

72 Hours of Prayer: Prayer Stations

Confession & Repentance; Worship; Listening to God; Thanksgiving; and Intercession

Confession and Repentance:

I confess my iniquity; I am troubled by my sin. Psalm 38:18 (NIV)

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness. 1 John 1v8-9 (NLT)

Maybe start with reading Psalm 32:1-7 or Psalm 51.

Still yourself before God and ask the Holy Spirit to search your heart.

Then spend some time confessing anything that God may have revealed to you, or that you are already aware of.

Give thanks for Jesus that He loves you enough that He would pay the price for your sins.

If you would find it helpful to have a physical representation of the truth of God's cleansing then you could either wash your hands in this bowl. Or write your confession on a slate stone and wash it clean at the foot of the cross.

Worship:

Part of worship is recognising who God is.

God is Love - *1 John 4:8; 1 Corinthians 13; Deuteronomy 7:9; Jeremiah 31:3*

Merciful and gracious... *Exodus 34:6; Exodus 33:19; Psalm 25:6; Luke 1:50*

Alpha and omega... *Revelation 22:13; Hebrews 12:1-2*

Sovereign... *Deuteronomy 3:24; Isaiah 40:10*

Holy... *Isaiah 6:1-3; Leviticus 19:7*

Judge... *John 5:22-23; Acts 10:42; Revelation 6:10*

Another aspect of worship is to give thanks for who God has been to you

Creator... *Colossians 1:16-17; Isaiah 40:12-14; John 38:4-24*

Eternal and unchanging... *James 1:17; Hebrews 13:8*

Protector/shepherd... *Psalm 23; Exodus 19:4; Psalm 91:4*

Saviour and Redeemer... *John 3:16; Psalm 19:14; Psalm 103:4; Titus 2:13-14*

Awesome... *1 Kings 18:30-39; Exodus 15:11; Psalm 47:2*

Look through songs of praise and belt out to God some of your favourite songs or hymns of praise.

As well as songs and vocal prayer, why not spend some time composing a poem, or drawing a picture that expresses who God is to you?

Listening to God:

Pray and ask the Holy Spirit to speak to you.

Then spend some time quietly letting God speak.

Don't force yourself to hear something, if you don't hear anything, allow yourself to rest in God's presence.

If God does say something, write down what He says, and pray into it.

If you believe that God is telling you something to pass on to the Church, ask God to verify it with another, then write it down and put it in the box provided.

Thanksgiving

Romans 12v15 (NIVUK)

Rejoice with those who rejoice; mourn with those who mourn

Ephesians 6v18

Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people

These are, of course, just starting suggestions. Pray where the Spirit takes you.

Some ideas for Church

- Give thanks and pray for our ministers: Neil and Jonathan; Heather, our Operations Co-ordinator; and our officers, Iain and Jon.
- Give thanks for our deacons: Andy, Ange, Anna, Chris B, Chris H, Dan, Jan, Judith, Ololade.
- Give thanks for those whose service enables us to worship God on Sundays, both those seen and unseen.
- Give thanks for the people who lead the QR groups that you belong to.
- Praise Jesus for those who work with children and young people at QRBC.
- Praise God for the Pastoral Area Leaders: - Geoff and Lizzie Varney; Ronnie Somers; Kay Hamer; Margaret Newby; Collins and Susan Chabala; Brenda Parsons, and Ruth Jess.
- Give thanks for the new people who are joining our fellowship, and for the faithful witness of those who have gone before.
- Praise Jesus for those who been baptised over the last few years
- Give thanks for those young people who have left us and have made an impact elsewhere, and for those who have come back.

Some ideas for thanksgiving outside of Church

- Give thanks for Coventry's promotion to the Premier League (football!).
- Give thanks for new engagement with street mission and evangelism.
- Praise Jesus for the way Christian agencies cooperate together.

Intercessions

These are, of course, just starting suggestions. Pray where the Spirit takes you.

- Pray for those who you know need God's healing or are awaiting treatment or test results, or for those struggling with long term illness.
- Pray for those who mourn, that they may be comforted.
- Ask God to bless those who you know are struggling with their mental health.
- Pray that Coventry would be blessed as a great place to live and to work, and that would be ample employment for those looking for work.
- Pray for those who are taking exams and for all those in school or university.
- Pray for those you know who are struggling and finding life difficult.
- Is there someone you need to forgive? Pray for them, as you acknowledge hurt caused, offering forgiveness.

Coventry/National/World

- Pray for local situations that need to see God at work.
- Pray that God would bless our nation.
- Pray for international situations which need God's intervention, areas of war or conflict, for areas where there is political or social unrest or severe poverty.
- Pray for areas where Christians are undergoing persecution, for churches, ministers, and individual believers.

- Pray for your witness among your social groups, that you may faithfully proclaim Jesus in word and deed.
- Pray for those you know who are engaged in mission.
- Pray for those employed in the city, in various capacities. Pray that they may be Light bearers in their work places.
- Pray for our government, that they would seek to do good for all citizens.
- Pray for your neighbours, colleagues, and family members, particularly those who do not yet know Jesus.

- Pray for QRBC groups and organisations, including:
 - Creche;
 - JaM;
 - FSG;
 - Lumen;

- Thursday Youth Group;
- Student and Young Adult group;
- DofE;
- Foodbank;
- House Groups;
- Wednesday Fellowship;
- Banner group;
- Oasis prayer group;
- Isaiah 30:21 prayer group;
- Arty crafters;
- Worship team;
- Tech team (Sound & Video):
- Communion preparation;
- Fabric (property maintenance) team...