

Week of Prayer Life Group Guide

What is a week of Prayer?

I grew up with the famous Ronseal advert and its eponymous slogan – “Ronseal, it does exactly what it says on the tin!”

At one level our week of prayer is exactly what its title suggests – a week (actually 8 days 😊) where we call the whole church to pray. Recognising that we are all at different places when it comes to our personal prayer life, a week of prayer gives all of us the opportunity to reflect, review and if necessary, refresh, our rhythms of personal and corporate prayer.

Charles Spurgeon famously wrote:

“Brethren, we shall never see much change for the better in our churches in general till the prayer meeting occupies a higher place in the esteem of Christians.”

We know that prayer is not just about prayer meetings, but we also see in scripture the power of the people of God gathering to pray. (Acts 4, Acts 13)

Our week of prayer is a call to prayer. An opportunity to gather to pray. Please look at the website <https://www.everyday.org.uk/> to see all the opportunities to gather in person, or on zoom through this week. You will also find simple prayer themes for each day of the week.

It is not just about this week

We have deliberately planned this week of prayer to coincide with the beginning of LENT. In other church traditions Lent is a key season of prayerful reflection and preparation as we look forward to the world changing Easter Weekend. We are keen to use this Lent to do the same. We often encourage one another to seek God and make time to listen to him during a week of prayer. However, we recognise that a week goes so quickly, and so this year we are encouraging all of us to make the 40 days of Lent a time of listening and waiting on God, both for our own personal lives and also for the life of the church.

We also want to encourage one another to use Lent to refresh our personal rhythms of prayer. It is easy to be someone who prays without actually being a person of prayer. Someone for whom talking to God is as natural as chatting with your spouse or your best friend. One of the ways of creating that freedom in prayer is to establish simple rhythms of prayer.

In your life group meeting this week

Be encouraged to use as much of your time together to pray. To help you stir faith for prayer why not use the video devotion or the video outlining our week of prayer – both of which can be found on our website or via the Everyday Church App.

Try using the daily rhythm of prayer that we are encouraging people to use within your Life Group this week:

- Start by using the Lord’s Prayer to stir worship and prayers of request and petition
 - Within this section of petition, you could pray for one or all of the daily prayer themes.
- Pray for those who don’t yet know Jesus by praying for people on your lost lists and for the households in your neighbourhood.
- Finish your prayer time by calling out short sharp prayers of thanks.