**Central Norfolk Methodist Circuit:** MONTH OF PRAYER

Monday August 3rd – Saturday September 5th

*Pic’n’mix amongst these options to join in with our month of praying for* ***the world****, for our* ***country dealing with******coronavirus****, for our* ***circuit and constituent churches*** *as we make decisions about re-opening and the re-start of public worship with planned preachers.*

**OPTION ONE**

*Pray each day for the topics above or use this prayer:*

Loving God,
We thank you for your goodness to us, and for your love and care for us.

We pray for our world with all its issues and problems, its people and its suffering.

We pray for our country and government, dealing constantly with difficult decisions about handling the coronavirus situation.

\*[We pray for:

* All those who work in the NHS and in the Care Sector
* All those who have lost loved ones or who have lived through harrowing personal situations
* All those who are currently ill or in hospital with the virus, especially for those in intensive care
* All those who are struggling financially, or struggling with mental health, or struggling with keeping a business going] \**optional extras*

We pray for our Circuit and churches as we prepare for re-opening and as we make plans for the future.

We ask for hope, and vision, and renewed faith, in the name of Jesus Christ. Amen.

**OPTION TWO**

*Use a simple structure throughout the day:*

**3 prayer points in the day:**

*First thing* Commit the day to God and pray for the month’s topics

*Mid-day* Pause and know God’s presence in the day, say the Lord’s Prayer

*Last thing* Thank God for the day and pray for love, peace and hope in the world

**7 ‘pauses’ in the day (along the lines of the Benedictine offices):**

*On waking* Praise and thank God for the day

*Starting the day* Offer your plans and pray for the prayer topics above

*At coffee-time* Pause and know God’s presence in your home, or garden, or wherever you are

*At lunch-time* Pray for the prayer topics (if not before) and say the Lord’s Prayer

*Mid-afternoon* Pause and commit the rest of the day to God

*Early evening* Pray for peace in the world

*Before bed* Thank God for the day and ask for protection and peace through the night

**OPTION THREE**

*Join in with our ‘Prayer Wheels’ travelling across the Circuit:*

The prayer wheels will be taking a different prayer topic each day around the Circuit as participants receive a telephone call and then pass the message onto one other person. The people you are in touch with will change over the month as the wheels change and keep rolling. We want this to enable relationships across the Circuit, to facilitate prayer in a creative way, and to be fun! To sign up with Deacon Jen, email her at jenwoodfin@btinternet.com or leave a message (with your telephone number) at 01760 720858 or 07591 216898. Anyone can join in at any time, but to be in at the start, get in touch by Monday 3rd August.