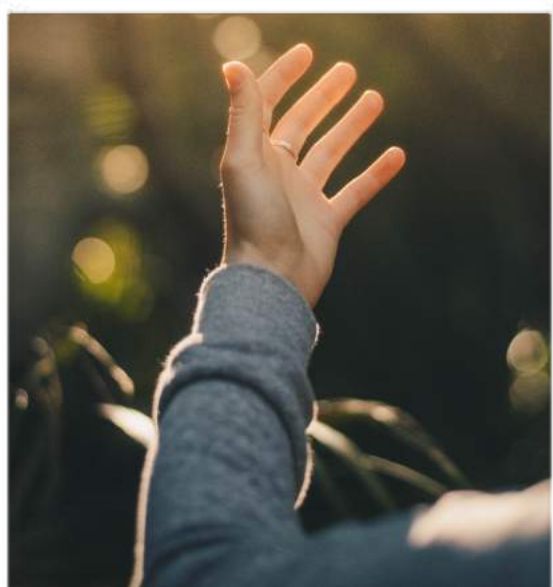


PRAYER RELAY

ADULTS



Thank you for being part of the prayer relay today. Be encouraged that even if you are by yourself, you are part of the Emmanuel body, praying along with you and before and after you.

Today, we are trusting God's promise from **Jeremiah 29 v 11-13**:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."

You should feel free to pray as you find most effective and for as long as you want to but if it helps, below is a suggested structure which should take you through the 30 minutes.

As you come to pray, find a quiet and comfortable place if you can. You may want to listen to a worship song first, to help you move from thinking about your day to focusing on God.

GETTING STARTED

1

Start by praising God for who He is. Read **Psalm 18 v 1-2** to help you.

2

Focusing on who God is reminds us of our own unworthiness. Spend some time confessing to God where you know you have fallen short this week and asking him to forgive you. Use 1 John 1 v 8 - 9 to give you confidence in God's faithfulness as you do this:
" If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

3

Time to reflect. Lockdown is easing but not disappearing, there are fears of a second wave and we find ourselves in a "new normal". Read **Jeremiah 29 v1 and 4-14**. There are some very well known verses in this passage, including our promise for today's relay.

Consider first the context of God's words to his people: this message came in a difficult situation over which they had no control. They had been sent into exile to an enemy land. It was probably not the message they expected or wanted to hear.

God says to them: this difficult situation is not going away. You need to carry on with your lives and seek the prosperity of the place to which you have been exiled; find a new normal. And then He gives them His wonderful promise.

God is not subject to lockdown - He continues to work out His purposes. Are you ready to trust Him with the future and obey, even where His plan might not have been your choice?

As you come to pray, acknowledge these verses are not necessarily comfortable reading. Have them in mind as you bring to God your own life, our nation and our church. Don't just ask - also listen. Seek God with all your heart. Be open to Him saying something unexpected.

4

Ask God - you will have particular things that are on your heart to pray for.

On the next page are some suggestions.



CORONAVIRUS

- For a vaccine and for protection against a second wave
- For the NHS staff and carers, for health, stamina and renewed compassion each day. For skill as they care for the sick and dying
- For those who are sick and their families
- For those who are mourning
- For those who have lost their jobs or whose future is uncertain
- For the easing of the lockdown and the "new normal"



OUR NATION

- For our government and its advisors, that the measures to stop the virus will be effective
- That this opportunity to turn to God will not be lost
- That God will hear our prayers and heal our land
- That many hearts will be softened and many will become Christians



EMMANUEL

- For our staff team and volunteers: for refreshment over the summer
- For Church Without Walls - for skill, wisdom and prayerfulness about the future
- For the pastoral team - for continued compassion, thoughtfulness and encouragement
- For outreach - that God will use all our outreach and that His spirit will change people's hearts; that many will become Christians
- For our new vicar John and his family - that they will receive our best Emmanuel welcome, even in a pandemic! that they will quickly feel at home; for all the practical arrangements and needs; that God will be showing John His plans for Emmanuel and preparing our hearts.
- For ourselves - that we will be open to God's call on our lives and our church



AND FINALLY.....

GIVE THANKS THAT OUR GOD IS A GOOD GOD AND CAN BE TRUSTED. "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart." **AMEN!**

THANK YOU FOR BEING PART OF OUR CHURCH FAMILY PRAYER RELAY