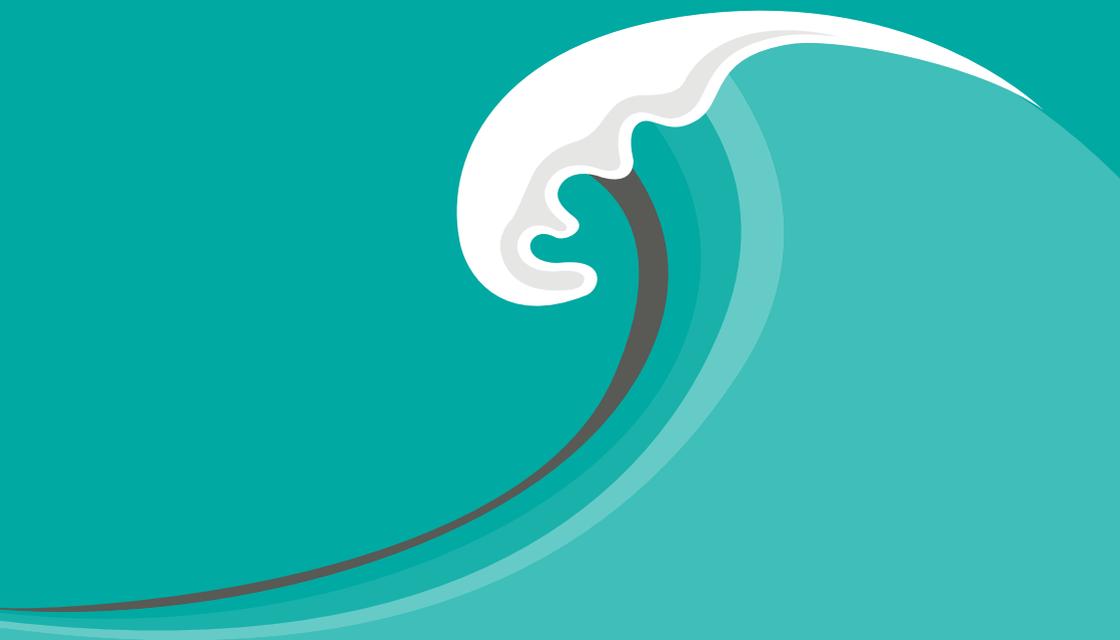


catching  
the  
wave.



40 DAY PRAYER GUIDE

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# Imagine

Imagine what would happen if thousands of people were praying every day and hundreds of churches united in asking God for his will to be done.

Imagine whole communities becoming saturated with the presence of God and people forsaking what is wrong, experiencing his love and finding Christ every day.

Imagine people becoming interested in the message of Christ and widespread social change as people live in hope instead of despair.

Imagine discovering God to be near; answers to prayer becoming common place and church becoming truly glorious.

Imagine... revival



# catching the wave

## **40 Days is a united concert of prayer asking God for a new wave of revival.**

Besides having different topics though each week it has a daily emphasis of praying for your 'Big Issue', your '3 Friends' and revival. It also incorporates a study guide with material relating to each of the weekly topics (page 76).

The Guide is designed to be used over 40 days. The first 'week' contains only 4 'days' to fit into the church calendar for Lent. Obviously it can be used at other times but bear this in mind. The rest of the weeks have 6 articles and a rest day on Sundays which gives an opportunity to reflect and catch up.

This can be seen as a prayer journey. What is important is that you meet with God, not that you rush through this guide!

Jesus encourages us, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you (Luke 11:9).



# Extending your prayer life

“Pray in the Spirit on all occasions, with all kinds of prayers and requests” (Ephesians 6:18).

## Pray more

Pray a bit longer than usual. Rather than just praying for your own needs, pray for the needs of the area.

## Pray with others

Take part in your church’s programme of prayer. Commit to praying with your partner or friend. The prayer guide can be used in group prayer as well as personal prayer.

## Come into his presence

Start your prayer time by making a conscious effort to come into God’s presence. Open your heart to allow him to speak to you. In Rev 3:20 Jesus knocks at the door asking to come in. You can have that promised fellowship with him.

## Praise and worship

Praise God at the beginning of your prayer times. Offer Him prayers of worship for who he is and thanks for what he has done. Intersperse your conversation with him with prayers of adoration and gratitude. You could even sing!

## Listen

Remember that conversations are two-way! Whilst you pray and fast God may well challenge your own life. By spending more time than usual, you are giving the Holy Spirit a wonderful opportunity to show where you need to change or perhaps to inspire or empower you for some ministry.

## Pray from the scriptures

The scriptures reveal God’s will for mankind. Many believers find it helpful to use passages of scripture in their prayers.

You can take the promises or themes and pray them into situations today.

## Keep going

Keep on praying even when you don’t see immediate answers. Praying for a topic once does not necessarily mean that this issue is dealt with! God may give you a determination to pray about something in particular. If so, you should keep on until you see the answer come.

## Consider fasting

Fasting is a demonstration to God that you mean what you pray. It is an outward expression of the commitment that lies behind the prayer. It has been practised by the Christian church throughout its history. It was also an important part of the prayer life of many Biblical characters. People fasted: to be in God’s presence ready to hear him (Acts 13:2); to seek God’s special help or blessing (2 Chronicles 20:1-4, Ezra 8:21-23); to express repentance (Nehemiah 9:1-2); to petition God to fulfil his word (Daniel 9:1-3). For guidelines about fasting please see page 74

# My 3 friends

**During these 40 Days you are encouraged to pray for people to become Christians. When someone comes to Christ usually someone has been praying for them.**

Choose three 'friends'. These should be people you know who do not know the Lord, or who are not walking with him at present. They could be members of your family, neighbours, colleagues, friends or contacts

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2

3

- Pray for each person specifically. Pray for their personal needs. Try to look at life from their standpoint. What are the worries and joys, pressures and decisions, dreams and fears that they face? Pray for those things.
- Pray about their spiritual life. What are the things that keep them from God? Pray that God would soften their hearts and bring them to faith in Christ.
- If you are doing this as a group or with a friend pray for their three friends also. Pray that the Lord would give opportunities to share something of His love with them.
- Believe that these three people will change during the 40 days of prayer.

# MY BIG ISSUE

If there is one thing that you want God to do during these 40 Days, what is it? What situation, person or trial is there in which you want to ask God to intervene? This period is a special opportunity for you to bring this need to God every day.

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If it helps, write it here >

## catching the wave

Every day we want to be praying for revival in this area.

**‘Lord we ask that you would act not according to the poverty of what we are, or believe, but according to the greatness of who you are and what you can do.’**

So each day one of the three things to keep praying for is ‘revival’. That’s where you can pray this kind of prayer.

### **But what is revival?**

Revival extends and enlarges God’s work. It’s like a new wave rolling forward, breaking and reaching more ground.

It is an activity of the Holy Spirit deepening people’s commitment and bringing an awareness of eternity. Christ’s message is heard and believed. Historically it has affected large numbers of people and transformed communities. People have described it as ‘communities saturated with the presence of God.’



# WEEK 1

# Father



## Something happened

Virginia had started a prayer meeting on a Monday morning at her church. She is a church warden and felt it was the right thing to do even though most Mondays she was on her own, sometimes joined by the vicar. She also felt it was right to leave the door open so people could come in if they wanted, even though this made it fairly cold!

One morning a young woman came in. When she saw Virginia she hugged her and cried explaining that she had saved her life. It turns out that Virginia had nursed her as a premature baby many years ago.

This young woman was in a difficult place, lost and upset. They prayed and talked with her. Virginia gave her the trypraying booklet (see page 79). A week later she came back and she prayed to commit her life to Christ. Virginia had been present for this girl's physical birth and then for her second birth too!!

## Something new

If we want something we have never had then we need to do something that we've never done.

Remarkable church growth is taking place in many places with churches full and thousands coming to prayer meetings. We'd love God to drop revival down from heaven: the complete thing in one easy-to-open package! But perhaps he wants us to be part of the process. Are we prepared to do something new to bring about revival? Perhaps our expectation of, and preparation for, revival should start with ourselves.

We may need to go deeper in prayer, to come to a place of honesty and brokenness before him. A breakthrough in areas of our lives in which we struggle may be necessary. Praying all night, fasting for a week, or meeting with other churches might be what is needed to bring about a new level of fruitfulness.

Historians have identified certain activities that precede revivals. J. Edwin Orr points to extraordinary united prayer. Other accounts tell of how revivals have come as God has responded to the cries of a handful of people. In the Hebridean revival men and women called upon God, often in desperation on their knees before him. Sometimes the persistent and faithful prayer of a small group of believers is what God answers; God powerfully touches the lives of individuals and works through them to reach others even whole communities.

So when it comes to praying, do we need to do something we have never done?

## Prayer focus

### FAMILIES

The family as a basic unit of God-ordained stability is in disarray in UK society. People living together without being married is common. Adultery destroys many relationships. Married couples often experience separation and divorce. There are many second families and single parent families. Children as well as parents are often hurting and confused. Single parents do a fantastic job in trying to bring up their children and need our prayers. Nevertheless many children from families where there has only been one parent end up in crime. (70% of criminals in the UK come from single parent families.)

- Let's pray this week for families to be strengthened.
- Pray for love to prevail in your own family and those known to you.
- Pray for families under pressure.
- Pray for a single parent known to you that God will help them in their demanding task.

## DAY 1

## Protecting

**Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!**

Matthew 7:9-11

I remember the laughter. We were on holiday playing with an airbed on a lake: pulling, splashing and pushing each other in the water. Then came a howl of pain and blood. My sister's and my brother's heads had collided and she was bleeding profusely. My father immediately took charge and we swam back to the shore. Strong arms of both my father and elder brother carried her back to the tent where we were camping and quickly help was summoned and the injury managed.

Fatherhood. As I remember that childhood incident it was a good picture of the protection and the care of a father (and an elder brother). Strength and security gave confidence that it was going to be all right. Not all of us have experienced that from our earthly fathers, nevertheless this is the role God intends them to have. This image is what God wants us to have of him: not only present in crises, but watching over our lives in protection and love. We have a Father in heaven, as the Lord's prayer says. He longs for us to experience confidence, love and power in our relationship with him as we work our way through this life.

In the Old Testament God reveals how he feels about people. In Jeremiah, for example, he speaks to the Jews who were 'idol-ing' around. He says how gladly he would treat them as sons and give them a desirable land. He says "I thought you would call me 'father' and not turn away from following me." In the New Testament Jesus speaks of our Father in heaven observing, rewarding, caring and loving.

Here we have 40 days to get to know God better. 'Father' is waiting, watching, listening, longing for you .....

### Prayer points

- Thank God that he is a loving, living and caring father to you.
- Many people do not have a good experience of their fathers and are suffering from the effects. Pray for someone you know (yourself?), who needs to be freed from the effects of bad fathering. Pray that they (you) will be able to forgive and discover freedom from the bondage they live with.
- Pray for the many fathers, especially young ones, who do not have a good role model of fatherhood and yet are now fathers themselves, that they will do good to their children.

Pray for your 'big issue'  
Pray for your 'three friends'  
Pray for a new wave of revival

## DAY 2

**This is what the LORD says:  
“Stand at the crossroads and look;  
ask for the ancient paths, ask  
where the good way is, and walk  
in it, and you will find rest  
for your souls.”**

Jeremiah 6:16

### Prayer points

- Pray for a greater intimacy with God.
- Pray for those who need to return to God – the ‘prodigals’ in your family or the family of a friend. Pray that they will long for what they have lost and begin their ‘return.’
- Pray for a greater understanding of what God is like among people in your church so that there will be many who return to the full experience of him in their lives. Pray for a greater depth to the life of the church.

## Returning

**Come near to God and he will come near to you.**

**(James 4:8) There’s movement here! As Christians we can think that if we have placed our faith in Jesus then we are home and dry in relation to God. All sorted. We have all we need in Christ. We are forgiven. We are going to heaven and in fact are already experiencing eternal life now. All this is true. It’s as true as my relationship with my father: I will always be his son; he will always be my father. Nothing can ever change either of those statements.**

However if God says we should come near then it implies we have moved away! At the very least there is an invitation to come closer. Distance can come in our relation with God, just as there can be distance with friends or family. A coldness can come, an awkwardness in his presence or when we pray we’re not really on speaking terms. Lack of communication allows ‘ice’ to form. There can be specific issues of offence, failure or disappointment that cause distance and need to be cleared. In fact even standing still brings distance from God. Our ‘walk’ with God is always a journey towards God.

In the story of the prodigal son (Luke 15) God is portrayed as a father waiting for his son to return. No failure or sin is too great. His love compels him to watch for his son’s return and to give him a lavish welcome. It is the same with us. So we are invited to make a move, to return. If we fail in this then we live uncomfortably with the distance – and like the prodigal – we’re deprived of the good that God would do. Drawing close to God is what we do as Christians.

Go for a walk today – a soul walk. Start from where you are and move towards God.

Pray for your ‘big issue’

Pray for your ‘three friends’

Pray for a new wave of revival

## DAY 3

**See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!**

1 John 3:1

**For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.**

Psalms 139:13-14

### Prayer points

- Take some time to consider what it means for you to be a child of God. Thank God for what is true of you as a Christian. Put away everything that undermines your confidence in your relationship with your heavenly Father.
- Pray for those in your church who are 'at the edge'; not quite sure that they are yet children of God (yourself?) Pray that they will have an experience of the 'Spirit of sonship' when God's Spirit tells them they are God's children (Romans 8:15,16).

## Adopting

I cried. I knew it was going to happen. For months it had been expected. But when the twins were born I cried. There's something about seeing new life brought into the world that does this. Our children were brought into our family with all its love, characteristics and quirks! Interestingly, there is something about becoming parents that we have inherited from God (Ephesians 3:15).

Jesus describes the process of becoming a Christian as becoming a child of God. God has children - those who receive (or believe in) his Son Jesus (John 1:12). Think about this for a minute: when we become Christians we are adopted into God's family. We take on the family characteristics and have its privileges:

- We have a new family - a good one (John 8:35, Hebrews 2:11)
- We have a new Father - the best there could be (Matthew 7:11)
- We have a new status - children of royalty (1 Peter 2:9, 10)
- We have a new access - so we can receive the mercy and help he gives (Hebrews 4:16)

So how do we feel about ourselves today? Low self esteem? Feeling we don't really count? Not worth being taken seriously? Perhaps instead we should remember we are children of God: having the most amazing Father caring for us. He is ensuring that we will become like him; sharing in the family characteristics of love, holiness, power and kindness. We matter to God. We are his children.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 4

## Knowing

**I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. That power is like the working of his mighty strength, which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms.**

Ephesians 1:17-20

### Prayer points

- Pray for yourself to know God better. Pray some of the things stated in Ephesians 1:17. As one commentator says: 'that your "pre-school" experience of God will develop into maturity'.
- Pray for your church leader to know more of God.
- Many people struggle because of false views of God. Pray for someone who is a prisoner to a false view of God.
- Pray for a young person you know that they would know their father's love. When girls know they are loved by their father they are far less prone to search for intimacy in wrong relationships.

In the 1992 Olympics Derek Redmond was tipped for a medal in the 400m. Immediately after the start of the race he experienced a ham-string injury. In that moment all the years of preparation and training came to an end. But he was determined to finish the course and began to hobble along in immense pain.

It was at this point that a figure pushed through the crowd onto the track. It was his father. He had realised that Derek was going to finish the race, come what may. So he put his arms round Derek and the two of them hobbled along together with Derek burying his head on his father's shoulder. There was a great cheer when they crossed the finishing line.

Derek says of his father: 'I'm very, very close to my father. He has a massive influence on my life. He was never my coach but he came to every race. He was everything else. My motivator, my hero, my pal, my bodyguard, my physio and my masseur some days. You name it, he was it.'

Jesus knew his Father in heaven. He said some striking things about that relationship, but most astonishing is that he invited us to join in the relationship they had together. In a single phrase Jesus says something that turns most religion on its head: 'Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent' (John 17:3).

Jesus was saying that people can know God personally. Being a Christian is not a matter of being religious but having a relationship. We can know God, not just things about him, because he is our Father.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

# Sunday

## Mmmmm have a break. Time to catch up.

You **can** do this 40 Day journey but you need a short break – so here it is. We've put one day a week just so you can have a break from your 'fast'. It's the Lord's day.

Stop and have a think. How are you getting on? Is there anything that has worked well for you? Is there something that has not worked for you? If so do you want to change what you do next week?

## Ideas!

This week has been about God as father:

- What about writing to your father or mother to tell them you are grateful for them or thankful for something they have done for you. It need only be a short note. They will appreciate it. Or if you are a parent, why not write to your children and tell them you think they are great.
- Talk with a friend sometime this week about what's good about fatherhood.

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## HEBRIDES 1949-53

In revival, God moves in the district. Suddenly, the community becomes God conscious. The Spirit of God grips men and women in such a way that even work is given up as people give themselves to waiting upon God. In the midst of the Lewis Awakening, the parish minister at Barvas wrote, "The Spirit of the Lord was resting wonderfully on the different townships of the region. His Presence was in the homes of the people, on meadow and moorland, and even on the public roads."

This presence of God is the supreme characteristic of a God-sent revival. Of the hundreds who found Jesus Christ during this time fully seventy-five per cent were saved before they came near a meeting or heard a sermon by myself or any other ministers in the parish.

The power of God, the Spirit of God, was moving in operation, and the fear of God gripped the souls of men - this is God-sent revival as distinct from special efforts in the field of evangelism. (Duncan Campbell of the Hebridean revival).

# WEEK 2

## Priorities

123

## Something happened

I came across your trypraying booklet (see page 79) at a hard time in my life. I'd recently suffered an ectopic pregnancy and was absolutely devastated. I felt lost, like I had nowhere to turn, no hope. I saw a trypraying banner on a church and thought, "Well why not."

### Something changed for me in that moment.

I asked God to help me, to make me stronger, and prayed for my lost little one. I felt different after, like a weight had been lifted. Suddenly I knew it was going to be ok. It was almost like a light was being switched on. Since then I feel like my eyes have been opened, and I feel like there are signs all around me that God exists, and that He hears us.

## Breath

We can see from the gospels that prayer was a priority for Jesus. He rose early to pray. He ensured he had time alone with God. He devoted considerable time to praying before making decisions (Mark 1:35). The disciples must have often watched Jesus pray. As the hours slipped by, they became intrigued by his concentration and intimate communion with the Father. Prayer was the breath that Jesus breathed and the driving force of his life.

Later on, it became so with the disciples. 'They all joined together constantly in prayer' (Acts 1:14). 'Night and day I constantly remember you in my prayers' (2 Timothy 1:3). Prayer has always been a primary mark of the saints of God in every generation. John Wesley spent two hours daily in prayer, and commonly said that 'God does nothing but in answer to prayer.' What's important however is not how long we pray, but that when we pray we meet with God.

Prayer is something we can learn to do during the day's activities as well as separate from them. However in our busy lives, we somehow find it difficult to make time for what we know to be the most important activity of all: taking time out with God.

Brother Lawrence, a 17th century monk who lived in France, wanted to 'pray without ceasing' and yet he had his daily duties to perform. His answer was to make all of his life a prayer and to be continually aware of God's presence; everything he did was to the glory of God. He felt the presence of God whether he was working in his kitchen or worshipping in his church.

So, for your prayer life, can it become more like your breath - continually happening?



## Prayer focus

### **BUSINESS**

Businesses are the wealth creators and employers in our society. Perhaps more than ever we need to pray for them as recession bites deeper and unemployment and bankruptcy figures rise. The pressure is on.

- Pray for honesty and creativity for businesses.
- Pray that people will find new areas in which to trade and new resources for their business.
- Pray for harmony in industrial relations and the prospering of businesses under the hand of God. This is a good time for the nation to learn that man does not live on bread alone.
- Pray that our love affair with money, excess and indulgence will end.
- Pray for those known to you who have responsibility in business that they will discover the favour of God as they act justly, love mercy and walk humbly with God.
- Pray especially for God's provision for those who are unemployed.

## DAY 5

## Seeking

**“The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field. Again, the kingdom of heaven is like a merchant looking for fine pearls. When he found one of great value, he went away and sold everything he had and bought it.”**

Matthew 13:44-46

### Prayer points

- Pray for people in your church or friendship group to experience a breakthrough in their relationship with Christ, finding a deeper appreciation of God in prayer or some greater experience of the power of the Holy Spirit in their lives. Pray this for yourself too!
- Check your value system! Jesus said, ‘Where your treasure is, there your heart will be’ (Matthew 6:21) Where is your heart? Worldly goods will never satisfy and they all need to be placed after the pursuit of God.
- Pray for your church that the immense value of the kingdom of God will be seen in the services this Sunday. Pray that people will be drawn to make astute life choices to pursue Christ.
- Pray for our society that the emptiness of materialism will be exposed rather than exalted in the media this week.

**Imagine finding a treasure chest overflowing with gold coins and precious gems. It is the stuff of fairytales! It’s the day – the moment – your life changes forever. From now on you can buy whatever your heart desires, go to anywhere in the world, first class, and lavish wonderful gifts on all your friends.**

Fantastic! This is how Jesus describes the kingdom of God: a treasure in a field or a pearl of great price. Nothing is ever the same once we have found this treasure.

The man in Jesus’ parable was lucky. He almost stumbled upon the treasure. He knew he had found something more valuable than everything he owned, so he was willing to sell everything to gain this treasure. It was not a financial risk, it was astute. It was the same with the merchant. All he had was less than the value of that one pearl. Selling everything to get the pearl was a bargain.

Why do we seek God? Why do we spend time like this? Why are we willing to pray or to fast? Is it because we think it is just something we should do, a worthwhile process to fine-tune our spiritual lives? If so then we have missed the point. When Jesus speaks about prayer he talks about persistence in asking, knocking and seeking (Luke 11:9-13). That is because there is something to be given, a door to be opened and something to be received. It’s not just a process, it achieves something – treasure!

The best thing that we can ever achieve in life is to know God. All that we have pales into insignificance compared to the abundant life he provides for us. He is the greatest treasure this life has to offer. He is worth seeking.

Pray for your ‘big issue’  
Pray for your ‘three friends’  
Pray for a new wave of revival

## DAY 6

## Cleansing

**Who may ascend the hill of the LORD? Who may stand in his holy place? He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false.**

Psalm 24:3,4

### Prayer points

- Ask God if anything is spoiling your relationship with him. If so, confess it to him.
- Having confessed, thank God for his forgiveness. Christ carried those sins on the cross and God now has no condemnation for you because you are in Christ (Romans 8:1).
- Without being judgmental, pray for the removal of sin barriers in the church.
- Revivals of the past have always included conviction of sin. Pray for God's Spirit to bring a wave of conviction so that people know they have to get right with God.

**Are there things we do which stop God listening to us? Yes! In the Psalms it says "If I had cherished sin in my heart, the Lord would not have listened." (Psalm 66:18). Our sin stops God from answering. So if we want God to hear and answer we must pray with a clean heart.**

Perhaps we need to have a 'clean-out'. Imagine the dirt-busting, clutter-removing team from the BBC visiting a house today? What do they do? They ruthlessly remove unnecessary junk. They organise the muddle and disorder and apply lashings of all kinds of cleaning materials to purge all the dirt and grime. Within hours they can transform a dirty hovel into an attractive, spacious and desirable dwelling.

Now we might not have 'hovel-like' proportions of spiritual grime in our lives, but as God is holy, so should we be. How do we get rid of the dust and dirt in our lives? We need to confess where we went wrong – attitudes and actions. How does this work?

God has provided a way of being clean. It is through Christ's sacrifice on the cross. We become clean on the inside not by promising to be good, trying harder or praying more, but by faith in Christ's death for us. To get a clean heart we need to confess our sins. Confession to God is simply naming our faults, our sins, holding back nothing. What will God do when we do this? "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness" (1 John 1:9).

This is how we can be sure that God will listen to our prayer: confess our sin. When we do this, all God's mighty power is accessible in bringing about the answers we ask of him.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 7

## Worshipping

**Because your love is better than life, my lips will glorify you.**

Psalm 63:3

**Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God— this is your spiritual act of worship.**

Romans 12:1

**What am I going to get out of it? What's in it for me? How often we find ourselves subconsciously asking these questions about activities and situations we get involved in!**

We all have different ways in which we express our worship, but however we do it we face the same challenge. Too often we are the centre of our attention. But worship is not about us, it's about bringing something of ourselves to God. We are made in the image of God and our greatest calling in life is to worship our loving creator.

In a conversation recorded in John 4:23,24, Jesus says that God is looking for true worshippers who will worship him in spirit and in truth. Anna worshipped with devotion 'serving night and day' in the temple with 'fasting and prayers' (Luke 2:37); David danced exuberantly 'with all his might' (2 Samuel 6:14); Mary demonstrated extravagant worship as she anointed Jesus with oil (John 12:3).

Worship isn't just about what we do in church – it is an attitude of serving God at all times and in all we do. In Mark 12:30 we are called to love the Lord with all our heart, mind, soul and strength. This is radical! It means everything surrendered to him. The apostle Paul picks this up in Romans 12:1 "Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him". We are to worship him through our lives: our relationships, attitudes and words and actions. Nothing we do should be devoid of worship.

Worship pleases God and allows us to come close to him. The irony is that as we worship without regard for ourselves, we do get something out of it: intimacy with the living God.

### Prayer points

- Still yourself: spend time bringing to God your day, your worries, your concerns. Now spend time worshipping God for who he is: our awesome creator, our Holy Lord, our heavenly father whose love endures forever!
- Pray that in your day's activities and your relationships you would become less and less concerned with yourself and more and more concerned with what God wants you to be.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 8

## Empowering

**He said to them: “It is not for you to know the times or dates the Father has set by his own authority. But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”**

Acts 1:7,8

**Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”**

Matthew 28:18-20

### Prayer points

- Pray for more of the Holy Spirit's power for yourself and others in your church in ministry and mission, holiness and service.
- Pray that the church will properly engage in the task of making the good news of Jesus known. Pray for church leadership to prioritise this, people who will do it and response to the message.
- Pray for the 'demonstration of the Spirit's power' as God's word is preached in churches this Sunday, so that people's faith will rest not on human wisdom but on God's power.

The New Testament shows Christianity to be an engaging, transforming experience of God's presence and power through the Holy Spirit. It speaks about Jesus the Son of God teaching, doing miracles, healing the sick and raising the dead; about a conflict between spiritual forces of good and evil and about the Holy Spirit equipping us to reach the ends of the earth with an amazing message.

So who is the Holy Spirit? He is the person and the power behind the message of Jesus. As the third person of the God-head, he comes to make God real to us convicting us of sin, glorifying Jesus, and empowering us to live as we should. He enables us to be witnesses (Acts 1:8).

The Holy Spirit empowered those first disciples to extend the work of Jesus. In Luke 9:1 and Luke 10: 1 Jesus sent the disciples off on a couple of mission trips to do what he had been doing himself: preaching and healing. It turned out to be something they were hugely excited about when they returned. But then after Pentecost the Holy Spirit came to dwell among them they really got going in carrying his life-changing message wherever they went. Jesus had trained them over three years but now through the presence of the indwelling Spirit they continued his work.

The challenge for us today is to make Christ known to those around us. We participate in this by the power of the Holy Spirit. He is as present today as he was in the first century. We can trust him to give us the words to say and even for signs and wonders to accompany what we do in his name.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 9

## Uniting

**“My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one: I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me. Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world.**

John 17:20-24

### Prayer points

- Pray for divisions and cliques in and between churches to be removed and for grace and truth to be expressed.
- Pray about any initiative you can take to be in harmony with those you know.
- Pray that the watching world will have its visible demonstration of God’s love shown through, and in, the churches here. Pray that many will see this and believe.

**Make every effort to keep the unity of the Spirit! Sadly news got around in first century Corinth that some people thought their particular group in the church was more important than others. The purity of the church was being invaded by human nature. So in 1 Corinthians 1:10 Paul gets really steamed up, saying in effect: “I appeal to you by the authority of Jesus Christ stop arguing!” He appeals for harmony and an end to silly cliques in the church – or between churches.**

What would Jesus say if he heard of Christians taking pot-shots at each other like this? What would he say to people refusing to talk to others – or even crossing the road to prevent a conversation? This is sin!

Jesus prayed for his followers to be one, just as he and the Father are one. And that is the most wonderful example of unity. He prays to the Father in John 17:22: “I gave them the same glory you gave me, so that they may be one, just as you and I are one” and again in verse 24: “I want them to be with me, where I am, so that they may see my glory, the glory you gave me.”

Jesus says that Christian unity will make a definite impact on the world. Just as Jesus revealed an unseen God to the world, so the Church can reveal the unseen Father and his love. The unity Jesus prayed for is not organisationally produced, nor is it historically invisible. It is something God produces – full of grace and truth. The world needs to see our unity.

Pray for your ‘big issue’  
Pray for your ‘three friends’  
Pray for a new wave of revival

## DAY 10

**But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of Him who called you out of darkness into his wonderful light. Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy. Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul. Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day**

**He visits us.**

1 Peter 2:9-12

### Prayer points

- Let's aggressively pray out of our lives the self doubt and false humility that keeps us from taking our place in God's plan. Pray that you will know more fully the reality of who you are in Christ.
- Pray for your church and the whole Church that a new confidence will arise and that we will together take our place in declaring God's praise to the world.
- Pray for the Church to do exploits that are audacious, extraordinary, faith-filled and glorifying to God.
- Pray for yourself to have an opportunity to share your faith this week.

## Enlisting

It would have been a momentous day. The elderly king David had made great plans for the future and he had enlisted his son to complete them. The plan was to build a temple fit for God. David's leadership of the nation was being passed to Solomon. So on this special day, when the baton was being handed on, David said to Solomon, "The Lord has chosen you ... Be strong and do the work." 1 Chronicles 28:9,10.

How did Solomon feel? Did he feel kingly? Did he feel up to the task? Would he have preferred to play football with the lads? We do not know. But he was the anointed child of the king and so he took his place.

On another occasion an elderly leader was writing to those who had become Christians. He wanted them to discover their true identity and fulfil their calling. Peter writes to say they are special, chosen by God in order to fulfil a great plan of telling the night and day difference that God makes (1 Peter 2:9-12.) This was written about us and for us, too.

Do we feel special, chosen by God? Would we rather take a back seat? The truth is, if we have received Christ, we too are children of the king. We also can take our place and live out what we are as Christians. What Peter writes is also for the Church as a whole. It is both our corporate task and our individual opportunity. We are invited to enlist in God's great cause in the world - with its excitement, challenge and fulfilment.

"The Lord has chosen you ... Be strong and do the work."

Pray for your 'big issue'  
Pray for your 'three friends'  
Pray for a new wave of revival

# Sunday

## Here's another break. Enjoy this day. Do something you would like.

How about phoning someone who you know is using the 40 Days and asking them how it's going? Encourage each other to keep going.

Have a think. Is God answering any of your prayers?

The week has been about purposes. Is there something you have discovered that you could put into practice?

## Ideas!

Do something cheerful:

- Say thank you to the supermarket staff at the checkout or the person who collects up the trolleys.
- Make someone laugh.

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## NEW YORK 1857-1860

In September 1857, a man of prayer, Jeremiah Lanphier, started a businessmen's prayer meeting in the upper room of the Dutch Reformed Church Consistory Building in Manhattan. In response to his advertisement, only six people out of a population of a million showed up. But the following week there were fourteen, and then twenty-three when it was decided to meet everyday for prayer. By late winter they were filling the Dutch Reformed Church, then the Methodist Church on John Street, then Trinity Episcopal Church on Broadway at Wall Street. In February and March of 1858, every church and public hall in down town New York was filled.

Horace Greeley, the famous editor, sent a reporter with horse and buggy racing round the prayer meetings to see how many men were praying. In one hour he could get to only twelve meetings, but he counted 6,100 men attending.

Then a landslide of prayer began, which overflowed to the churches in the evenings. People began to be converted, ten thousand a week in New York City alone. The movement spread throughout New England, the church bells bringing people to prayer at eight in the morning, twelve noon, and six in the evening. The revival raced up the Hudson and down the Mohawk, where the Baptists, for example, had so many people to baptize that they went down to the river, cut a big hole in the ice, and baptized them in the cold water. When Baptists do that they are really on fire!

Taken from *The Role of Prayer in Spiritual Awakening* - J. Edwin Orr

# WEEK 3

## Compassion

## Something happened

'My Big Issue' was this: In January 2012 I returned home to find my wife hanging from the loft. Since that time I had struggled to come to terms with the trauma of it and my mind was always in turmoil, trying to cope with the "what ifs" and the occasional anger.

A friend gave me a trypraying booklet and suggested I try praying for a week. She said she would pray for me too. So my prayer journey began. As I read each day and started to pray, I knew that my friend was praying for me too.

I got to day six in the booklet which explains about responding to what Christ has done for us. I realised I needed to do that. So at 7.15 in the morning on a bench overlooking the river I asked Christ into my life. Instantly all the turmoil in my life went. I knew something very significant had happened. I felt relaxed and unbelievably serene. My life had changed.

Since then my life has taken on whole new dimension. I've had a new beginning!

## Tuning in

'Whatever you ask in my name,' Jesus said, 'I will do for you' (John 14:13). When you pray, you are asking God to do something. But what sort of things do you ask? Prayer that is truly in Jesus' name is prayer that has heaven's ownership to it. In other words, it is prayer that starts from the heart of God.

Perhaps we should ask what is on God's heart. What does he want to do in our city or town at this time? When we have understood that, we can bring those things to him in prayer. Prayer enables God to carry out his will on the earth.

Jesus 'tuned in' to his Father with unwavering consistency. He knew his Father and his Father knew him (John 10:15). He had singleness of purpose – doing his Father's will. 'I tell you the truth, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does' (John 5:19).

It can be difficult for us to get on the right wavelength with God: to 'tune out' the busyness, our own agendas and self-centred thoughts as we communicate with the Father. But as we seek him we begin to tune into our heavenly Father's voice. As we listen, the Holy Spirit prompts and guides us. We grow to know his voice and hear his directions. Jesus said that his sheep follow him because they know his voice (John 10:4).

God rarely speaks to his people through loud or audible words. More often it is through soft impressions, gentle feelings that come into our minds. Colossians 3:15 says 'Let the peace of Christ rule in your hearts'. The word translated as 'rule' (brabeueto) comes from the imagery of the athletics arena and literally means 'to umpire'. It is the peace of Christ that umpires whether a thought comes from God or not. As things come into your mind, do you sense the peace of God with them? As you spend more time with the Lord, you become better at distinguishing his voice from the other 'voices' that come into your head.

## Prayer focus

### GOVERNMENT

Listen to the news this week and pray that those who are involved in government trying to handle situations would be given God's wisdom.

- Pray for those in local and national government. Most people enter public life with a desire to serve and often at great cost.
- Pray for your MP and local councillors that their desire to serve would remain uppermost and that their work would benefit those they represent.
- Ask God that the decisions made in the corridors of power this week would have positive effect in the life of community and nation.
- Pray for wisdom to be given, petty power- broking to be absent and integrity maintained.
- Pray also for leadership to strengthen justice, freedom and the spiritual life of the nation.
- Pray too that those forces which undermine family values, Christian freedoms and community cohesion would be exposed for what they are.

## DAY 11

## Need

**Blessed are the poor in spirit, for theirs is the kingdom of heaven.**

**Blessed are those who mourn, for they will be comforted.**

**Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy.**

**Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called sons of God. Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.**

Matthew 5:3-12

### Prayer points

- Pray about your own attitude to wealth – if you have it or if you don't! Confess any wrong priorities.
- Trust God with your own finances. Perhaps you need to pray for money, a job, better management of your money. Trust God because he knows your needs before you ask.
- Is there a gift you should make? Pray about your giving to those in need as well as spreading God's Good News in the world.
- Pray for those caught in the trap of debt.

**Needy people: the lost, the least, the last and the lonely.** These are ones for whom God cares. Jesus reminded everyone that this was God's heart and his priority. In his manifesto in Luke 4:18, 19 and in the beatitudes (printed on the left) we see his intention to bring good news to the poor, gladness to those who sorrow and hope for those with a bitter past.

Everybody needs God. We need him for our next breath, our next heartbeat, our next thought. We need him to provide food, health, friendship, safety and homes. And we need acceptance, significance and a sense of worth. Yet the 'evil one' who controls much in this world (1 John 5:19) delights in depriving and robbing people of God's provision. So many people limp through life struggling without their basic needs being met and often with feelings of failure, rejection and worthlessness.

What can we do in the face of so much need?

The theme this week is compassion. The church is the greatest voluntary care giver in today's crumbling society. It runs food banks, old people's clubs, youth activities, supports families, offers debt counselling, etc. The list of organisations initiated and run by Christians that reach out to the needy is endless. There is something about Christianity that produces compassionate activity (contrasted with, for example, atheism; there may be many good, kind atheists, but atheism itself does not produce compassionate activity).

Our needs often drive us to call out to God for his help. Seeking God as first priority enables us to find his provision (Matthew 6:33.) Sometimes our needs are based on wrong beliefs. For example Jesus turns upside down the value of the world which says 'having is blessed'. He says there are rewards for those who have not, those who are meek, who show mercy and are peacemakers.

The church continues to be in the forefront of meeting the needs of the poor and the desolate showing the heart of God.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 12

## Poverty

**“There was a rich man who was dressed in purple and fine linen and lived in luxury every day. At his gate was laid a beggar named Lazarus, covered with sores and longing to eat what fell from the rich man’s table. Even the dogs came and licked his sores. “The time came when the beggar died and the angels carried him to Abraham’s side. The rich man also died and was buried. In hell, where he was in torment ... he called to him, ‘Father Abraham, have pity on me ... “But Abraham replied, ‘Son, remember that in your lifetime you received your good things, while Lazarus received bad things, but now he is comforted here and you are in agony.**

Luke 16:19-25.

### Prayer points

- Pray about your own attitude to wealth – if you have it or if you don’t! Confess any absorbing of the world’s value system.
- Trust God with your own finances. Perhaps you need to pray for money, a job, better management of your money. Trust God because he knows your needs before you ask.
- Is there a gift you should make? Pray about your giving to those in need as well as spreading God’s Good News in the world.
- Pray for those caught in the trap of debt.

**Let’s consider the rich. There is enormous wealth in the hands of some. Wealth is not wrong; it is a gift from God. But to be wealthy without generosity is abhorrent to God. It is not His way for those who live in riches to close their hearts to the abject poverty that surrounds them.**

The rich man did just this in Luke 16 and he got his ‘reward.’ When we are rich we can alleviate need by giving out of our wealth. There is often a need for justice. We should be aware of trade issues that keep the poor, poor and the rich, rich. There are injustices to fight.

Let’s consider the poor. God hears the cry of the poor and will not forsake them (Isaiah 41:17). When we are poor we can be encouraged knowing that God sees our situation and cares. There is no shame in being poor. Jesus lived dependent on others’ generosity (Luke 8:3).

Let’s check our attitude. There is a ‘poverty spirit’. Do we have the attitude that second best, second hand and second rate is what we are worth? If so, we have not understood how much God values us. This poverty of spirit inhibits us from achieving our full potential. Perhaps we should realise we are children of the king.

And finally, in Revelation 3:14-22 Jesus describes a church that has lost it. They have absorbed the value system of the world and have become luke-warm. They think they are rich and don’t need a thing. But Jesus says to them, “You do not realise that you are wretched, pitiful, poor, blind and naked.” He counsels them to repent, to hear him knocking at the door, receive him and eat with him. Spiritual poverty needs addressing.

Pray for your ‘big issue’

Pray for your ‘three friends’

Pray for a new wave of revival

## DAY 13

## Loss

**Mary came to where Jesus was waiting and fell at his feet, saying, “Master, if only you had been here, my brother would not have died.”**

**When Jesus saw her sobbing and the Jews with her sobbing, a deep anger welled up within him. He said, “Where did you put him?”**

**“Master, come and see,” they said.**

**Now Jesus wept.**

**The Jews said, “Look how deeply he loved him.”**

John 11: 32 – 36 (The Message)

**“You don’t have to wait for the End. I am, right now, Resurrection and Life. The one who believes in me, even though he or she dies, will live. And everyone who lives believing in me does not ultimately die at all. Do you believe this?”**

John 11:25-26 (The Message)

### Prayer points

- Thank God for blessings in our lives and for strength to cope with loss.
- Ask God to show you someone who is suffering and needs your prayers today. Consider praying for this person on a longer term basis.
- Pray for the disabled, ill and bereaved: for comfort, healing and that Jesus would touch their lives – perhaps through a Christian neighbour or friend.
- Ask God to encourage those who care for others in our communities.

**To lose something very dear to us causes great pain. We may lose jobs, health, relationships, hopes, dreams and loved ones.**

In John 11 Jesus receives news from two friends of the imminent death of their brother and his friend Lazarus. Despite the emergency, Jesus waits for two days before travelling to visit his dying friend and by the time he arrives Lazarus is long dead. It was hard for his sisters, Mary and Martha, not to ask Jesus why he had not come sooner. The same reproach often rises from our hearts – why Lord? ...If only it could have been different.

Our losses may not always be met with the same miracle as experienced by Lazarus (see John 11:43-44), but we can always take two truths from this as we pray in the face of loss. First: there is a time for mourning our losses and hurts; Jesus mourns with us during those times. The pain and imperfection of this world hurts and angers him too. Second: ultimately we do not lose. Jesus promises us that even though we may lose our life, we will live – now and in eternity.

God draws close to those who are grieving. Just as we hurt so our cities are hurting places. We can pray that God will be close to us and those around us as we mourn our loss. ‘Blessed are those who mourn for they will be comforted’ (Matthew 5:4), Jesus’ heart was for those who suffered physically, mentally and emotionally. He demonstrated love and care and healed those who came to him. We too can ask for love and care. And we can ask, right now, in the face of hopeless loss, for his resurrection hope and power.

Pray for your ‘big issue’

Pray for your ‘three friends’

Pray for a new wave of revival

## DAY 14

**The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favour.**

Luke 4:18-19

### Prayer points

- Are there aspects of your life in which you would say you are oppressed? If necessary, ask forgiveness for any wrong choices made. Ask for the Son to set you free. In prayer receive the freedom that Christ wants you to have.
- Are you making the right choices in life? Pray for right thinking and the breaking of any strongholds in your mind that hold you captive (2 Corinthians 10:4,5).
- Pray for those you know who are prisoners to some form of oppression – in mind, body or spirit – that they too will be set free. Include any you know who have an addiction to alcohol or drugs.

## Pressure

**Stress is good for you, without it we wouldn't get anything done. But too much pressure in our lives can paralyse us.**

Much of the pressure we experience is self-inflicted, a result of the choices we make. Our desires to impress, to succeed, to be the first and best underlie lifestyle preferences. Stress inhabits our lives as we place ourselves in the rat race, driven by ambition and busyness. But the Beatitudes indicate a blessedness that God gives those who opt for a meek or humble lifestyle. He values truth over status and purity over power. Choosing to put others first, ourselves last and freeing ourselves from the world's expectations is an antidote for much of the intense pressure we endure.

Nevertheless, some people experience more than pressure. They are oppressed. This is obvious where there is violence, human trafficking or racism. But there is a less obvious oppression. Illness, depression or life's circumstances can restrict and constrict our lives. The wrong choices that people make, leading to alcohol or drug addiction, are particularly damaging. Sin in its various forms robs people of their freedom.

Jesus stated that he came to proclaim 'freedom for prisoners and release for the oppressed' (Luke 4:18) He taught that sin leads to slavery but that he sets people free: "If the Son sets you free you will be free indeed" (John 8:36). He also said that if we hold to his teaching we are his disciples and "you will know the truth and the truth will set you free" (John 8:32). Through faith in Christ freedom and healing are possible.

The pressures of life, which inevitably come, can be managed as we walk with Christ.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 15

## Conflict

**Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.**

Ephesians 4:29-32

### Prayer points

- Pray for a situation of conflict that you know about – or even are involved in – that God will turn it around. Pray that grace and truth will replace accusation, fear and defensiveness.
- Pray that people will recognise how important it is to protect and promote the institution of lifelong, faithful, loving marriage.
- Pray for two or three married couples you know that their relationships would be strengthened and enriched.
- Pray for the homeless who are often the victims of family breakdown.

**Family harmony provides a sense of belonging and security unlike many other relationships. When conflict arises it threatens that security.**

Family breakdown is the root of so many of society's problems. Words and actions cause lasting damage and the anguish of broken relationships often results in violence. The next generation carries the scars and may continue the same process with their partners. There are not only strained relationships between couples but in all aspects of life. Relationships between colleagues, communities and nations are in tension.

The Bible is clear about how to maintain healthy relationships and restore broken ones. We need to cultivate an attitude of acceptance and service choosing to let love and forgiveness govern our relationships. It is not easy, but we should get rid of negative emotions and attitudes. Paul says to get rid of all bitterness, rage and anger and he encourages us to watch what we say, speaking only what is helpful for building people up.

The Bible emphasises the amazing mercy of God. Restoration is possible as we discover that God is a God of fresh starts. We discover our own identity, secure in Christ. Knowing who we are – sons and daughters of the King of Kings – is the best foundation on which to build a good relationship with a partner or parent, friend or colleague. We can demonstrate Christ-like attitudes: co-operation instead of competition, affirmation instead of criticism, and love instead of hate (Ephesians 4:20-32).

Blessed are the peacemakers.

Pray for your 'big issue'  
Pray for your 'three friends'  
Pray for a new wave of revival

## DAY 16

**Practise hospitality. Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.**

Romans 12:13-16

### Prayer points

- Pray for your immediate neighbours and think if there is something you can do for them.
- Pray that our churches will become places where good relationships are formed. Pray for those who are single (perhaps that's you!) that special friendships will be formed.
- Pray for the protection and wellbeing of asylum seekers. Pray that churches will reach out with practical help but also that many come to a real faith in Christ.
- Pray for the gay community and other minority groups – that they will know Christ's love.

## Loneliness

**'The most daring thing young people can do is to create stable communities in which the terrible disease of loneliness can be cured.'** Kurt Vonnegut.

A third of the population lives alone. The importance of family and community has declined. Fewer activities revolve around local communities – and if there is a community focal point it is more likely to be a pub than the local church, which was a hub for former generations. People leave home to study or work and find themselves alone – leaving parents alone. Many struggle to find a longed-for life partner. And at the other end of life, an aching void opens when a partner dies.

There is an opportunity for the church. Jesus said, "Do to others what you would have them do for you." If you were alone, what would you like someone to do for you? Invite you round for a meal? Coffee? Out for a drink? It's all about taking the initiative. We can make it a priority to include and befriend the lonely and the single by creating inclusive communities. 'God sets the lonely in families.' (Psalm 68:5,6) If our father in heaven extends his love to those who are single, widowed and vulnerable, then we can be his hands and feet by taking action.

This also extends to those we might be tempted to shun as different. We all tend to gravitate towards those who are like us. Yet whole people-groups can find themselves rejected or even targets of abuse. God says to treat foreigners as we would treat fellow countrymen, to love them as we love ourselves. (Leviticus 19:33-34) Perhaps the challenge is to demonstrate God's love even to those who have made wrong choices?

Blessed are the merciful, for they will be shown mercy.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

# Sunday

**Here's the day off for week three. Stop and take a break. Are you finding this hard? Do you think you can do one more week?**

James Corbett, world heavyweight boxing champion in the 1890s, said: "To become a champion, fight one more round."

This last week was all about living in need. Is there anything you would like to do as a result of this week?

## Ideas!

Here are a couple suggestions:

- Maybe you have a 'poverty spirit' (see page 27) Then how about doing something nice for yourself and telling yourself you are worth it!
- How about making a special gift to someone just to surprise them. Tell them they are worth it!
- If you are talking with someone who expresses a need about something this week, why not offer to pray with them (or for them). Most people respond positively when someone offers to do this.

## YORKSHIRE 1860

In the 1860s over a million people were added to the church. Here's an example of what was happening in one city: "There were united daily prayer meetings in the port city of Kingston upon Hull, supported by the established church and the dissenting denominations. Numbers of people were unable to gain an entrance to the central meetings, and so, many places of worship were opened each evening for prayer. A monthly united prayer meeting attracted more than 3000.

As usual a rising tide of evangelism followed, and campaigns were still crowding halls in 1865 to excess, necessitating the hiring of the circus, at which ministers of different denominations preached. Other very successful campaigns were carried on throughout the year 1865."

Taken from the Second Evangelical Awakening in Britain by J Edwin Orr

## WEEK 4

# Faith

## Something happened

My mum was diagnosed with terminal cancer six weeks ago and has been in hospital care since. In the 30 years since I became a Christian she had always rejected it for herself despite coming to church with us on occasion.

Even on her deathbed she was saying that's nice for you to believe but no one really knows what's on the other side. I started praying and on visits to the hospital mum started to express her guilt at the things she had not done in her life and the things she had done. I told her she could give those things to Jesus but she did not want to pray. I thought the opportunity had gone as her condition deteriorated. On the next visit she suddenly talked about her guilt again and I told her what I had read that morning on day 5 of the trypraying booklet which explains about forgiveness. This time mum wanted to pray. She asked Jesus for forgiveness, I was able to reassure her that she could be confident in being with him very soon.

Mum has now died. In the last few days she was not able to respond to us anymore but despite her body fading, inside she was more alive than ever. After that conversation she had complete peace and we prayed together regularly thanking God for his love.

## Praying for the Nation

We hear news every day about appalling things taking place in our country. We are reaping the consequences of seeds of godlessness sown over the last 50 years or more. Often we hear it with hardened hearts. To do otherwise overwhelms us.

However we can pray in the spirit of Nehemiah. He prayed for 'his people.' He mourned, fasted and prayed (Nehemiah 1:4) as he recounted how they had turned their backs on God. We can ask for hearts filled with compassion allowing us to feel the pain and pray for change.

Later Nehemiah expresses a profound understanding of God when he prayed, 'But you are a forgiving God, gracious and compassionate, slow to anger and abounding in love.' (Nehemiah 9:17).

In today's individualistic society we are not used to confessing anyone's sins but our own, but, 'no man is an island.' We are affected by, and implicated in, the sins of those around us. In the Lord's Prayer Jesus gave the plural confession, 'Forgive us our sins.' In addition Nehemiah, Isaiah (Isaiah 6:5), Daniel (Daniel 9:2f) and Jeremiah (Jeremiah 14:20) confessed the sins of their nation. Confessing the sins of our society in this way moves us from engaging in arm's length prayer to prayer out of a sense of belonging to our community.

In addition to this Jeremiah encouraged the people to 'Seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers you too will prosper' (Jeremiah 29:7). In these words we are invited to pray for the place where we live and seek peace and prosperity for our communities.

To what extent are you able to stand before God and pray on behalf of your family, city and nation?

## Prayer focus

### **MEDIA**

The values and behaviour of the nation are reflected and fashioned by the media. This week let's pray for those involved in the media, including the arts and entertainment, who are key shapers of our society.

- Pray for programme directors, news editors, scriptwriters, DJs, and policy makers who shape the content and tone of what we hear, see and read each day.
- Pray for the editor of a programme you watch or a newspaper you read.
- Pray for Christians who are involved in the media.
- Pray that God would raise up Christians to work in the media.
- Pray that what is true, noble, right, pure, lovely, admirable, excellent and praiseworthy will feature (Phil 4:8,9).

## DAY 17

## Believing

**I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you.**

Matthew 17:20

**And without faith it is impossible to please God, because anyone who comes to him must believe that he listens and that he rewards those who earnestly seek him.**

Hebrews 11:6

### Prayer points

- Ask that God's Spirit, the spirit of faith (2 Corinthians 4:13) would fill your mind.
- Confess and repent about the mountain of unbelief that pervades our land. Confess your own proneness to scepticism. Have we seen things through eyes of unbelief? Ask for the ability to distinguish between faith and gullibility.
- Pray about these same things in relation to your church. Pray for the ministry of the church to stimulate faith in a God who can do anything, rather than faith in a God who doesn't do much more than we can do ourselves.

**Do we have faith? Jesus encouraged people's faith. Again and again he said to people that their faith had healed them. He was always looking for that kernel of faith that he could work with and was disappointed when it was not present.**

But finding faith is not a process of 'hyping' yourself to believe something that you know to be unlikely. Faith has content. It is faith in something, in someone. And that is what Jesus encouraged people to do - to put their faith in him.

Faith is what is needed for us to see answers to prayer. But this frequently sends us off into a spiral of self analysis: have I got faith? Have I got enough faith? How can I get more? However the most important issue is not how much faith we have, but in whom is it placed?

Our faith must be in God as revealed in Jesus. When we understand what God is like: his nature, his person, his compassion, his word, his love, his eternal, all-encompassing, sovereign power, then we realise we can trust him. A tiny amount of faith - even as small as a mustard seed - when it is in Jesus is sufficient to move mountains.

It's not the scale of the problem that we should think about but the power of God to deal with it. It's not the size of the mountain that should impress us, but the nature of the one who moves mountains. He has no rival!

This week as we pray let's take a long look at Jesus and put our trust in him for the things we ask.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 18

## Asking

**A blind man was sitting by the roadside begging. When he heard the crowd going by, he asked what was happening. They told him, “Jesus of Nazareth is passing by.” He called out, “Jesus, Son of David, have mercy on me!”**

**Those who led the way rebuked him and told him to be quiet, but he shouted all the more, “Son of David, have mercy on me!”**

**Jesus stopped and ordered the man to be brought to him. When he came near, Jesus asked him, “What do you want me to do for you?”**

**“Lord, I want to see,” he replied.**

**Jesus said to him, “Receive your sight; your faith has healed you.” Immediately he received his sight and followed Jesus, praising God. When all the people saw it, they also praised God.**

Luke 18:35-43

### Prayer points

- Pray that you – and others in your group or church – will see in Jesus what the blind man saw, that God has power to transform life.
- If Jesus asked you, “What do you want me to do for you?” What would you say? Try telling him now.
- Like the blind man, pray with boldness for things that will make life different for you. Check your motives (James 4:3) and pray with faith and single-mindedness.

**‘Simply put, God favours those who ask.’ Bruce Wilkinson**

Some people are reluctant to ask God for things. However Jesus said, ‘You may ask me for anything in my name and I will do it.’ (John 14:14.) There some things that God will do if we ask that he will not do if we do not ask him.

The blind man in Luke 18:35-43 asked. He was tenacious and single-minded. Piercingly he called out to Jesus - all the louder when the crowd tried to silence him. When Jesus quietened the crowd and asked him what he wanted, the reply was stunningly simple: ‘Lord I want to see.’ In that one statement lay a life time of dashed hopes and cruel disappointments; of rejection and grinding poverty. He rose above it all in faith that Jesus could heal him. Jesus said, ‘Receive your sight, your faith has healed you.’

We are not told how this man knew about Jesus. The crowd referred to Jesus as ‘Jesus of Nazareth’, but the blind man called him ‘Son of David’. He was recognising Jesus as the Messiah. Though blind, he was seeing something. He was single-minded in his request and believed that Jesus was able to do it. He asked - Jesus gave - God was glorified.

In the letter of James a little phrase echoes the same theme: ‘You do not have because you do not ask God’ (James 4:2.)

We are encouraged to ask God for things. Perhaps we need to overcome our reluctance because, as clear as day, this is a principle in scripture. We must not fail to ask (for whatever reason) when God is waiting for us to do just that.

Jesus said to the blind man, and to us, ‘What do you want me to do for you?’

Pray for your ‘big issue’

Pray for your ‘three friends’

Pray for a new wave of revival

## DAY 19

## Acting

**Some men came carrying a paralytic on a mat and tried to take him into the house to lay him before Jesus. When they could not find a way to do this because of the crowd, they went up on the roof and lowered him on his mat through the tiles into the middle of the crowd, right in front of Jesus. When Jesus saw their faith, he said, "Friend, your sins are forgiven." ..... Which is easier: to say, 'Your sins are forgiven,' or to say, 'Get up and walk'? But that you may know that the Son of Man has authority on earth to forgive sins...." He said to the paralysed man, "I tell you, get up, take your mat and go home." Immediately he stood up in front of them, took what he had been lying on and went home praising God.**

Luke 5:18 - 25

### Prayer points

- Think about what you can do today that shows you believe what you are praying for, are convinced of ... what you hope for but do not yet see?
- Pray for a person you know who has been 'turned off' by the inconsistencies of Christians' actions or behaviour.
- Pray for your church to be a place where faith is real: demonstrated by obedience and love in action.
- Pray for God to do miracles.

**'I will show you my faith by what I do.'** James had become frustrated with what was going on in some churches. So in radical mood he wrote these words (James 2:18). He was correcting attitudes that said that we don't need to do anything if we are Christians; we don't need to help those in need; we don't need to change our behaviour.

His point was that genuine faith is demonstrated in actions: godly living, care for the poor and consistent behaviour. So for us if we have faith in God then it will determine how we act.

There is another dimension to this. In the Gospels people were told that their faith had healed them. They came to Jesus in various ways but left having had their needs met. Jesus commended them for their faith. How was their faith demonstrated? They showed it by disturbing the peace (Luke 18:35-43), breaking into a house (Luke 5:17-26), nagging (Luke 18:1-8), giving a smart answer (Mark 7:24-30), and grabbing clothes (Mark 5:25-34)! In each case a person had a powerful encounter with Jesus because their faith was demonstrated in their actions. Faith does not lead to passivity. It leads to action.

Faith is being sure of what we hope for and certain of what we do not see. (Heb 11:1) So we need to demonstrate it. There are actions to take consistent with our convictions. There is behaviour to exhibit that shows the reality of our faith in Christ. The absence of action shows we may not have faith. So let us have faith and act.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 20

**By faith Abraham, when God tested him, offered Isaac as a sacrifice. He who had received the promises was about to sacrifice his one and only son even though God had said to him, "It is through Isaac that your offspring will be reckoned." Abraham reasoned that God could raise the dead and, figuratively speaking, he did receive Isaac back from death.**

Hebrews 11:17-19

**You may have had to suffer grief in all kinds of trials. These have come so that your faith - of greater worth than gold, which perishes even though refined by fire - may be proved genuine and may result in praise, glory and honour when Jesus Christ is revealed.**

1 Peter 1:6-7

### Prayer points

- Pray for anyone you know who is going through a hard time. Pray that their faith will not fail.
- Pray for any young people who are causing anxiety to their parents: "Pour out your heart like water in the presence of the Lord. Lift up your hands to him for the lives of your children" (Lamentations 2:19).
- Pray for the parents, too.

## Testing

Abraham is called the "father of faith" for good reason. Called by God to leave his homeland and his family, in effect everything from which he derived his identity and security, Abraham agreed to travel to a land he knew nothing about. It was a hard test, one that his father, Terah, had failed, preferring to stop in Haran, but Abraham took up the call and moved out.

Once in the land God promised him a son, but as the years went by Sarah's barrenness almost consumed hope. However, God kept his word and in time she gave birth to Isaac. The son of promise had arrived. But what of God's next command "Take your son, your only son, Isaac, whom you love and go to the region of Moriah. Sacrifice him there as a burnt offering." What was Abraham to do with that? But early the next day Abraham is ready to obey.... He had learnt to trust God.

Testing strengthens our faith, "the testing of your faith develops perseverance...so that you may be mature and complete." It can hit us in many personal ways such as sudden illness, financial difficulties, childlessness, bereavement, broken relationships or the seeming silence of God in times of desperate prayer. The testings seem to defy God's love and faithfulness, yet we are called to believe the truth in the face of adverse circumstances.

Hold on! For God is faithful and "blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him (James 1:12).

Pray for your 'big issue'  
Pray for your 'three friends'  
Pray for a new wave of revival

## DAY 21

**I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints and his incomparably great power for us who believe.**

Ephesians 1:18

**So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.**

2 Corinthians 4:18

### Prayer points

- Pray that the eyes of our hearts will be enlightened so that we can know the hope to which God has called us.
- Let's pray that, like Paul, we can say that though we are outwardly wasting away, inwardly we are being renewed day by day (2 Corinthians 4:16).
- Pray for those in the last days of their lives, that they will come to 'see' Jesus, even if they have rejected him until now, there is still time.

## Seeing

**Joseph's boy or the Son of God; deceiver or truth itself; a bloody corpse on a cross or the Son of God coming into his Kingdom; blasphemer or King of the Jews? It's the same man through different eyes.**

'Blind Pharisees!' said Jesus to those who looked at him but didn't 'see' him. Paul, the Pharisee of Pharisees, was blinded before he truly 'saw' who Jesus was. In his letter to the Ephesians he prays 'that the eyes of your heart may be opened' to bring understanding, for it is not with our natural eyes that we see Jesus or his Kingdom, but with our spiritual eyes.

These are the eyes of faith, the eyes that see what is unseen. When we see with faith, that unseen world becomes more real than the physical world we live in. However, the hard realities of life can crowd out faith bringing in doubt, despair and unbelief if we are not careful.

'Only believe!' says Jesus. Trust what the eyes of faith show you. What do you see with the eyes of the heart? Jesus called himself 'the truth' and another word for truth is 'reality'. Our unseen Lord is more real than any situation here on earth. Be encouraged today to believe again.

Perhaps you have given up on a promise from God or felt that the struggle of faith was too much for you? Then look up, use the eyes of faith to see Jesus, and believe again. Don't be robbed by the enemy of your soul who wants you to believe that the problem is too big - that Jesus offers only a vain hope. Fix your eyes on him and faith will rise again.

Pray for your 'big issue'  
Pray for your 'three friends'  
Pray for a new wave of revival

## DAY 22

## Receiving

**You foolish Galatians! Who has bewitched you? Before your very eyes Jesus Christ was clearly portrayed as crucified. I would like to learn just one thing from you: Did you receive the Spirit by observing the law, or by believing what you heard? Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort? Have you suffered so much for nothing—if it really was for nothing? Does God give you his Spirit and work miracles among you because you observe the law, or because you believe what you heard? Consider Abraham: He believed God, and it was credited to him as righteousness.**

Galatians 3:1-6

It would be quite comical. Imagine someone at a cash machine putting in their card then, instead of keying in details, getting down on their knees and pleading with the machine to give them money. It would be even more so, if their pleadings included that their need was great, their family was depending on it and if they didn't get the money, then quite frankly, they wouldn't know what to do.

Now when it comes to making our requests to God we often miss the point: we will receive what we ask for by faith. God has promised to give us what we need. So we can trust him to fulfil his promise. We can therefore approach God with confidence not diffidence (Hebrews 4:16).

The Galatian Christians got this idea right at first. However they slipped back into human effort and missed faith. Paul chides them, 'After beginning with the Spirit, are you now trying to attain your goal by human effort? ... Does God give you his Spirit and work miracles among you because you observe the law, or because you believe what you heard?'

God gives promises. He may test us, and in so doing cause us to grow. We may have to wait, and in so doing learn patience. But there comes a time of fulfilment, when what has been promised is given, what has been longed for is received and what has been hoped for is accomplished.

It is simple. We receive what we ask for because of faith, not human effort.

As it is promised so shall it be.

### Prayer points

- Check that you have not slipped into thinking that your prayers are going to be answered by human effort. Ask God to realign your praying into faith. Of the things you have been praying about what do you have faith that God will do?
- What do you need: filling with the Holy Spirit, a closer walk with God, patience, etc? Ask and receive.
- Pray for your church that it will be one of faith rather than human effort.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

# Sunday

**Four weeks completed already. You deserve a day off. And you can catch up on anything missed, if you want to.**

See how far you have come! OK. Maybe you have missed a day or two but you are still travelling on this journey. You can feel good about that.

Faith was the topic this week.

Was there anything new for you? Is there something for which you are beginning to believe God?

## Ideas!

Do something that expresses your faith or something that challenges your faith:

- Go outside and look up at the stars or watch a sunset and say, aloud, 'Lord and King, you have reached out your great and powerful arm. You have made the heavens and the earth. Nothing is too hard for you.' (Jeremiah said this when he was overwhelmed with all that God could do. Jeremiah 32:17)
- Talk to someone you don't normally talk to.

## WALES 1904

The Welsh Revival started in 1904. It began as a movement of prayer. A key figure was a former coal miner, Evan Roberts, who was studying at Newcastle Emlyn College. He attended a campaign held by Seth Joshua, a Presbyterian evangelist, who prayed at the meeting, 'O God, bend us.' Roberts had responded with 'O God, bend me.' Following this he kept hearing a voice that told him to go home and speak to the young people in his home church. On his return to Loughor, his home town, his reluctant pastor allowed him to speak only at the end of a prayer meeting.

Roberts told them

'I have a message for you from God:

You must confess any known sin to God and put right any wrong done to others.

Second, you must put away any doubtful habit.

Third, you must obey the Spirit promptly.

Finally, you must confess your faith in Christ publicly.'

The response to his message was remarkable and following a series of meetings a break occurred and the movement spread rapidly over Wales: in five months a hundred thousand people were converted throughout the country. The revival had a widespread social impact.

# WEEK 5

# Restoring



## Something happened

One Sunday I spoke to a friend at church. She had fallen out with her daughter a few weeks ago, and had been upset about it since, but neither of them would back down and apologise. We talked about how sad she was, and how much she missed her grandchildren. There seemed to be no way back from it.

I asked if it would be ok if I prayed about it and suggested we both “pray about it for a week and see what happens”.

The following week I went to speak to her, and was really disappointed when she told me what a bad week she had experienced. Her daughter still would not talk to her. I felt knocked back, but then decided that it was worth keeping on for another week.

Next Sunday she came and said very excitedly that she must speak to me. It turned out that out of the blue, her daughter had come and apologised and they had made up really well, both vowing not to let it happen again. She felt it was because we had prayed and when her daughter came to apologise, she decided that it was all down to what God had done. She was really excited, and so was I.

## Keeping going

Some people are able to keep going in prayer.

Take Elijah for example (1 Kings 18:41 – 45). He spoke God’s word into a situation of chronic drought (‘there’s the sound of heavy rain’). Then he started to pray that God’s word would be fulfilled. When nothing happened, he continued to pray. He kept looking to see if the promised change had arrived yet! As Elijah kept on praying, pushing in the Spirit, crying out in faith for God to fulfil his word, God was beginning to draw water vapour into a cloud far out at sea. Eventually, it was seen and finally it started to rain. The word that God had given was fulfilled. Elijah had prayed it into being!

Jesus told the parable of the persistent widow who kept up the pressure on an unjust judge. The judge eventually granted the request. His story was specifically told to encourage people always to pray and not to give up (Luke 18:1-8). How do we do this?

There’s a picture in Colossians 4:12 of Epaphras. ‘He’s always wrestling in prayer for you’, wrote Paul. It’s easy to imagine this saint, eyes shut in earnest concentration, taking hold of a subject in prayer, and attacking it from every angle, mentally rolling it over and over until he sensed that he had won the victory. Sometimes we need to see prayer as a fight!

Which athlete can win a race without training? Every morning he gets up early and runs a course that he has mapped out. His daily routine is ordered with this goal in mind. As he exercises his muscles he finds that they are getting stronger. He has more power and tires less easily. We can adopt a similar approach with prayer. We hold ourselves to a certain amount of time, keep on praying, resisting the temptation to go and do something else!

A woman came to Jesus (Matthew 15:22-28) and asked for help for her demon possessed daughter. It seemed he wasn’t interested because he didn’t answer her. She persisted. His disciples told her to go away. She persisted. Jesus explained that he was too busy looking after the needs of the Jews.

She persisted. He said that the food for the children must come first before others. She persisted and found the courage and quick wit to come up with a smart answer, 'Even the dogs get the crumbs from the children's table.' Jesus said she had great faith. Her request was granted; her daughter was healed.

She needed to get to the point of not accepting 'no' for an answer. Silence from heaven, being cold-shouldered by Christians, even a theological perspective that says these things don't happen today are all used to discourage us. They didn't deter the woman who would not accept no, and they shouldn't deter us either. We don't need to accept the status quo when it is contrary to the will of God.

## Prayer focus

### EDUCATION

What happens in a child's early years has a huge effect on their life. Nursery, primary, junior, secondary and further education invest in the lives of the future adults in this country.

- So pray for those children and young people known to you who are involved in school or further education today.
- Pray for teachers known to you and those who advise and effect policy in education.
- Pray for those who make funding decisions and employment decisions for educational establishments.
- Pray that the years that children are in education prove to be positive learning and life experiences.
- Pray that corrosive influences at work in our society would be halted and that many children and young adults will come to faith and be part of a new generation of God's people.

## DAY 23

## Confidence

**Moses said to the LORD, 'O Lord, I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue.' The LORD said to him, 'Who gave man his mouth? Who makes him deaf or mute? Who gives him sight or makes him blind? Is it not I, the LORD? Now go; I will help you speak and will teach you what to say.' But Moses said, 'O Lord, please send someone else to do it.'**

Exodus 4:10-13

**I can do everything through him who gives me strength.**

Philippians 4:13

### Prayer points

- For yourself: to believe the truth that you are a child of God and have the light of life.
- Ask for wisdom to address things that have eroded your confidence.
- Pray for a fresh filling of the Holy Spirit to fan into flame the gift God has given you so you can walk confidently in a spirit of power, love and self-discipline.
- Pray for another person and for your church collectively in the same manner.

**It is distressing how events rob us of our confidence: a harsh word of discouragement; a complaint from a team member; a father who never encouraged; a mother who controls.**

Little wonder that so many of us struggle to have any confidence to do anything worthwhile. As life takes its toll, we become dispirited. Eventually we become so lacking in confidence that we don't need the discouragement of others to stop us from acting, we do it to ourselves. We believe we are useless.

But this is a lie. God gives encouragement (Romans 15:5). He says 'Arise and shine for your light has come' (Isaiah 60:1). He brings those who receive Christ into his family as his children (John 1:12) and he banishes the darkness of despair and discouragement with the light of his presence. We are made in his image and according to his purpose. So there are good grounds for being confident.

Paul encourages Timothy to overcome his natural reticence when he said that God has not given a spirit of timidity, but a spirit of power, love and self discipline. He encourages him to fan into flames the gift that God has given him (2 Timothy 1:6,7). Timothy was being encouraged to believe that God had given him something other than his natural timidity. We also have the same spirit of power, love and self discipline which we received when we received Christ into our lives.

Have you lost confidence? Has life eroded your assurance? If so, let's address the root causes and apply the solution: a fresh realisation that you are a child of a God who is 100% committed to you, giving you power, love and self discipline.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 24

## Opposition

**For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world, and against the spiritual forces of evil in the heavenly realms.**

Ephesians 6:12

**Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you.**

James 4:7-8

### Prayer points

- Ask God whether you have unwittingly been a tool in the hands of the enemy: by accusing falsely, by spreading gossip, by bringing damage to others' lives. Confess this and, if need be, go and make peace.
- Break a stronghold in your mind! Bring a despairing mind set to God who transforms and brings hope!
- Resist the devil in regard to areas of your life or your church that have been in conflict. Take your stand against him clothed with the armour of God.
- Pray about an issue in our nation where Satan has been seeking to gain a foothold by stealing, killing and destroying (John 10:10).

**We pray 'Your will be done on earth as it is in heaven...' but often we experience conflict. Christians have found conflict in places that they considered to be the most secure: at church, home, even family or friendships... places they believed to be outside the battle-zone. Not so!**

It is in the unseen world where our real enemy lies. Though defeated at the cross, Satan still prowls around accusing, deceiving and leading the world astray. He will try to damage wherever he can, so we need to be alert. James 4:7 doesn't say, 'Ignore the devil and he will flee from you', but 'Resist the devil and he will flee from you'.

Joshua, when facing an impregnable city, used the strategy God gave him and became a history-maker at Jericho. David stood against an enormous giant with a simple sling and confidence in God. Daniel would not compromise his faith and paid for it by spending a night with the lions. He showed us that God can shut both the mouths of lions and the mouths of those who falsely accuse.

But perhaps the greatest arena of spiritual warfare occurs in our heads: the space between our ears! In 2 Corinthians 10:4,5 Paul talks about strongholds. A stronghold is an 'attitude or mindset, impregnated with despair that accepts as unchangeable anything that is contrary to the will of God.' Such strongholds are situated in our reasoning, our knowledge and our thoughts. With God there is no difference between an impregnable city and a wounded mind. That is why Paul encourages us to, 'Take every thought captive to the obedience of Christ.'

Perhaps here, if nowhere else, we should pray, 'Deliver us from evil.'

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 25

## Prejudice

**You are well aware that it is against our law for a Jew to associate with a Gentile or visit him. But God has shown me that I should not call any man impure or unclean. So when I was sent for, I came without raising any objection... I now realise how true it is that God does not show favouritism but accepts men from every nation who fear him and do what is right.**

Acts 10:28-35

### Prayer points

- Confess any cultural prejudices that you might have: to immigrants, the rich, the poor, the unemployed, different races. Pray for Christ-likeness.
- Confess any spiritual prejudices you have towards other churches or denominations. Pray that you will grow to see them as God sees them.
- Pray that God would help people in your church to be less critical of others, but instead 'quick to listen and slow to speak'.
- We need maturity in knowing how to handle doctrinal differences. Pray for a greater understanding of God's truth in his word.

**What is our reaction when we think about people who are charismatic, reformed, evangelical, catholic, immigrant, foreign?**

The disciples had spent three years with Jesus watching as he ate with tax collectors, befriended prostitutes and became a friend of sinners, but still they carried their culturally elitist, Jewish mind-set into the post-resurrection world.

Cornelius, a gentile, was the last person on earth to whom Peter would take the gospel. It took an angelic visitation, a heavenly vision and supernatural guidance to convince Peter he should preach to Cornelius' household.

We too easily put up barriers. Different cultural preferences become a wall that separates us. We think 'they' have got it wrong and we have to be careful about associating with 'them'. We put people in boxes marked 'very spiritual', 'spiritually unbalanced', 'doctrinally suspect', or 'needs prayer!' We would do well to listen to what God told Peter in that vision which led him to Cornelius, 'Do not call anything impure that God has made clean' (Acts 10:15, Acts 11:9).

Jesus loved and associated with those who belonged to spiritual institutions he knew to be flawed - remember Nicodemus (John 3) and the Samaritan woman at the well (John 4). And do you think the church of today would have shown such acceptance to the woman caught in adultery? To Jesus, she was a child of God, an individual, though sinful, to whom he could reach out. 'Let him who is without sin throw the first stone' (John 8:7).

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 26

## Reflection

**Whenever anyone turns to the Lord the veil is taken away... and we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever increasing glory, which comes from the Lord, who is the Spirit.**

2 Corinthians 3:16-18

**We are therefore Christ's ambassadors, as though God were making his appeal through us.**

2 Corinthians 5:20

**Since the Fall, mankind has made countless erroneous attempts to know God. We have worshipped everything from the sun, moon and stars to rocks, snakes, owls, bulls, lizards, celebrities, grotesque carved images and lumps of wood.**

However, when God wanted to reveal himself, he sent Jesus, the exact representation of his being. Jesus wasn't just pretty close to what God is like, or the best available thing, he was and IS God. Everything God is, Christ is.

Christ was God's ambassador, coming into the world to reconcile people to God. Now that same ministry of reconciliation has been given to us, and just as Jesus reflected God, so we are to reflect Christ and be his representatives on earth.

How did Moses radiate God's glory? He spent time in God's presence, so much so that his face shone. When we gaze on Christ with unveiled faces we reflect Jesus back into the world. The dark, lifeless moon has no light of its own, but reflects the powerful light of the sun. Yet that comparison falls short, for we are actually being changed into the likeness of Christ. The moon will never become a ball of fire, but we will become just like him. He calls us brothers and sisters.

Spend time with God as Moses did, speaking to him face to face as you speak with a friend. Then when you go out into the world hold your head up believing that you do indeed reflect the glory of Christ on your face, and in your transformed character.

### Prayer points

- Spend time with God today: as a servant with his master, as a child with its father as a wife with her husband. Be still in his presence.
- Pray for your church this Sunday for many in the congregation to know the presence of God in a new way.
- Pray that as individuals and as churches we would reflect the true nature of Christ to the world.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 27

## Initiative

**The word of the Lord came to me, saying, 'Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.'**

**'Ah, Sovereign Lord,' I said, 'I do not know how to speak; I am only a child.'**

**But the Lord said to me, 'Do not say, 'I am only a child.' You must go to everyone I send you to and say whatever I command you. Do not be afraid of them, for I am with you and will rescue you,' declares the Lord.**

Jeremiah 1:4-8

**The greatest mistake we can make in life is to be continually fearing we will make one.**

Many of us want to step forward and serve God. But perhaps we have tried things in the past which didn't work out. We don't want to make ourselves vulnerable again. There are real challenges in making ourselves available to God: dealing with fears and facing up to responsibilities. However the great gain is that we get close to God himself and live a life of enterprise and purpose.

The Bible is packed full of ordinary people who took simple steps of obedience to God. Jeremiah responded to God's call by saying that he didn't have what was needed. Nevertheless God encouraged him and Jeremiah made his life available to God. His faith and courage had the edge over his doubt and fear. To recover our initiative we need to look honestly at our doubts and fears and ask God to strengthen our faith and courage. If we take one step, we may find that other steps come more easily. Faith can be nurtured and cultivated.

Sydney Smith, an old saint, wrote: 'A great deal of talent is lost to the world for want of a little courage. Every day sends to their graves obscure men whose timidity prevented them from making a first effort.' When we take initiative we share in the excitement of being part of a movement spanning culture, history and continents. We will have the fulfilment of getting to the end of our life having done what we were put here to do.

### Prayer points

- Pray for faith and courage today to take the initiative in: a conversation, a project, a deed of kindness, praying for someone, sharing your faith.
- Pray that those within the church who disguise unbelief as 'caution' would be helped to trust God and that wisdom would lead to godly activities.
- Pray that the church would become characterised by faith-filled adventures that glorify God.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 28

## Transformation

**Dear friends, now we are children of God, and what we will be has not yet been made known. But we know that when he appears we shall be like him, for we shall see him as he is.**

1 John 3:2

**And just as we have borne the likeness of the earthly man, so shall we bear the likeness of the man from heaven.**

1 Corinthians 15:49

**For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers.**

Romans 8:29

### Prayer points

- Take time today to rejoice in what God has done for us. Our future is more amazing than we could ever ask or imagine. Thank God for this.
- Pray for those who are suffering: physically or emotionally.
- Pray for those who are being persecuted. Pray that God will give strong glimpses of heaven and the new order of things.
- Pray for those who are facing death that they will do so without fear, joyfully anticipating their own resurrection.
- Pray for those who have lost heart, that God would restore hope.

**In fairy tales, a frog becomes a prince, a puppet becomes a real boy, and a scullery maid becomes a princess. But in the real world God is working towards a whole new creation. And when God restores he does not come with his mending kit to stick the old, broken self back together again. He comes with his creative transforming power to make us altogether new.**

We are new creatures: the old has gone and the new has come. God is not just restoring us to what we should have been if we had lived a good life from the day of our birth. He is making us like Jesus.

But when we look in the mirror the old familiar face stares back at us. When we stumble into sin we are acutely aware that the old has not yet gone. At this time we have the deposit of the Holy Spirit, the guarantee of what is to come. A deposit is given when the purchase is fully decided, but it speaks of a day of completion still to come. The apostle John says NOW we are children of God, but what we will be has not yet been made known. There is a NOW and a THEN.

Paul talks of the whole of creation groaning, as we do, longing for the liberation from the old into the new. Today we catch glimpses of love, joy, peace and kindness; we taste the powers of the age to come, but that perception can be quickly snatched away by life's uncertainties. However a day will come when God will restore it all, when the Kingdom will come in all its fullness and everything that causes sin, pain and heartache will be gone, forever.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

# Sunday

## Week five. You have now covered a lot of ground on this journey.

How are the times with God going?

“It’s not the dramatic answers to prayer, but the quiet awareness of doing something I always meant to do with God” (from a previous 40 Day pray-er.)

This was all about ‘restoring.’ How has this affected you? Is there one thing that stands out?

## Ideas!

Restoring initiative was a topic this week. Here are some suggestions:

- Have a conversation with someone who is different from you – older, younger. Do something out of the ordinary for a person you know – make a drink for them, plant some bulbs in pots and distribute them, tidy someone’s garden or even your own!
- You could clean something up. Leave the room, toilet, hall, street, etc. tidier than when you entered it.

## SAXONY 1727

The Moravians officially established their community in 1457. Yet for 250 years, they had suffered intense persecution for their beliefs until 1722 when Count Ludwig von Zinzendorf, a man of deep faith, invited them to refuge on his estate. These asylum seekers came from Czechoslovakia and Bohemia to a village called Herrnhut in Saxony. Zinzendorf, the de facto leader of this group, was disturbed by the tension and had been praying with key community leaders about it.

Prayer started in August and on August 13, 1727 the whole community assembled for a communion service, and in that service, the entire body felt the presence of the Holy Spirit, leading them to beg forgiveness of one another and weep and seek reconciliation.

Something happened to the Moravians during that service – they were transformed from being a disparate bunch of refugees into an excited band of disciples, ready for any task. Count Zinzendorf looked upon that day as “a day of the outpourings of the Holy Spirit upon the congregation; it was its Pentecost.”

Within two weeks, twenty-four men and twenty-four women of the community covenanted together to spend one hour each day, day and night, in prayer to God for His blessing on the congregation and its witness. For over 100 years, members of the Moravian church continued non-stop in this “Hourly Intercession.” Like the first Pentecost, men and women would move forth with the gospel from Herrnhut to the uttermost parts of the earth. All Moravian adventures were begun, surrounded, and consummated in prayer. They became known as “God’s Happy People,” establishing missions and churches around the world and having a key role in the life of John Wesley among others.

# WEEK 6

## Grace



## Something happened

A retired lady was renting accommodation in Falkirk. Three days a week she caught the bus for a long journey to Selkirk to look after her grandchildren while their parents went to work. She also cared for her mother in Falkirk who is a stroke victim. For some time she had been hoping to move house to be nearer her mother. She had been really taken with a set of new flats but they had all been let. She was busy, tired and at the end of herself.

While travelling home through Edinburgh the bus stopped opposite another stationary bus and she noticed the advert on the side saying trypraying. "It will take more than that to make me pray," she thought to herself. The bus moved on down the hill and stopped outside a church where there was also a trypraying banner. She began to think God was on her case. So it was just a cry for help when she said, "God, I don't know where to start".

Within a very short time things changed. A phone call from the letting agency said that one of the flats she wanted had become available. She moved in shortly afterwards. Because she felt God had answered her prayer she decided to go to church. When she went in she was immediately greeted by someone she hadn't seen for years. She is now living in her lovely new flat, close to her mother, attending church, and even singing in the choir.

## Prayer walk

Prayer walking is a great way to pray. It can provide valuable insight on the spiritual climate of our towns and cities and help fashion how we do mission and ministry.

We can see situations about which we pray, 'your kingdom come, your will be done.' What is it? Put simply it is walking and praying!

Sometimes it is helpful to visualise what you are praying for. Prayer walking enables us to see our neighbourhoods as Christ sees them. When God promised Abraham a son, he took him outside and told him to 'look up at the heavens and count the stars, if indeed you can count them' (Genesis 15:5). Then he said to him 'so shall your offspring be'. Seeing the stars stimulated his imagination. Like Abraham we sometimes find it hard to pray for theoretical ideas. But if we go out of our house and walk down the street, we soon bump into real people. We can look into their faces and see their needs.

As we walk we can identify with promises given to biblical characters: Abraham was told to walk the land, for 'I am giving it to you'. God told Joshua 'I will give every place where you set your foot as I promised Moses' (Joshua 1:3).

Of course, you don't need to pray out loud. No-one needs to know that you are praying. Plenty of others go for walks too! But your walk can have a purpose. And just as Jesus often withdrew to lonely places to pray (Luke 5:16), we too can be alone with God bringing needs to him as we see them on our walk.

You can walk down every street in your area and pray for people in each house. Linger outside the Town Hall and pray for those in charge of the community. Pray for the businesses and those who work there. Walk past the schools and parks praying for the children, or past the clubs and pubs where the young people meet. You can also walk randomly, asking the Holy Spirit to guide each walk, so that you see the things that he wants you to pray for.

Seeing situations as they are, helps us pray for them to become what they should be.



## Prayer focus

### HEALTH

The National Health Service is said to be the world's third largest employer after the Chinese Army and Indian Railways. In the UK many people are not well - 1000s and 1000s of them. Let's pray about that!

- Pray for someone you know who is not well. Pray for their healing. Pray for good medical attention.
- Pray for the doctors, nurses and technicians who are working to help them.
- Pray for the NHS, that this enormous provider of care would function in the best way possible.
- Pray for success in combating MRSA and other antibiotic resistant infections.
- Pray also for prevention of disease in reduction of smoking, drug and alcohol abuse.
- Pray for someone you know who is overweight that they would be chose a healthy lifestyle.

## DAY 29

## Love

**God is love. Whoever lives in love lives in God, and God in him. In this way, love is made complete among us so that we will have confidence on the day of judgment, because in this world we are like him. There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.**

**We love because he first loved us. If anyone says, 'I love God,' yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God, whom he has not seen. And he has given us this command:**

**Whoever loves God must also love his brother.**

1 John 4:16-21

**'It is not so much a love that seeks value in its object, but the love that creates value.'** John Ortberg

Have you ever tried standing on your head or doing a handstand? It's not easy being upside down. It's unnatural. Jesus from the beginning of his ministry to its end came to embody and inaugurate the 'upside down kingdom of grace'.

Yet when we look more closely, Jesus was really turning things the right way up. He demonstrated the right way to live. His teaching challenged accepted practice: bless those who persecute you; better to give than receive; love your enemies. His practice overturned social norms: friend of outcasts, prostitutes and Samaritans. The spiritual and social consequences were revolutionary.

Jesus was energised by one thing – God's unrestricted love for the world. Every person on the face of the earth is loved and valued by God regardless of culture, creed or colour. That is what is so amazing about God's grace; it is a love beyond reason: it is a love that positively seeks out the best for others regardless of emotion, feeling or inclination.

This love can be realised not just in relationships with individuals. It can also be practised in our approach to groups whose behaviour and attitudes may seem strange to us. In our increasingly polarised world Christians are called to resist the acceptance of false stereotypes. Muslim does not equal terrorist, refugee does not equal troublemaker and asylum seeker does not equal sponger.

The Lord's call on us is to a life of unconditional love for others. Are we up for it?

### Prayer points

- Have you experienced God's love in your life? Thank him for his love for you.
- Ask God for courage to demonstrate his way of doing life and loving people, even if it is against accepted norms.
- Ask God for love to be (more) evident in your church.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 30

## Gift

**‘And why do you worry about clothes? See how the lilies of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.**

Matthew 6: 28-34

### Prayer points

- Give thanks for God's provision for your needs.
- Do you have a need at the moment for finances? Pray about it and trust God. Do you need to give a gift to others? Do it cheerfully.
- Pray for a missionary you know and those behind the scenes who enable the work.
- Pray for a community regeneration project in your area.

**‘Thank you for your generosity and support. I’ve been constantly amazed at God’s provision and people’s generosity whilst living here. At home I never really had to trust God for providing my financial needs. Yet out here I’ve constantly had to rely on him. It’s amazing how God has blessed and provided for me. There’s a sense that everything belongs to him. Thank you again for your generosity.’**

My 25-year-old daughter wrote this e-mail recently to some of her friends. Since July 2005 she has been working as a volunteer physiotherapist with Africa Inland Mission in Uganda. A.I.M. provides excellent support to its field workers but each has to be responsible for raising the finance they need.

Being older and ‘wiser’ I was a bit bothered about where the money would come from. But she never doubted that, if God wanted her there, he would provide. And he has. She is doing what she had set her heart on doing for years. She is making a real difference to people in the hospital and surrounding villages. Somehow it has struck a chord with people and unlocked their innate generosity.

The maths doesn’t really add up. With only a small allowance she has enough and to spare. Other people I know earn huge salaries and always appear to be broke and in debt. God’s economy or what?

Jesus encourages us not to worry about our provision. God knows we need food and clothes and will readily provide them. He generously gives us what we need, especially when we put him first. If God provides for flowers in the field and birds in the air will he not also provide for us?

Pray for your ‘big issue’

Pray for your ‘three friends’

Pray for a new wave of revival

## DAY 31

**To obey is better than sacrifice...**

1 Samuel 15:22

**Then Jesus said to his disciples, 'If anyone would come after me, he must deny himself and take up his cross and follow me.'**

Matthew 16:24

**Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God — this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.**

Romans 12:1-2

### Prayer points

- Pray for a renewal in your personal value system. Ask God what is important to him and make these matters your focus. Pray for a new understanding of what the sacrifice Jesus made means for you.
- Pray for those all over the world who are sacrificing themselves for the gospel – the persecuted church – those who are paying a great price for their faith.
- Pray for those facing difficult decisions – who are making a choice that may cost them dearly. Pray for grace and peace for them at this time.

## Sacrifice

**On July 31st 1941 in Auschwitz, the infamous German concentration camp, sirens announced the escape of a prisoner. It was the rule that if one escaped ten were killed in reprisal.**

The commandant and his Gestapo assistant walked up and down the lines of assembled prisoners and picked out Francis Gajowniczek as one of the ten. As he was picked he cried out, 'My poor wife and children.'

Hearing these words, Father Maximilian Kolbe stepped forward saying, 'I am a Catholic priest, I want to die for that man, he has a wife and children... I have no one.' His offer was accepted and with nine others he was thrown in an underground concrete bunker and left to starve to death. After two weeks they took out Father Kolbe, still alive with three others, and killed them.

It is easy to undervalue the meaning of sacrifice. Giving up chocolate for Lent is a popular choice as we remember the Lord's own fast at this time of the year. We can easily be misled into thinking that such a sacrifice gets us 'off the hook'. Once our pledge is fulfilled can we binge for another year?

What about those things that really matter to us? Attitudes and agendas, personal goals and deep felt desires; these are the drives that propel us – and also the things that we must sometimes sacrifice. What has God asked us to do that we haven't done yet?

When we are willing to sacrifice anything for the gospel and give up everything that comes between us and God, we will know what sacrifice is.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 32

## Value

**The Son of God loved me  
and gave himself for me.**

Galatians 2:20

**Be sure you are doing your  
own work well, for then you will  
have the personal satisfaction of  
work well done, and will not  
need to compare yourself  
with someone else.**

Galatians 6:4

**Whether you are Jew or Greek,  
slave or free, a man or a woman  
you are all one and equal  
in Christ Jesus.**

Galatians 3:28

**A capable man is dogged every day by the feeling he is inadequate. An attractive woman is paralysed by her father's words to her as a child that she was unattractive. A young man was told he could never match family expectations and has to 'prove' them wrong.**

Perhaps similar stories could be told about you: about how your life has been affected and you now don't value your self.

Is it possible for Christians to live with confused identities and low self esteem? Yes. Sadly hurts from our past are allowed to define both the present and the future. To compensate we often consider others superior, envy what they achieve and deprecate our own gifts and abilities. Alternatively, we criticise others to bring them to our level. Sometimes we live our lives through family, work or church.

How should we view ourselves? Perhaps we need to be honest with God and ask him to help us see ourselves as he sees us. His beloved child. Once we see that our lives are intended by God and he has a purpose for us, we can begin to fulfil our role in life.

The apostle Paul knew he wasn't perfect, but he told the Philippians (3:12) 'I press on.' Let us do the same.

### Prayer points

- Thank the Lord that he has made you to be special and loved. Confess any inadequate or superior view you may have of your self and calling.
- Pray for a friend whom you know suffers with low esteem and ask God to change that mindset
- Ask the Lord to help you remove prejudice and criticism against others and to value them in line with what Scripture requires of you.

Pray for your 'big issue'  
Pray for your 'three friends'  
Pray for a new wave of revival

## DAY 33

## Forgiveness

**This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.’ For if you forgive others when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.**

Matthew 6:9-15

**Jesus gave the Lord’s Prayer to his followers as a pattern for all our praying. Afterwards, he commented on just one part of it: he was concerned to stress the vital importance of forgiving.**

We must forgive the people who have hurt us if we want to receive forgiveness from God. It isn’t that we have to earn God’s forgiveness, but forgiving is like breathing. We can’t breathe in unless we breathe out as well. In the same way, we can’t expect forgiveness from God unless we are giving forgiveness to others.

Simon Peter once came to Jesus with a question: ‘Lord, how many times shall I forgive someone who sins against me?’ The rabbis may have said three times. When Peter suggested seven times he thought he was being generous, but Jesus didn’t agree. If we’re counting, we’re not really forgiving.

Jesus replied to his question with a parable about an ungrateful servant (Matthew 18:23-35). His story shows that if we choose to hold onto our bitterness against someone, it is as though we keep that person locked behind bars; but the consequence is that we become the prisoner.

Forgiving is rarely easy. If someone has damaged us we can’t simply brush our hurt under the carpet. Sometimes we will have to persist in prayer, and maybe even ask someone to pray with us before we find freedom. But there is only one thing harder than forgiving, and that’s not forgiving.

### Prayer points

- Thank God for his free gift of forgiveness through Christ’s death on the cross.
- Is there someone you need to forgive? Ask God to help you release them. Be willing to persist with this prayer, if necessary. Is there a practical step you could take to restore your relationship?
- Pray the Lord’s Prayer. Pray it slowly, pausing after each line to allow time for reflection.
- Pray for families under pressure. Pray for anyone you know whose marriage is in danger of breaking up because of unresolved hurt or conflict.

Pray for your ‘big issue’  
Pray for your ‘three friends’  
Pray for a new wave of revival

## DAY 34

## Hope

**May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.**

Romans 15:13

**Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade—kept in heaven for you, who through faith are shielded by God’s power until the coming of the salvation that is ready to be revealed in the last time.**

1 Peter 1:3-5

### Prayer points

- Pray for yourself that you will become more of a person of hope. Ask God to show you areas of your life that hinder this: attitudes, the way you speak, the way you think etc.
- Pray for your church that its whole ethos will exhibit the hope of the gospel.
- Countless people are facing illness, financial pressure, breakdown in relationships, suffering from depression, etc. Pray that they will find hope. If you know of anyone in particular, ask God what you can do to help.

At a funeral service a signer was present to help some deaf people understand. As the meeting went on the speaker was frequently using the word ‘hope’. The sign was crossed fingers. However the speaker began to talk about Christian hope – the certainty of life beyond the grave. And as he did so a different sign was being introduced: hands clasped together in rock-like certainty.

In the New Testament the word for hope means something that is in the future which is certain. It is not, as in normal English usage, something that might happen if we are fortunate. The rock-like certainty of the New Testament use of the word is what the signer was communicating at the service.

Peter, who saw the death and resurrection of Jesus, writes with certainty about our hope. ‘Praise’ is his word, because we have been born again into a living hope. Unlike virtually everything in this life, what we have been given in Christ is something that can never perish, spoil or fade. Our hope is guaranteed on the basis of Christ’s resurrection from the dead.

God is a God of hope. So it is possible to ‘overflow with hope’ says Paul in Romans 15. He gives hope. Christians need not wallow in gloom or despair. The power of the Holy Spirit within us is what enables us to exhibit hope. Death is the most despairing of life’s events. Yet even here, or especially here, it is possible to have hope for the future. Christians are people who have a certain and a living hope.

That’s the difference.

Pray for your ‘big issue’

Pray for your ‘three friends’

Pray for a new wave of revival

# Sunday

## Here we are at the end of week six. Ideas! Have some time to catch up.

Don't cane yourself if you've missed a few days. What matters is that you are still on the journey and God has been hearing your prayers. Only one more week.

Have you seen some answers to prayer? Perhaps more importantly are you getting to know God better?

What struck you most about this last week's topics?

- Write or phone a friend. Tell them in the course of the conversation what God's love means to you.
- Alternatively, you could ask, 'Have there been times when you have been interested in spiritual things? Tell me about it.' See what an interesting conversation you might have!

## EDINBURGH 1905

Soon after the beginning of the Welsh Revival in 1904, a man called Joseph Kemp from Edinburgh went to Wales, where he spent a couple of weeks observing and experiencing the work and power of the Holy Spirit there. On his return he attended a large meeting in Charlotte Chapel. As he recounted his experiences there was an eager response to his story. A man asked for prayer and was the first of hundreds who became Christians during the subsequent revival in Charlotte Chapel. For a whole year prayer meetings were held, increasing in number and intensity, and characterised by passionate praying.

Joseph Kemp commented: "The people poured out their hearts in importunate prayer.

I have yet to witness a movement that has produced more permanent results in the lives of men, women and children. There were irregularities, no doubt; some commotion, yes... After the first year of this work we had personally dealt with no fewer than one thousand souls, who had been brought to God during the prayer meetings."

An account of one meeting reports that 'the fire of God fell'. A sudden overwhelming sense of the reality and awfulness of His presence and of eternal things was experienced. Prayer and weeping began, and gained in intensity every moment. Friends who were gathered sang on their knees. Each seemed to sing, and each seemed to pray, oblivious of one another. Then the prayer broke out again, waves and waves of prayer, and the midnight hour was reached. The hours had passed like minutes. It is useless being a spectator looking on, or praying for it, in order to catch its spirit and breath. It is necessary to be in it, praying in it, part of it, caught by the same power, swept by the same wind. One who was present says: "I cannot tell you what Christ was to me last night. My heart was full to overflowing. If ever my Lord was near to me, it was last night."

# WEEK 7

# Purposes



## Something happened

Two or three years ago I had taken a trypraying booklet to give to someone I might meet.

At the time I had a routine of going to the café at Morrison's supermarket for some lunch. I read the booklet and decided to leave it on the table in hope that perhaps the next customer would access it. I didn't give it much thought after that, although I had done it prayerfully.

Some months later I was again routinely stopping at Morrison's cafe. I would chat briefly to the lady at the checkout. One evening she asked why I came so frequently and I mentioned I was attending a Bible School. I fully expected it would a 'conversation stopper' if I am honest. To my surprise she reacted with interest explaining that she had been trying to pray and asked if I would help her. I thought to give her a trypraying booklet but, to my surprise, she said she already had one. I asked how she had got it. She explained that some time ago her colleague had picked one up from a table, brought it through to the kitchen and was about to bin it but that she had stopped her, and asked to have it. That was the booklet I had left!

From that conversation I invited her to an alpha course which she attended. God has his hand on her life.

## Whole cities

Whole cities or nations can be reached. When Paul arrived in Ephesus it took only two years for everyone in the whole region to hear the word of the Lord (Acts 19:10).

Sometimes there are corporate obstacles to faith. Whilst people's minds are blinded by the god of this age, primarily through sin and unbelief, there are also other obstacles.

Cities and towns, like people, have characteristics which have gradually evolved, being shaped by people and key events. Jesus spoke of whole towns on occasion describing their collective attitude to him (Matthew 23:37, Luke 10:13-15). In his travels Paul noticed how local mind-sets affected how the gospel was received (Acts 17:11,16,21). We can pray about these.

A few key people who commit themselves to prayer can make the difference. Jonah, after a little diversion with a big fish, preached to Nineveh (Jonah 3). This was a city teeming with 120,000 people for whom God cared. Jonah brought about repentance which averted a catastrophe.

God wants people to hear the message of Jesus. When we pray for people who do not know him we are tapping in to something on God's heart. In Luke 15 Jesus told three parables each of which speak about something lost which was then found: the lost sheep, the lost coin and then supremely the lost son. Each of these lost items is valued immensely and a huge effort goes into their recovery and then there is sheer delight once they are found.

God wants all men to be saved (1 Tim :2:4). Christ has suffered for all and we want him to receive his reward. Praying that all should hear is in accordance with God's will, who desires that none should perish (2 Peter 3:9).

To reach a whole town or city people are needed who are ready to make Christ the issue. Are you one of them?

## Prayer focus

### CHURCH

The church is the greatest provider of social care in the UK. It is the greatest provider of youth services. It is the organism that has within its core value the message that brings hope to a decaying world. It carries a potent message of love that can transform life and society.

- Pray for your own congregation that it will be more of what God wants it to be this year.
- Pray for the leadership to hear from God and gently enable the congregation to grow in love and good works.
- Pray that the priorities and values of the church would more fully reflect those in the New Testament.
- Pray for obstacles to the purposes of God to be overcome.
- Pray for your church and the church in your town/city to experience a fresh outpouring of the Spirit, bringing unusual growth in love for both God and people and bringing many to faith in Jesus.



## DAY 35

## Liberating

**Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.**

2 Corinthians 3:17

**You may ask me for anything in my name, and I will do it.**

John 14:14

**You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you to go and bear fruit – fruit that will last. Then the Father will give you whatever you ask in my name.**

John 15:14-16

**When Ann Robinson was interviewed on Parkinson she said: 'Every day my mother used to tell me, 'You can do whatever you want in the world!'' How liberating. Few people grow up with such encouragement. Many grow up with the opposite.**

It seems that Jesus Christ had the same liberating and affirming attitude towards his followers. 'Follow me and I will make you fishers of men' (Matthew 4:19). 'You can ask me for anything and I will do it' (Matthew 18:19). 'If you have faith even as a mustard seed you can say to this mountain be moved' (Matthew 17:20). But they often had little faith, didn't understand about his death and resurrection, or the point of his mission. Nevertheless his choice of them was not mistaken. When the Spirit came, they became the leaders of a world-changing movement.

Likewise Jesus has hand-picked you to be his follower: 'You did not choose me, but I choose you and appointed you to go and bear fruit – fruit that will last' (John 15:16).

There are no limits, no boundaries, to the provision and purposes of God. Perhaps you are unusually gifted to pray for things to change. Maybe you are to be in a team which does exploits for the kingdom of God. Perhaps you can demonstrate the love of God in practical and extravagant ways. Your potential is immense.

What possibilities are there for your church? With a liberating 'can do' mentality the potential for ventures of faith lies open. Risks can be taken, opportunities grasped and great projects begun. The Holy Spirit of God in fashioning our hearts and our congregations is a liberating, city-transforming and world-changing power.

### Prayer points

- Pray for a view of yourself that is based on God's affirmation rather than life's undermining.
- Pray for a 'can do' spirit to pervade church life: its services, house groups, leadership and business meetings.
- Pray for people to discover and exercise their ministry in the power of the Holy Spirit.
- Pray for people and churches to bear fruit that will remain.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 36

## Daring

**While he was in Bethany, reclining at the table in the home of a man known as Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on his head. Some of those present were saying indignantly to one another, 'Why this waste of perfume? It could have been sold for more than a year's wages and the money given to the poor.' And they rebuked her harshly. 'Leave her alone,' said Jesus. 'Why are you bothering her? She has done a beautiful thing to me.**

Mark 14:3-6

**Mary of Bethany had it in mind to make an extravagant display of devotion. What she planned was out of the ordinary. It was shocking. She would pour expensive perfume worth the equivalent of thousands of pounds on Jesus' head! Would her nerves hold?**

She loved Jesus and wanted him to know it, it was that simple. She poured the perfume on Jesus' head. Those present were outraged and harshly criticised her for this extravagance. But Jesus shielded her from it by saying, 'She has done a beautiful thing to me.'

The words 'Why this waste?' have, through the centuries, deflected good people from serving Jesus. People say it's a waste of time, money, education, even a waste of a life. But Jesus strengthens those who dare to stand out.

On a hot day in Athens a small Jew stood out in front of an audience of great thinkers. He had been brought to a respected and influential council where philosophies were debated - the Areopagus. Paul had a message and now a rare platform to speak. Would his nerves get the better of him?

Paul stood. He said that the God who created all there is cannot be shrunk to look like something we have made. He referred to their man-made religion as ignorance. He said that God gave us life on earth so that people should seek him and perhaps reach out for him and find him. Paul's punch-line was the resurrection; it didn't go down well with his hearers. But he did communicate the message and a few believed.

(Acts 17:16-34)

Whether acts of devotion or sharing our story, Christ is there. Dare to be different.

### Prayer points

- Pray about your own devotion to Christ. He does not necessarily want you to break social norms, but is your commitment to him such that you would dare to do anything? Tell Jesus how much he means to you.
- Pray for the worship life of your church that there will be 'beautiful things for Jesus'.
- Pray for the progress of the gospel in your area. Are people hearing about Christ? What can you or your church do?

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 37

## Co-operating

**Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others.**

Romans 12:4

**Now you are the body of Christ, and each one of you is a part of it.**

1 Corinthians 12:27

### Prayer points

- What is one of your strengths? Thank God for it and pray that you will have opportunities to use it to serve others.
- What is one of your weaknesses? Trust God with this and look for ways that will enable others to serve.
- Pray for meaningful co-operation within your church and likewise between churches in your area. Unity across the body of Christ is something which enables non-believers to see the truth that Jesus came from God. (John 17:21) Pray that this will happen.

**There was once a man who had seven sons. The first was strong as an ox; the second was fast and could outrun all the others; the third was quiet, preferring to read and study; the fourth was skilled with his hands; the fifth was easy-going; the sixth was tender-hearted and compassionate; and the seventh son loved to sing, but he was crippled in one leg.**

The father loved each one, admiring their strengths and abilities. Together they would make a strong community. Soon, as is the case in parables, the time came for him to go on a long journey. He told his sons to work together: the strength of one helping the weakness of the other.

However, on his return, he found that each son had simply drawn close to others like himself. The strong son lived in a well-fortified town with others who were strong. The swift son had formed a hunting group. The third son had found others of an academic bent and was spending his time debating and learning. And so it went on.

The father was concerned how his seventh son had survived because his brothers had left him. However the seventh son knew he was weak, but also knew he could sing. He sought out others and together they built a loving community where the strength of one helped the weakness of another. The only way to join was an admission of need and a willingness to help.

The truth this story illustrates is that across congregations and churches it is co-operation, not perfection that achieves the effective functioning of the body.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 38

## Inviting

**‘Go out quickly into the streets and alleys of the town and bring in the poor, the crippled, the blind and the lame.’**

**‘Sir,’ the servant said, ‘What you ordered has been done, but there is still room.’ ‘Then the master told his servant, ‘Go out to the roads and country lanes and compel them to come in, so that my house will be full.’**

Luke 14:21-23

**Some people just love to share what they have and eagerly invite people to join in. The picture Jesus gave about a great banquet needing guests to come and fill the places is a good illustration for us. (Luke 14:15-24)**

The banquet is the feast in heaven. Unfortunately, in the story, many people seem to have far too many excuses about coming. Business projects got in the way (‘I’ve just bought a field’). Checking out new purchases is another (‘I’ve just bought five yoke of oxen’). Or relationships got in the way. (‘I’ve just got married’) Whatever the excuses – in the terms of the story – more people needed to be invited.

What kind of people do the inviting? Perhaps people like Andrew.

Andrew was one of the first disciples to meet Jesus. Immediately after meeting Jesus he found his brother Peter and told him ‘We have found the Messiah.’ And he brought him to Jesus (John 1:41,42). It was such a natural thing to do. He already knew Peter. He was probably going to see him anyway. All he did was say, ‘Guess who I met today?’ and the consequences of that conversation were far reaching. Peter became a follower of Jesus, led over 3000 people to Christ in one meeting and became a great leader in the early church. It began with Andrew’s invitation.

Andrew had a flare for introducing people to Jesus. On another occasion he introduced some Greek people to Jesus (John 12:20-22). Who knows what the consequences of that introduction were.

Inviting: perhaps we can become better at it!

### Prayer points

- Pray for a (re-)discovery of the goodness of the gospel of Jesus. Pray this for yourself. Confess if you have begun to see the gospel as neither ‘news’ nor particularly ‘good’.
- Pray for enthusiastic ‘invitation carriers’ in your church. Pray for opportunities for yourself and others to share God’s good news verbally and practically.
- Pray that the gospel would have first importance in your church. Pray for the excitement and sheer delight of seeing people become Christians.

Pray for your ‘big issue’

Pray for your ‘three friends’

Pray for a new wave of revival

## DAY 39

## Persuading

**He began to speak boldly in the synagogue. When Priscilla and Aquila heard him, they invited him to their home and explained to him the way of God more adequately. When Apollos wanted to go to Achaia, the believers encouraged him and wrote to the disciples there to welcome him. When he arrived, he was a great help to those who by grace had believed. For he vigorously refuted the Jews in public debate, proving from the Scriptures that Jesus was the Christ.**

Acts 18:26-28

**There are many people who would become Christians if someone would give them a reason.**

People need evidence. They need information – not religious jargon – about how our lives have actually changed. And they need reasons to believe: evidence, facts. It takes more than these things alone for someone to become a Christian, but they are the foundation for a real faith. First century Christians could give the names of people who had seen Jesus alive implying that those who were sceptical could check out the facts for themselves (1 Corinthians 15:3-8).

They also had people who could communicate the truth persuasively – people like Apollos and Paul.

Apollos was a gift to the church. He had a brain and he was willing to use it. To begin with he didn't have the full message about Jesus. Fortunately Priscilla and Aquila realised and took him aside to 'explain the way of God more adequately'(!) Once he had got the full message, he was away. He was gifted in public debate and was able to handle all the awkward questions.

Paul also was one accustomed to giving reasons for his faith. In Ephesus he went to the synagogue for three months and argued persuasively about the kingdom of God. When he was thrown out he went to a lecture hall and spent the next two years ensuring that everyone in the city and its region heard about Jesus. And they did! (Acts 19:8-12)

Irrefutable facts, persuasive people, the power of the Spirit; all these ensure that everyone has a decent chance to hear about Jesus.

### Prayer points

- Thank God that our faith is based on solid evidence: that Jesus actually rose from the dead and that the historicity of the New Testament is unquestionable.
- Pray that you will be prepared to give the reason for the hope within you (1 Peter 3:15).
- Pray that God will raise up 'quiet persuaders' (like Priscilla and Aquila) and 'public debaters' (like Apollos and Paul).
- Pray for evidence to be given to your three friends.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

## DAY 40

## Arriving

**But you have come to Mount Zion, to the heavenly Jerusalem, the city of the living God. You have come to thousands upon thousands of angels in joyful assembly, to the church of the firstborn, whose names are written in heaven. You have come to God, the judge of all men, to the spirits of righteous men made perfect, to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.**

Hebrews 12:22-24

### Prayer points

- Thank God for the things accomplished during these 40 days. Some issues may still not be answered, but you can thank God for that he has heard your prayer. You may want to decide how you will continue from here.
- Thank God for the door of heaven opened for us through Jesus' death and resurrection.
- Pray for your church that the things of eternity will be spoken about and experienced in such a way that the congregation becomes a people of hope.

**We have arrived. The journey has ended. Has your big issue been resolved, changed, or improved? Have you had opportunity to talk with your three friends about your faith? Are there signs of revival? Have you discovered more of God?**

No doubt it is a mixture of encouragements and perhaps some disappointments. But you have made it to the end. Arriving at the end of a journey is sometimes a relief. But most of all it is an accomplishment. You have made it!

One day there will be the completion of a greater journey. When we reach the end of this life we will arrive and come 'home' like there has never been a home-coming before. Family, friends, freedom from pain, beauty, light, music, the consummation of all the hopes this world has had ... and glory.

'No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him' (1 Corinthians 2:9).

There we will meet someone who we have not seen in this life, but in whom we have believed. When we arrive we will see Jesus Christ as he is. He is preparing a place for us. If we have tasted beauty in this life, it's because it is a reflection - a pale one - of the beauty of the next. If we have known love in this life, then it's an echo of the pure love of heaven. If we have known joy in this life, then it's a picture of the abundant joy of the family of God in eternity. At this point we can barely imagine it, but the day will come and we will experience the real thing.

And it will have been worth every step of the journey.

Pray for your 'big issue'

Pray for your 'three friends'

Pray for a new wave of revival

# Fasting

Fasting means to voluntarily deprive yourself of something for a time in order to give yourself more fully to prayer. Usually it means to fast from food, but it is possible to fast from many other comforts or activities: TV, Internet, computer, alcohol, magazines, sweets, or anything that regularly takes up time which can be made available for God instead.

Fasting is a demonstration to God that we mean what we pray. It is an outward expression of the commitment that lies behind the prayer. It has been practised by the Christian church throughout its history. It was also an important part of the prayer life of many Biblical characters. People fasted: to be in God's presence ready to hear him (Acts 13:2); to seek God's special help or blessing (2 Chronicles 20:1-4, Ezra 8:21-23); to express repentance (Nehemiah 9:1-2); to petition God to fulfil his word (Daniel 9:1-3)

## Before fasting check:

No one is putting pressure on you to do so: friends, church, whoever. Your fasting must stem from your personal choice and be based on your own convictions. You should not fast to impress others (Matt. 6:18) and you should not do it to punish yourself for a sinful life. Christ took care of that at the cross!

## You should not fast:

If you are pregnant, breast-feeding or trying to conceive (both partners!). You should not fast if you are on medication, if you are not in good health, or suffer from any illness, physical or psychological problem. You should especially not fast if you have ever suffered from diabetes, epilepsy, anorexia, bulimia, psychological disorders or mental illness.

You should not fast if by doing so you could put other people's lives at risk; for example if your occupation is a surgeon or a bus driver. If you receive professional advice that fasting will harm you or others, you should not fast. It is recommended that the elderly and children who are still growing physically should not fast. If in any doubt, consult your doctor.

## Guidelines for a healthy fast

If you are a healthy, full-grown adult responsible fasting within the following guidelines should not normally cause any damage to your health. (It is essential to check with your doctor if you are not in this category! If in doubt, consult your doctor anyway.)

If you are not used to fasting, it is recommended that you start with a short fast (1-3 days). This will familiarise you with what it feels like to fast, and with how your body reacts to being without food. If you don't experience any difficulties with this, then you can gradually increase the length of your fast until you become confident at fasting for one week, two weeks or longer. An alternative to fasting for long blocks of time is to fast for one day or more each week.

If you are planning to give up tea or coffee, we would advise you to do this several days before you stop eating. This is because your body becomes mildly addicted to the caffeine contained in these drinks. You should maintain or increase your fluid intake during a fast.

If you are under 18 discuss your proposed fast with a close adult relative.

## Tips for fasting

One salted drink per day is recommended, to avoid getting cramps.

Don't fast if your work or daily routine is physically demanding.

It is not recommended to play sport or take part in strenuous activities during a fast.

Take vitamin and mineral supplements during a fast of 3 days or more.

If you are planning to fast for more than a week tell a friend. Ask them to keep a check on your health. We would recommend that you don't fast for more than 20 days unless you are in excellent health and are experienced at fasting. You should never fast for more than 40 days.

After several days of fasting your digestive system is at rest. It is important to break your fast gradually, to avoid possible problems with your digestion. If you have fasted on water only, it is wise to break your fast with soup, fruit juice or milk. You should also restart your intake of food gradually.

You should stop fasting if you start to feel very weak and are unable to carry out your daily activities, if you start to feel unwell or you develop unusual physical symptoms, if hunger pangs return, if you find your reactions becoming unduly slow, or if you are unable to concentrate.

## Fasting facts

Most people find that the first day or two are hardest. This is because your body is used to a certain rhythm of eating and drinking. During this time it is normal to feel hungry, and for your stomach to rumble! You may also experience mild headaches. After a couple of days, the body quickly adapts, and people usually find themselves feeling less hungry.

It is normal to sleep less during a fast.

Many people find that during a fast, they have a much clearer mind, for the same reason. It is also normal to feel much colder when fasting.

A fast that has been carefully monitored can be very beneficial for your health. In our Western society our bodies often suffer from the consequences of over-eating!

## Partial fasting

Partial fasting was also practised in the Bible (e.g. Daniel 1:5-20). If you want to fast, but are unable to do so for reasons of health or work, a partial fast could be the answer for you. You could partially fast by just eating simple food or eating less often. For example, miss one meal each day and use the extra time to pray or eat normally, but drink only water. Fast from some activity that you enjoy; for example television or sport. (See also 1 Corinthians 7:5).

# Study Guide

## WEEK 1 - FATHER

This week looks at furthering our relationship with our heavenly Father.

Let's begin by considering father-child relationships. What is one of your enduring memories of a father?

### Father

Read the story of the prodigal son in Luke 15.

Do we identify more with the son as he leaves home or as he returns? What attitude does the father demonstrate? Jesus tells the story illustrating God's attitude to us. What is there encourages us to come near to God?

### Child

Read Romans 8:15-16. What do you think spirit of sonship means? Is the term 'child of God' or 'son of God' something that you relate to? Could understanding this make a difference to your life?

### In prayer

Spend some time identifying 3 friends who you want to pray for to become Christians and a 'Big Issue' that needs resolving. Also ask God to help you 'get on board' with what he is doing during these days.

## WEEK 2 - PRIORITIES

The readings this week challenge us to think about how we spend our time - in other words what are our priorities. As with all relationships there are some activities that help them and others that hinder them. Look at Matthew 6:28-34. Here Jesus contrasts a life full of worry with one that is at peace. Read verse 33. He establishes a priority here.

### Prioritising

What is the priority and how are we to understand the word, 'first'?

As we struggle to make God our first priority, what hindrances do we encounter? What do we do that relegates him to second or third or fourth? What would we like to do during these 40 Days to make God our number one priority?

### Finding

Read Matthew 13:44-46. It talks about finding 'treasure'. Do we feel we are still seeking or would we say we have found what we are looking for in life? How does finding such 'treasure' affect our attitude to life and towards God?

### Enlisting

How are God's people described in 1 Peter 2:9-12? How do you feel about this kind of description of yourself? Do you recognise the part you play in God's great purposes?

### In prayer

Some people prefer praying alone; some find it more helpful to pray with others? Jesus' prayer life and teaching advocates both. Discuss ways in which you can extend your personal prayer life, or develop your praying as a small group? Can you contribute to church or city-wide prayer?

Read page 6 & 7 about Catching the Wave. Pray the prayer written there and also continue to pray for your 3 Friends and your Big Issue.

## WEEK 3 - COMPASSION

This week is about living compassionately in a world where many people have great needs.

### Reaching out

Read Romans 12:9-14.

What are some of the characteristics of Christian living that impress you in these verses? What is meant by sincere love? What would be the hallmarks of this sort of love? There are people we may consider as enemies - those who have hurt or crossed us. How does Paul say we should deal with them?

### Responding

Read Romans 12:15-16.

This passage instructs us how to respond to people in need and people who we might consider beneath us. Many of the people we are praying for this week fit into one or both of these categories.

How do Paul's words challenge our attitudes? Is there something we can do as well as pray for these people?

### Reconciling

Read Romans 12:17-21.

Broken relationships abound in our families, churches and communities. What advice does Paul give to avoid these and bring about reconciliation? How can this be worked out practically?

### In prayer

Pray for issues that have emerged in your study and continue to pray for your 3 friends and your Big Issue.

Finish by reading the Beatitudes in Matthew 5:3-12.

## WEEK 4 - FAITH

Faith has several dimensions to it. It can involve asking, trusting, actions, waiting, testing and receiving from God. Sometimes it requires laying hold of God's promises to us.

### Asking

Matthew 7:9-11 and Matthew 17:20 talk about having faith and asking.

How is it that faith as small as a mustard seed can move mountains? How can our faith increase? What is it that creates unbelief and leads to a lack of faith?

### Acting

How did the men in Luke 5:17-26 demonstrate their faith?

Why do we need to turn our faith into actions?

### Testing

Read Hebrews 11:17-19.

What happened to Abraham? What was the outcome of his testing. Has your faith ever been tested? What was the outcome of it?

### In prayer

Read page 46.

What encourages us to keep going in prayer?

Pray together about issues in this study and / or the regular 3 Friends, Big Issue and Catching the Wave.

## WEEK 5 - RESTORING

This week's focus is on God's work in our lives and communities. It considers how he desires to restore us and bring wholeness. This involves appropriating the good and removing the bad.

### Reflection

Read 2 Corinthians 3:16-18.

Here Paul talks about the process of transforming our lives that is taking place. How does this happen? What is the goal of this transformation?

One of the most important areas of our lives to be transformed is our minds. We need to be able to think differently, to think 'Christianly.' Read Day 24 and discuss the issue of attitudes and mindsets described here. Can you identify one attitude/mindset/stronghold that needs to change for you?

### Confidence

Read 2 Timothy 1:6,7.

What experiences make us lose our confidence? What do these verses say about recovering the place that God has given? In contrast to timidity, God gives power, love and self discipline. Which of these do we most need this week?

### Prejudice

Read Romans 15:7.

Some of our attitudes hinder our walk with God. The problem of prejudice is highlighted in Day 26. What does it mean to 'accept one another'. Why does Paul say we should do this? Are there people we have difficulty in accepting? How does God view them?

### In Prayer

Pray together about issues in this study and /or your 3 Friends, Big Issue and Catching the Wave.

## WEEK 6 - GRACE

God has given and continues to give all that we need for life. This is true for ourselves and for our communities. A word that describes the uniqueness of Christianity above other religions is 'grace' – unmerited favour.

### Gift

Read John 3:16-18.

This is a good time to look again at the fundamentals of our faith. How is God described here? What does he do? What does he want? In response to what God is like and what he has done, what do people have to do? What are the consequences?

### Hope

Read Day 34. What is the difference between human optimism and Christian hope? What is the living hope we have? How can this affect our communities?

### Responding

In light of what God has done and what he gives, we ask the question, 'What can we do in response?' Read Romans 12:1-2 and decide.

### In prayer

Take some time to be still before God. Allow the Holy Spirit to bring a strong perception of the riches of what God has done for us. Express gratitude to God. Give him your life as an offering of love.

If appropriate, move on to pray about your 3 Friends, Big Issue and Catching the Wave.

## WEEK 7 - PURPOSES

God works out his purposes on earth in partnership with his people: through our interactions with the world and through our prayers. The Church is both his beloved bride and the living and moving body of Christ.

### Rediscovering his purposes

Read Acts 2:42-47

This is a picture of life in the church at the very beginning. How is it described? What are some of the characteristics and activities of the church then? What do you think people were learning and feeling through their involvement? What were the effects on the rest of the population?

Read page 57. This account of the Moravian Christians in the C18th describes how they rediscovered some important aspects of God's purposes. It was a special outpouring of God's spirit which initiated a worldwide movement. What impresses you most about what happened?

The centuries have come and gone. Our context is very different today. However, of the attributes of the early church, what is positively evidenced in your church today? What attracts you to your church? What characteristic of the early church do you think it would be good to rediscover?

### Risk-taking

Read Mark 14:3-9.

How much risk did this woman take? What were the consequences? She did 'what she could' and Jesus described it as a 'beautiful thing.' What is it that we are able to do that would likewise be a 'beautiful thing'? What risks are there?

### In prayer

Spend time considering in prayer any 'risks' you feel you could take in expressing your devotion to Jesus or in taking a stand for him.

Thank God for answers to prayer though this period and continue to pray for your 3 friends, your Big Issue and for the 'wave' till it comes!

# trypraying.

Trypraying is a seven day prayer guide for people who are not religious and don't do church. Using the booklet has become a project for churches, a multi-church project and a multi region project.

The trypraying booklet contains stories of answered prayer, ideas of things to do, important themes about how to connect with God and honest prayers. Over seven days it gradually introduces a person to Christ. In essence it is an outrageous exposure to his grace and power.

There's a children's trypraying booklet and a youth one too. There is also a smart phone app available on all platforms.

You can get copies from [www.trypraying.co.uk](http://www.trypraying.co.uk)

Find out about the whole process and vision of trypraying at [www.thereishope.co.uk](http://www.thereishope.co.uk)

## Start a conversation

There are many ways to share our faith. The best way is to pray for an opportunity and see what happens!

If you need a practical suggestion you could try this. Get a copy of the trypraying booklet, use it yourself and then 'lose it' by giving it to a friend, neighbour, colleague, or someone you bump in to. It's ideal to give to the 'three friends' you have been praying for simply saying, 'try praying for a week and see what happens.'



# trypraying.

40 DAY PRAYER GUIDE

Lord we ask that you would act not  
according to the poverty of what we are, or  
believe, but according to the greatness of  
who you are and what you can do.