

PRAYER WALK, TOGETHER: Pick a place and walk around it, stopping 3 or 4 times on your route to pray for specific situations. You might like to look at the 'virtual prayer walk' we have on Avenue's YouTube Channel- <https://www.youtube.com/watch?v=RIKQ3NOPJSA>

PRAY FOR YOUR AREA: Grab a copy of the local newspaper, or find a news site online that's reporting on Southend. Use this as a way to identify prayer points for your area, and spend time praying together.

Further resources can be found under our resources tab on Avenue's website

Viv has written a booklet of prayers which can be found at- <http://www.avenuebaptist.com/wp-content/uploads/2014/10/Prayer-Book.pdf>

Andrew and Keeley Wickham created a beautiful series of prayers drawing inspiration from the people and environment of Essex and can be found at: <http://www.avenuebaptist.com/spiritual-resources>

Prayer Resources For Small Groups

PRAYING FOR ONE ANOTHER: Put a chair in the middle of the group, and take it in turns to sit in it. The rest of the group then pray a prayer of blessing or encouragement over each person. You can dedicate a period of time to pray for everyone in the group, or you can pray this way for one person each time you meet.

USE THE LORD'S PRAYER: Divide the Lord's Prayer into sections, and give each to a different person. Take it in turns to go around the group, with each person expanding the meaning of the line or lines they were given, making it relevant to the group. 24/7 prayer movement have an excellent guide on how to use the Lord's Prayer for group prayer which can be found at:

<https://www.24-7prayer.com/downloads/60%20Minute%20Prayer%20-%20The%20Lord's%20Prayer.pdf>

KEEP A JOURNAL, TOGETHER: Record the prayer requests that you pray during your times together, and write down how God responds. This is a simple, yet powerful way to remember the way God works.

PRAY CREATIVELY: Start by using your senses to vary the way that you pray – you could mix it up between silence, speaking and singing. Try eating something, holding something or even write, draw or paint the thing you're praying for. Here are some suggestions

Family Tree – Praying for People

Draw a tree onto a big piece of paper – or use a real one if you have space. Invite people to write the names of family and friends who need prayer onto post-it notes or luggage tags, encouraging them to stick or hang these onto the tree as they pray.

Wailing Wall – Prayer Requests

Create space on a big piece of paper for people to write or draw their honest requests to God. Or you could make your own wailing wall by being creative with a piece of netting or fabric or make your own wall using a cardboard box filled with toilet/kitchen roll tubes.

Rubbish Bin – Sorry Prayers

Put a bin in the space with some paper and pens beside it. Invite people to pray Psalm 139:

*“Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.”*

- Psalm 139:23-24

As people confess their sins to God, encourage them to write their sins down and throw them in the bin as a way of letting go and receiving God’s forgiveness (you will need to provide assurance that they will be destroyed and unread).

Wash it Off – Forgiveness

Place a bowl of water, some soap, and some pens in the room. Invite people to write the names of those people they need to forgive on their hands (ensure the pens are washable!) and as they wash them off, ask Jesus to help them to forgive.

Your Kingdom Come – Praying for the World

Put a map or a globe in the prayer room, and encourage people to pray “Your Kingdom Come, Your Will be Done” over nations in the world. You may also like to place some newspapers beside the map/globe and encourage people to pray for countries and cities they read about in the news.

LISTEN TO GOD, TOGETHER: Practise listening to God for one another and asking what He wants to share. Here are four tips to help you listen to God:

1. Make Space

Listening takes time, and it helps if you start by removing distractions. Choose a peaceful place and set aside time to help you focus on God.

2. 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.

If you struggle with this regularly, try reflecting on a Bible verse such as *“Be still and know that I am God”* - Psalm 46:10, to focus your mind.

3. 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. Take each one in turn and give it to God before letting go of it. Don't let anxiety absorb your energy.

4. Learn to recognise His voice

God can speak in many ways. He can use our thoughts, feelings, the Bible, our experiences, or even 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.