tape are also available provided when you get there. If you are no able to make it to the Park you may like to tie your prayer ribbon on a local tree.



### **5pm SEEKING-WAITING-RESPONDING**

YouTube Video Link: <https://youtu.be/8g2-bwseydQ>

### **6pm DIVINE READING - THE SPIRIT IN US**

Lectio Divina (divine reading) is a meditative prayer, allowing God to speak through his Word. It has been described as a way to "feast on God's Word". Below is a reading of the account of the day of Pentecost from the Book of Acts.

**READ** the passage of Scripture – "take a bite"

**REFLECT** and meditate on the word or phrase that caught your heart – "chew"

**RESPOND** in prayer to what God called to your attention – "savour"

**REST** in God, contemplating his word to you – "digest"

**Reading:** *When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.*

*Now there were devout Jews from every nation under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. Amazed and astonished, they asked, "Are not all these who are speaking Galileans? And how is it that we hear, each of us, in our own native language?" Acts 2.1-8*

**A further reflection:** On the Day of Pentecost, God sent His Holy Spirit, as Helper and Comforter, and enabled the disciples to proclaim – in different languages – the wonders of God so that people from all nations could understand.

This shows us that the Spirit of God is present for every situation. When we share our faith with our friends, we can ask the Spirit to help us 'translate' the good news of God's love so that they can understand how it affects them in their situation.

At Pentecost we remember that the Holy Spirit is living in us. Let's not get too used to that amazing fact! What a privilege we have. The Spirit awakens us to the love God has for us and helps us to love others.

**Prayer:** Holy Spirit, thank You that You are living in me, showing me God's love and helping me share that love with others.

**Action:** The next time you have an opportunity to share your faith and talk about the love of Jesus, consciously remind yourself that the Holy Spirit lives within you.

**From TKC Prayer Journal**

**7pm COMPLINE**

**YouTube video link:** <https://youtu.be/7sP712SZqdo>

**EXTRA: PRAYER AT THE DAY'S ENDING**

***Becoming present to God***

Loving God,  
From the moment of waking,  
through the varied contours of this day,  
you have been a constant presence.  
Now, as the day draws to its close,  
and evening/night settles,  
I quieten my mind and still my hearts.  
You are with me here  
and now and in your presence I rest.

### **Pause**

Under your loving gaze,  
O Christ, I reflect on the day that is past,  
and pray for the light and guidance of your Spirit.

### **Examen**

Acknowledging your humanity  
look back over the last twenty-four hours  
and reflect on events, encounters, experiences,  
the feelings these evoked in you  
and the attitudes that underlie them.

- What am I most grateful for?
- What warmed my heart?
- What made me more open to others, and to God?
- I savour the memory.

*You may wish to offer prayers of praise*

- What am I least grateful for?
- What closed me up to others, and to God?
- What do I regret?
- I express my feelings to God.

### **Prayer for forgiveness**

Merciful Lord,  
Where I have denied you entry to my life  
and lived this day for myself  
I am sorry and ask for your forgiveness.

*Grant to me your pardon and peace.  
And in the day to come help me by your Spirit  
to be attentive to the rhythms of grace  
that I might attune my life to your praise and service.*

Bring to God  
the concerns of the day

and entrust them to his safe-keeping.  
Pray for an awareness of the grace  
you need for the coming day.

***Nunc Dimittis***

*Now, Lord, you let your servant go in peace:  
your word has been fulfilled.  
My own eyes have seen the salvation  
which you have prepared in the sight of every people;  
a light to reveal you to the nations  
and the glory of your people Israel.*

*Lighten my darkness, Lord, I pray,  
and in your great mercy defend me  
from all perils and dangers of this night  
for the love of your only Son,  
our Saviour, Jesus Christ. Amen.*

***A 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.'*

**Adapted from the Order for Baptist Ministry**

***At the end of this Day of Prayer you may like to safely place a lit candle in your front window as a symbol of Jesus Christ, Light of the World***