



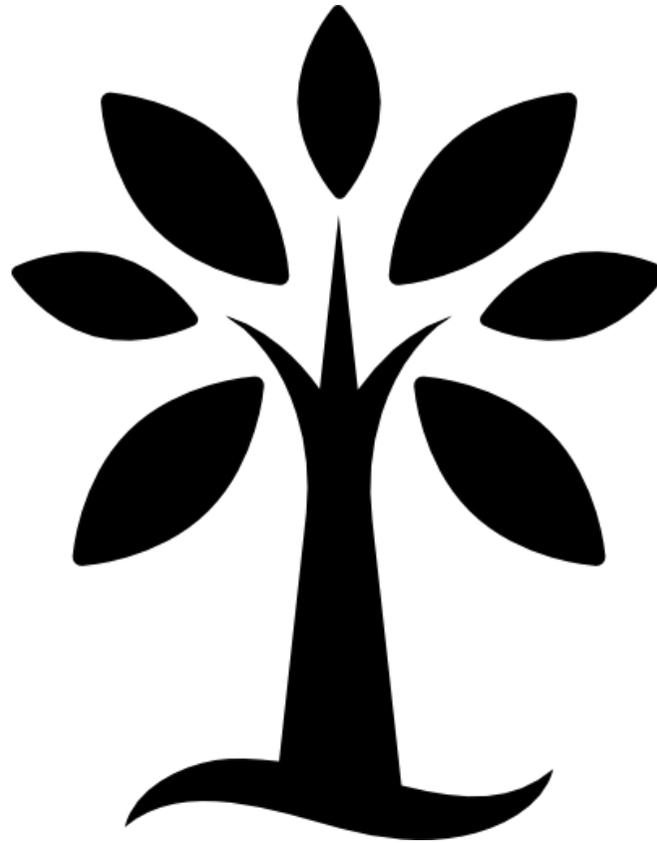
24/7 Virtual Prayer Room

Given our current circumstances we are unable to open the prayer room; but thought it would be good to have some of the resources we were going to use available online.

We hope you find some inspiration from it to pray.

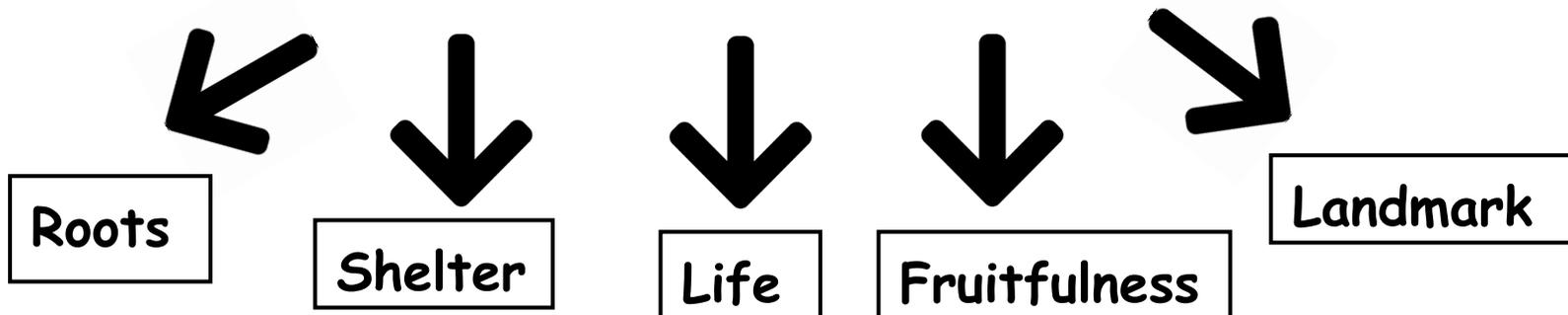
Tree

We have a large ash tree in our back garden; it's really big and has had a robust prune or two over the years. I love seeing it in each season, covered in snow, buds forming, leaves bursting - then sweeping up all those fallen leaves in the autumn. It speaks to me of rhythm and of rootedness and I chose this as the inspiration for the prayer room this year. I wanted something to pull all the strands of our prayer room together, using themes inspired by the tree. We may have more things to pray for now, but I thought the steadfastness and rootedness of the tree image was still a good one to use.



Jesus said "I am the vine, you are the branches, remain in me"

John 15:5



Before you start

Pause and be still

'As I enter prayer now, I pause to be still; to breathe slowly; to re center my scattered senses upon the presence of God'

Remind yourself of God's sovereignty (kingship, power, rule, dominion) by reading one of the suggested Psalms:



Activity

You might like to draw a big tree outline as a poster and add your prayer requests, bible verses, promises as cut out leaves, fruit, birds, blossom - creating a mural to use as your prayer prompts. You could add roots too with the promises God makes to us as a reminder of how to stay rooted in him.

Or write your thoughts in your notebook



Psalm 46

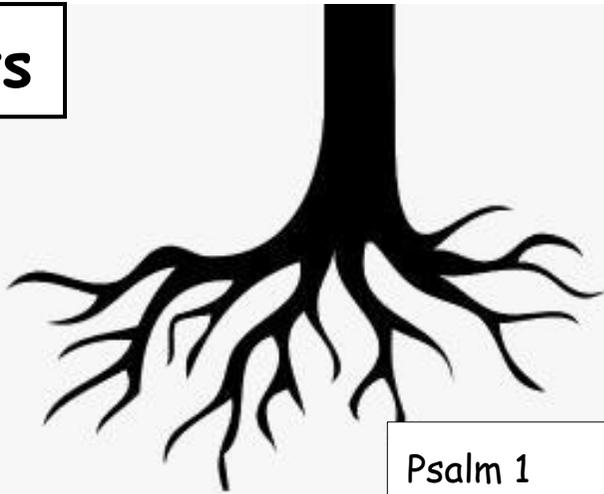
Psalm 107

Psalm 23



Where there are bible verses - you might want to use the Lectio Divina method of reading slowly and meditating on the verses, noticing any particular aspect that speaks to you - and pray into it. Maybe commit it to memory.

Roots



Psalm 1



John 15

Psalm 102 v11-13

How far do your roots spread, how deep do they go?

Deeply rooted trees stand firm in a storm - let's ask God to help us stand firm

What do your roots need to stay strong?

Pray for

- Your roots and the roots of our church, our country, our world
- For strength, depth, that we place ourselves in the right soil to be able to grow, that we look to God for His way and His strength



Activity

A knot is formed where a branch grows out from the side of a tree - in furniture they can be a weak point or a blemish, but also give a unique look to the wood.

Think about any knots you might have, or our church or town. Tie a knot in a bit of string or rope and ask God how it might be best untied.



Families could go for a walk in woods locally to them and prayerfully look at the trees. Discuss the different parts of the trees from the roots, trunk, branches, leaves, knots etc.

Activity - do a bark rubbing with paper and crayons. Could stick this on the mural. Collect leaves to stick on your tree mural and to make the animals for number 2.

Shelter



Daniel 4 v 10



Psalm 91 v 4

Psalm 61 v 4

Numbers 6 v 24-26

Pray for

- Pray for people to find shelter under *God's wing*
- you might think about particular people or *Countries* and those trying to care for them
- For the homeless and hopeless and vulnerable
- For those ill or isolated
- For those fearful
- For those grieving
- For those who can be supported by our churches branches



Activity

Draw round your hand and write something you want to pray for on each finger on the paper

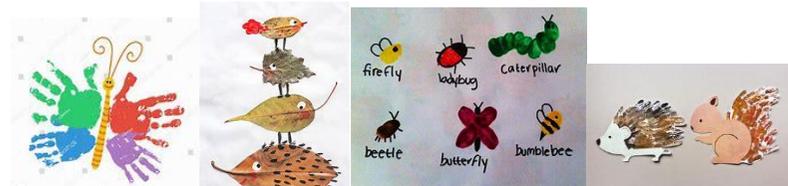
As we wash our hands in this season, use them as a reminder of your prayer points.

Add the names of people you are particularly praying for to your tree mural perhaps as your hand outline or as leaf shapes (hands look a bit like horse chestnut leaves)

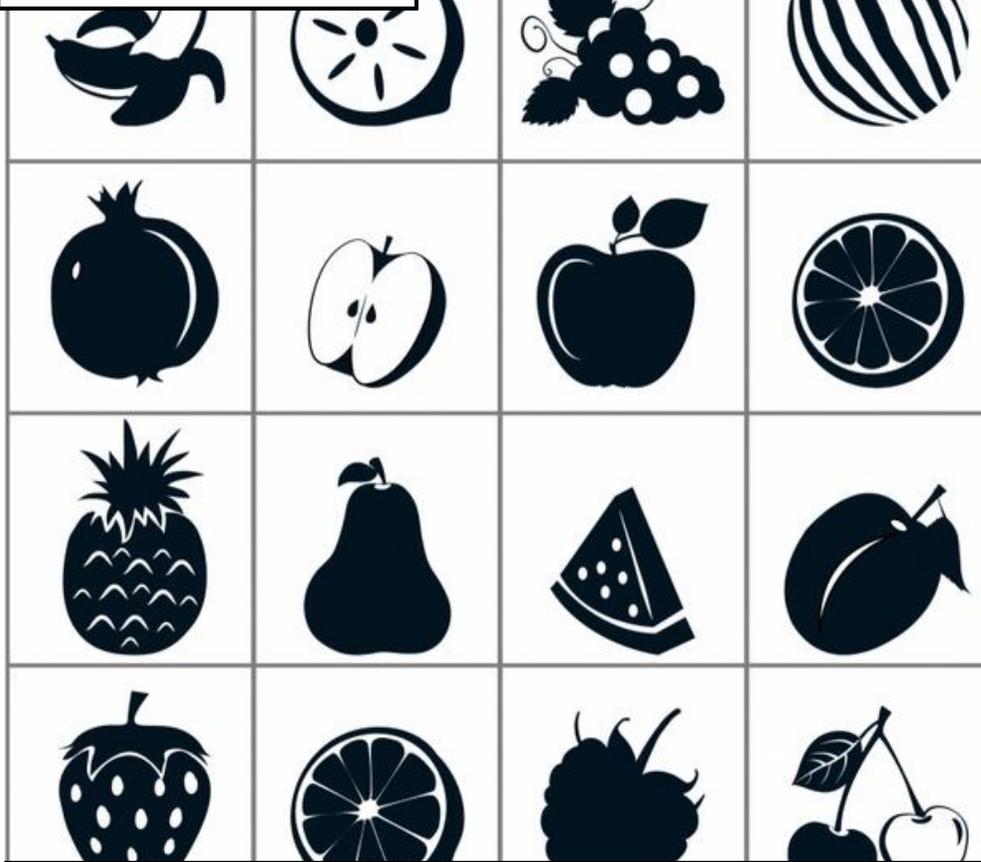


Trees provide shelter for animals

Activity - You could make your own animals from hand and leaf prints. Talk about how the tree provides shelter for the animals and how *God* shelters us.



Fruitfulness



Healthy trees bear good fruit -

What fruit have you grown that you are thankful for and what fruit would you like to develop?

Pray for

The fruit that you, our church, town, country and world need



Activity

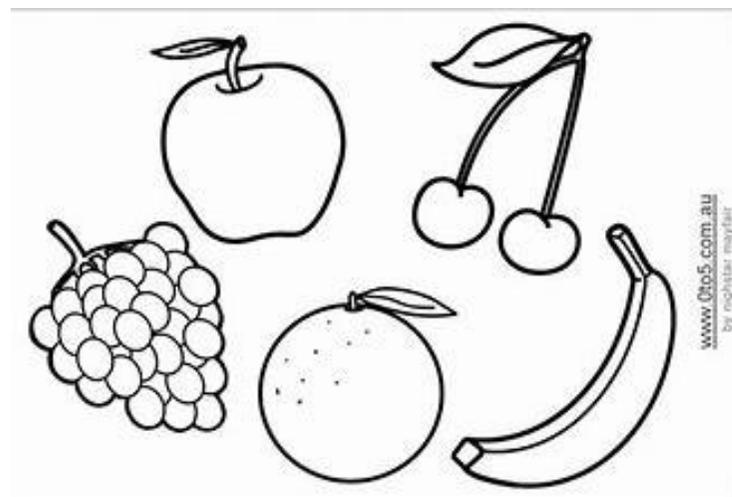
Cut out fruit shapes. Write the fruit you want to thank God for, or to pray into being and place on your tree. Ask God to help us all develop that fruit quickly in this season.



Galatians 5 v22-23

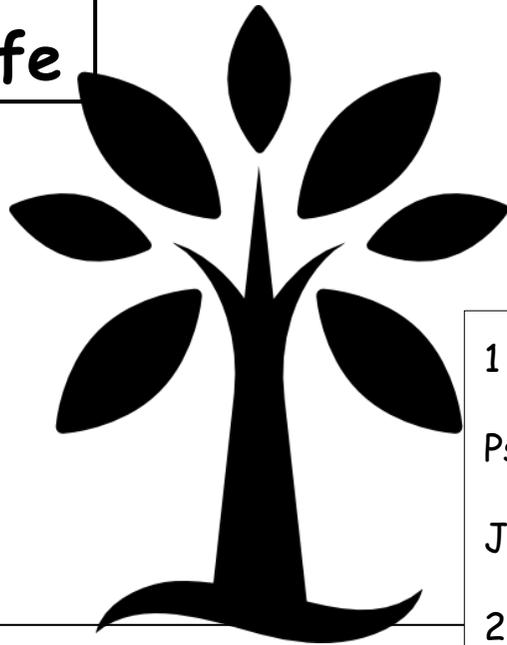


Get creative and draw, paint, sculpt your own fruit



www.0to5.com.au
by nighstar mayfair

Life



1 Thessalonians 5 v 16

Psalm 23

John 10 v 10

2 Chronicles 7 v 14



Praise God for our seasons and how he brings new life and life in all its fullness.

From bareness, to blossom, to fruit and colour in autumn.

What are you grateful for today?

Thank God

For the things you are grateful for and pray for God's mercy to settle over our world.



Activity

Draw a bird and write on it what you are thankful for. Let us remind each other and ourselves of the good things our God gives us, even in such challenging times.

Write down one thing you are thankful for each day.
Practice an 'attitude of gratitude'



Create your own bird and write down what you are thankful for.



Landmarks



Psalm 90v 17



Colossians 3 v 17

Psalm 51 v 10



A big tree can be a landmark - a place to direct you so you don't get lost.

How can our church be a landmark on Hatters lane?

How can we be landmarks where we live, work or play?

Particularly now.

Pray for

That we might remain in Jesus - in order that we might find the heart and courage to serve

So we can be strong in him, strong for those around us



Make a 3D tree landmark that stands out. Think about how we can stand out from others in this world.



This prayer room resource is a way to help you into prayer.

There are also lots of resources on the 24/7 prayer website about praying specifically for corona virus

<https://www.24-7prayer.com/coronavirusprayer#60mins>

Pray for

- the containment of the virus
- the protection of the vulnerable
- those who are ill or isolated
- health professionals
- local and national leaders
- those affected in other ways by the pandemic - financially, grief

There are more ideas on the link above.