

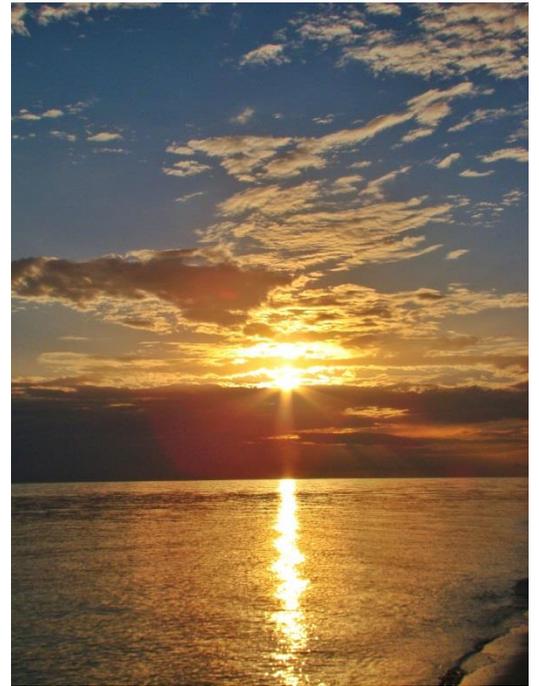
Using the Sunrise as a focus for prayer...

Before you begin read Luke 1:78-79 and Malachi 4:2

These readings speak of the promise of a new day, of the light of Jesus renewing, healing, breaking through the darkness to restore peace.

Think for a moment about the person or situation you are bringing before Jesus – and then bring the sunrise, imagine the “darkness” within that person’s life or within the situation gradually receding and being replaced by the light of Jesus filling and responding to their needs.

Pray: Lord Jesus, in you is the power to bring the light of change. May all that weighs down bringing darkness be lifted into the light of your healing and may each new day bring lasting hope of a future filled with the light of your love. Amen



Using Trees as a focus for Prayer.....

Before you begin read Psalm 52:8



Then think of a tree before the buds appear. Think of a tree covered in buds ripe and ready to burst. Think of the buds bursting and the tree reemerging into life. Think of the eventual harvest.

Then pray bring to God the person or situation in need, as you pray visualise the need as a bud opening, being freed from restraint and fulfilling its promise, the tree coming into leaf and the fruit forming.

You shall be like a tree planted by streams of water, which yields fruit in season and whose leaf does not wither. Psalm 1:3

Praise Prayers

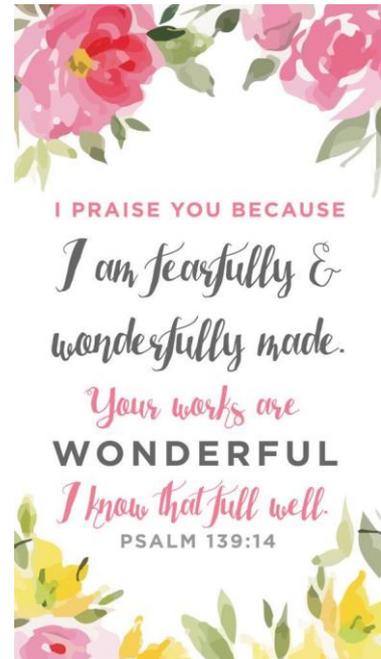
Take a moment to look at yourself.
Marvel at how well you are formed.
Read Psalm 139.

Close your hands in a tight fist.
The world is a tense place right now.
Many of us are feeling fearful, stressed or sad.
How are you feeling?
Imagine that your feelings are inside your fists right now.

Open your hands and let God have those feelings.
Tell Him how you feel.
He is waiting to hear from you. God understands.

Turn your hands upwards to receive God's blessings.
His love and grace are poured out for you.
His joy and peace are there for the taking.

Lift your hands and praise God.
Praise Him for the beauty of this world reflected in the whole of creation.
Read the hymn "How Great Thou art".



Thanksgiving Prayers

*Give thanks with a grateful heart
Give thanks to the Holy One
(From the song by Henry Smith)*

Focus on the seven colours of the rainbow.

Thank God for

1. Family
2. Friends
3. Healthcare and Emergency Services
4. Church
5. Local Community Services
6. Communication networks
7. Wider Community Support



God's Rainbow

When you feel battered by life's storms
and you are filled with doubt and dismay
just remember God's rainbow is coming -
it's only a prayer away!

Come to me, all you are weary and burdened and I will give you rest.

Matthew 11:28