

Thy Kingdom Come

24 Hour Prayer Vigil

23rd - 24th May 2020



Thank you for signing up for the 24 hour prayer vigil. We have provided a specific prayer focus for each hour, but here are some other suggestions for your hour(s) of prayer.

1. Begin your hour by saying The Lord's Prayer. You may find it helpful to light a candle, and to hold a cross or prayer beads etc.
2. Say the Prayer for Thy Kingdom Come:
Almighty God, your ascended Son has sent us into the world to preach the good news of your kingdom: inspire us with your Spirit, and fill our hearts with the fire of your love, that all who hear your Word may be drawn to you, through Jesus Christ our Lord. Amen.
3. Read a short piece of scripture, for example Matthew 28:16-20; Act 1:1-11; or even the whole of Acts 1 & 2; Acts 4; Acts 6.
4. Ask God to be with you and guide your time of prayer. You may find a short period of *Centering Prayer* useful. This technique can be used as a way of prayer in itself, for half an hour – or for 5 minutes as a way into other prayers. See the notes on Centering Prayer below.
5. Prayers of Thanksgiving. Give thanks to God for all that is good in your life – from creation, to people, to the strength you have found in recent weeks. If this is difficult, think of three small things from the past 24 hours – a tasty meal, a view from your window, good rest etc. Praise God for the beauty and diversity of creation – for the natural things that give you joy. For me this is a beautiful sunset, or a family of giraffes, or the peony flowering in my front garden.
6. Thy Kingdom Come is a global prayer movement that invites Christians around the world to pray from Ascension to Pentecost for more people to come to know Jesus. In the first part of your hour, then, pray for the Holy Spirit to come and transform us and our world.
 - a. Pray for yourself and a deepened relationship with Jesus
 - b. Pray for 5 friends or family to come to faith in Jesus
 - c. Pray for your village, town or city
 - d. Pray for revival across our nation
 - e. Pray for revival across the world
7. Then pray prayers of intercession – asking God to be in the world's situations, or with individual people (don't forget that you can pray for your own needs too.) You may find that a newspaper or online news feed helps guide your prayers, but be careful not to get too engrossed in reading/scrolling
 - a. Pray about Covid-19: That its spread would be contained; that vaccines, testing, and medication would be found and fairly shared; pray for health services and those who serve across the world; Pray for nations and people groups who are more at risk because of poverty, overcrowding and poor sanitation. Pray for those who are sick, those who are recovering, and the families of those who have died from the virus. Pray for those struggling in isolation, anxious about returning to normality, or worried about their financial future.

- b. Pray for governments, the WHO, the UN and for all making decisions at the moment. Pray for peace and co-operation across nations
 - c. Pray for the none-Covid issues that are in your mind right now. Pray for global issues such as tensions in the Middle East; the ongoing refugee crisis; climate change. Or for national issues such as homelessness, for food banks, for young people....
8. The theme for this year's TKC during lockdown is 'Prayer and Care'. We are asked to care for those we are praying for in a more practical way – by keeping in touch, remembering special days, providing a (safe and socially distanced) treat – a painted pebble, something you've baked etc, helping with shopping etc. Spend a few moments asking God to let you know how best to provide that care.
9. Finish your time of prayer with The Lord's Prayer.
10. Once you have finished, it would be really helpful if you posted on The Watershed Benefice page on Facebook to let us know you've prayed, and perhaps include a picture of your lit candle. You may even want to share some of your prayers.

Thank you!

Resources and Ideas

- Read The call to prayer and care: an exploration from the Book of Acts at <https://www.thykingdomcome.global/stories/call-prayer-and-care-exploration-book-acts>
- Visit the 'Light up the World in Prayer' map at <https://www.thykingdomcome.global/lightuptheworld> to see our light nestled among the other churches and individuals who have pledged to pray. You might want to add your own individual light.
- Centering Prayer
 1. Sit in a comfortable position and close your eyes.
 2. Relax your body – perhaps tensing/relaxing each part from your eyes down to your toes.
 3. Find a sacred word or phrase that helps you enter into silence with God. It might simply be 'Jesus' or 'Lord', or a phrase like 'Come, Lord Jesus, come' or even 'Thy Kingdom Come.' This isn't a mantra, simply to be repeated, but an expressed intention to come into God's presence.
 4. Take two or three deep breaths, then breath normally and repeat your sacred word or phrase until you are able to be still with God. If distractions come in, simply say your sacred word or phrase again and let them go.
- Visit the TKC video library at <https://www.youtube.com/thykingdomcome> and watch some of the TKC videos from 2020 and previous years.
- Use the prayers in the 'Coronavirus Prayers' attachment
- Download the TKC daily prayer app and/or the family prayer adventure app
- Join us for Morning Prayer and Compline Monday to Saturday on Facebook live.
- Come to our Facebook Live Quiet Day on Saturday 30th. There will be short online reflections at 11,12,1 and 2, with some ideas for quiet time in between. We finish with an Iona Service at 3.00