

COME AND PRAY

INTRODUCTION

Prayer is a conversation with God. You don't need special words; you don't even need to pray out loud. Prayer can be just as powerful in rest and quietness as it can be in spoken word and gathering with others. In this prayer guide, you'll find different topics of prayer and few suggestions on how to use your time in prayer.

LIGHT A CANDLE

Make some space for a candle to be lit nearby. It will remind you of Jesus, who is the light of the world, and who often spent quiet moments in prayer to his heavenly Father. You might like to use the '**Prayers to begin each session**' (above)

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." John 8:12



GIVE THANKS

Beginning with gratitude and praise will help centre our thoughts on God's grace and mercy from the outset.

Why not read through [Psalm 66](#) or Psalm 138 below:

1 I give you thanks, O Lord, with all my heart;
I will sing your praises before the gods.

2 I bow before your holy Temple as I worship.
I praise your name
for your unfailing love and faithfulness;
for your promises are backed
by all the honor of your name.

3 As soon as I pray, you answer me;
you encourage me by giving me strength.

4 Every king in all the earth will thank you, Lord,
for all of them will hear your words.

5 Yes, they will sing about the Lord's ways,
for the glory of the Lord is very great.

6 Though the Lord is great, he cares for the
humble,
but he keeps his distance from the proud.

7 Though I am surrounded by troubles,
you will protect me from the anger of my enemies.

You reach out your hand,
and the power of your right hand saves me.

8 The Lord will work out his plans for my life—
for your faithful love, O Lord, endures forever.
Don't abandon me, for you made me.

You may like to conclude the psalm with these words:

**Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and shall be for ever. Amen.**

BE STILL AND WAIT FOR THE LORD

By waiting on the Lord in prayer you keep your mind free for God. Invite God to pull together reflections for you.

- Consider what God is placing on your heart to pray about.
- What has stood out for you in the list topics we're praying about.
- Imagine the people attending the event and consider how you might intercede on their behalf.

PRAYING FOR GOOD NEWS

Use a newspaper or find a news internet site and consider what situations you feel called to pray over. Praying through the news is one easy habit that we can all benefit from. It allows us to surrender our worries to God while also intentionally lifting up communities that need to experience His healing and love in tangible ways.



REFLECT

Ask God to speak to your heart. Make sure you have a pen and paper ready so you can write down anything that comes from Him. Feel free to share what you feel God is saying with a friend or member of your church. It might be an image, or a phrase, or a passage of scripture.

GATHER YOUR PRAYERS WITH THE LORD'S PRAYER.

The Lord's Prayer offers a shape and structure that gathers all our thoughts together in one place. The words 'Thy Kingdom Come' bring all we hope for under the banner of God's intention for us. We pray that every word uttered in prayer maybe transformed into what God intends for us and for those pray for.

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,
the power and the glory,
for ever and ever.
Amen.

LECTIO DIVINA

Lectio Divina is an ancient way of reading scripture in four parts. Try using it with one of the five passages of scripture The guide below can teach us to go deeper, to meditate, and to pray through the Word of God.

**LECTIO
MEDITATIO
ORATIO
CONTEMPLATIO**



You could try the Lectio 365 app from 247 Prayer.

<https://www.24-7prayer.com/resource/lectio-365/>

LECTIO

Why not use the passage of scripture for the day for Lectio Divina.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6

Read the text slowly and prayerfully, constantly listening for that word that God has prepared for you. You may want to re-read the same text multiple times to help quiet yourself and focus on God's voice. Listen and receive the Word that God speaks to you.

MEDITATIO

When a word or phrase strikes you, stop and rest with it. Repeat the word or phrase to yourself. Allow it to speak to you in a personal way by pondering the word in your heart, reflecting on what it means to you. Memorize it and repeat it to yourself, allowing it to interact with your thoughts, hopes, memories, and desires.

ORATIO

Prayer is your response to God's word. It begins your dialogue with God that comes from your heart. Formulate a prayer, as a response to God. What do you want to say to the Lord in response to the Word spoken to you? Enter into this loving conversation with God.

CONTEMPLATIO

Rest in God's presence and receive His transforming embrace. Sit still with God, realizing that in this deep and profound relationship, words are not necessary. Be content and at peace with a wordless, quiet rest in God, which brings joy to the heart. Remember that contemplation is not your action or doing, rather it is allowing God to act in you.

You can use any of these prayers to focus your thoughts and conversation on the topics of this year's 'Come and Pray' event.

PRAYER FOR THE DAY

Gracious God,
we gather before you,
the people and communities of the Diocese of Exeter on this day of prayer.
We lay before you our Diocese and particularly pray for;
Our Diocese and all who lead and serve within it;
Unity in our churches and communities;
Peace in our nations, our communities and our hearts;
Your creation and our inability to care for Your world;
Generosity in our hearts, and financial provision for Your mission and ministry;
And for all those who live and work in our beautiful county who do not yet know You.
Father unite us this day, hear our prayers, meet with us,
and direct our thoughts and actions as we reach out to You on this Day of Prayer.
In Jesus' name. Amen



PRAYER FOR PEACE

God of Peace,
We pray for peace in our world,
in our nations,
in our communities,
in our homes,
and in our hearts.
Unite all nations, not against one another, but against the common foes of greed,
ignorance, hatred, envy and sin.
Give them common cause to strive for justice and equity for all people.
Give us courage to incite reconciliation and peace for those who suffer as a result of war
and conflict,
Make us instruments of Your peace.
Holy Spirit, breathe into the whole of Your creation the peace that comes from You alone
and kindle into our hearts that true desire for peace.
God of Peace, may we all learn what it means to truly love our neighbour.
Amen

PRAYER FOR UNITY

Loving God, You call a rich tapestry of people to follow You,
to live in unity and harmony
and to love our neighbour as ourselves.
Yet we are a divided and split people.
Lord, break down the walls that separate us,
unite us as Your followers,
and forgive us the sins that divide us.
Deliver us from fear,
deliver us from arrogance,
deliver us from the search for perfect solutions.
Make us one as you are one, Father, Son and Holy Spirit.
Amen



PRAYER FOR CREATION CARE

Creator God, you call us to be good stewards of this earthly home.
Strengthen us to care for your creation;
forgive us when, through our greed and indifference,
we abuse its beauty and damage its potential.
Empower us, through your Spirit to so nurture and love the world,
that all creation sings to your glory.
You have made so much for our enjoyment Lord,
and we give you our thanks.
May we respect this earth that You have gifted to us.
Amen

PRAYER FOR GENEROSITY

Almighty God, you called the rich and poor to trust in You,
and not in material goods.
Teach us to regard money as a gift for use to Your service,
and not as an object of devotion.
Where there is abundance, may we share;
where there is treasure, may we use it for Your glory.
Help us to use our possessions freely for the good of others,
and share generously where we can.
Give us, by Your Holy Spirit,
a willing heart to use Your gifts wisely to Your praise and glory.
Amen

PRAYER FOR PEOPLE TO COME TO FAITH

Lord of all life
who through the mighty resurrection of your Son
offers all people salvation and fullness of life:
grant to us the confidence and courage
to share the Good News
with those who do not yet know you.
Help us to invite others to come and see,
through loving service, and faithful witness
the work of your Holy Spirit,
so that lives may be transformed for your glory.
We ask this in the name of your Son,
Jesus Christ our Lord. Amen.



PRAYER FOR PROVISION FOR THE MISSION AND MINISTRY OF THE CHURCH

Generous and loving God,
we offer you thanks and praise,
knowing that everything we receive comes from you.
Make us good stewards of your abundance, and caretakers of all
you have entrusted to us.
We bring to you the financial needs of the Diocese;
the deficit in our diocesan budget,
and the commitment to providing clergy and resources for mission
and ministry.
We pray that our financial needs would be supplied,
and we ask for wisdom, creativity, and generosity as we seek
solutions to these challenges.
We look to you in trust and faith.
Help each of us to be faithful stewards of what we have,
and to consecrate these gifts gladly to your service.
For we are your people, and you are our God.
In the name of Jesus Christ our Lord. Amen.

PRAYER FOR THE VACANCY

Loving and Gracious God.

We bring before You the family of people, churches, schools and chaplaincies that make up our Diocese of Exeter.

We pray for the appointment of our new Bishop, that You will give us a shepherd after Your own heart. Give wisdom and discernment to all involved in making the appointment. May those who offer themselves receive grace and peace as they seek Your will.

As we live this season and look to the future, inspire us with Your vision. May we, Your children, be faithful in prayer, living out our calling to share the good news of Your kingdom, and to serve the people of Devon with joy. Amen.



ZOOM PRAYER ROOM

During the day itself an online zoom room will be opened so that people can join the event from home. The details for connecting are:

<https://us06web.zoom.us/j/81314866173?pwd=davJ6nNI3zqtHwF4MJ0pGsyZspZZJD.1>

Meeting ID: 813 1486 6173

Passcode: 629945



24-7 PRAYER

LIVE STREAM

A live stream will be made available of the event during the acts of worship. You can find the link to the live stream on our facebook page.



<https://www.facebook.com/CofEDevon>

COME AND SEE '23

These prayers have been taken from the 'Come and See' Bible resource and may be used for beginning and ending your hour of prayer.

PRAYERS TO BEGIN EACH SESSION

Opening Sentence

Come and see what God has done:
he is awesome in his deeds among mortals.

Gathering Words

The Lord be with you
and also with you.

Come and see what God has done.

God is awesome in His deeds.

He turned the sea into dry land.

God's people passed through the river on foot.

Make a joyful noise to God all the earth.

Sing the glory of God's name.

Psalm 66:5

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end.

Amen

Lord God, you call us by name, and invite us into the presence of holiness as your people. We answer this call by your grace, and through the power of the Holy Spirit. Grant that we may hear you and respond to you today.
Amen.

You may like to read the passage of scripture for this week. After the reading the following may be said:

This is the Word of the Lord
Thanks be to God.

PRAYERS TO END EACH SESSION

You may like to share a time of open prayer, or make use of this simple litany.

Lord, help us hear your Word for us today. Open our hearts and fill us with your Spirit we pray.

O Lord come
and let us hear what is good.

Lord, as we learn together, help us be mindful of the needs of your world.

O Lord come
and let us seek what is good.

Lord, as we pray together, reveal to us your will for our lives.

O Lord come
and let us see what is good.

You may like to include the Lord's Prayer before a final blessing.

May God keep watch over us; may Christ restore us, body and soul; and may the Holy Spirit help us to remain faithful, giving thanks to God our whole life long. Amen.