

September Prayer Focus
Drawing near to God



Week One

The Master Potter

Yet you, Lord, are our Father. We are the clay, you are the potter. We are all the work of your hand. (Isaiah 64:8)

Prayer walk/Prayer run. Any time of day, short or long, a favourite local spot. Allow God to speak to you as you walk.

Prayer Journal. Become aware of God's presence; review the day; reflect on your feelings experienced during the day; choose one feature of the day and pray; look toward tomorrow.

Week Two

A God who weaves

My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. (Psalm 139:15)

Silence-try being silent. Turn off all distractions and focus on the verse above (or any verse) try for 3 minutes to begin with. Write down any thoughts.

Phone/meet a friend. Pray together on the week's focus.

Week Three

Like a mother bird

He will cover you with his feathers and under his wings you will find refuge. (Ps. 91:4)

Prayer rhythms. Make up your own eg, morning- listen to the Church of England's daily prayer; afternoon- prayer walk; evening- pray The Lord's Prayer.

Lectio 365 app. Morning and/or evening prayer

Week Four

Singing over us

He will take great delight in you, in his love he will no longer rebuke you but will rejoice over you with singing. (Zephaniah 3:17)

Worship. Use songs as prayers (e.g., use EBC WOW sessions).

Meditative Prayer. Read a verse/ psalm through twice. Allow some time for God to speak to you. Read once again.

Links

<https://www.247prayer.com/simpleprayerideas> Lectio 365 app (download free, part of 24/7 prayer)

<http://Churchofengland.org>

<https://www.htb.org/prayer-resources>

<https://www.swanage-urc.co.uk/pastoral.aspx> (prayer walks)