



## PRAYER DAY PACK

22.11.20

Thank you for taking part in our prayer day. We've suggested a variety of activities and ways to pray which we hope you will find helpful and engaging. Some of them are things we'll do together on Zoom; others are activities you can do at home by yourself or as a family. Some are indoors, one is outside. The new Bromley Baptist Fellowship fb page provides a place to post pictures, prayers and prayer requests.

### Timetable for the day

The following sessions will take place on Zoom. If you've never prayed on Zoom before why not try it out. Nobody will force you to join in, but you may just find it's easier than you think.

The day will begin at 7.30 am with Matins. Then there are four afternoon prayer sessions starting at 2pm and led by different people. Feel free to join in with as much as you would like to, for as long as you are able to. They all have the same Zoom address.

7.30 am – Matins

<https://us02web.zoom.us/j/84314672588>

2.00 pm – The world and the persecuted church

3.00 pm – Community and Country

4.00 pm – Church Family

5.00 pm – Listening to God

<https://us02web.zoom.us/j/84009765053>

### Activities to do at home

Stilling prayer

- Good breathing can help you focus and centre on God.  
Breathe in through the nose counting 1,2,3  
Hold the breath in, counting 1,2,3  
Let the breath out through your mouth, counting 1,2,3
- Many Christians use such breathing techniques in conjunction with a simple prayer in order to still and centre themselves.
- Add these words  
Breathe in; Come Holy Spirit  
Breathe out; Distractions  
Breathe in; Come Holy Spirit  
**Breathe out; Distractions**

**Or you might like to repeat the Jesus prayer**

Lord Jesus Christ, have mercy on me a sinner

### **How to make a contemplation bottle**

Any bottle with a screw top will do. Fill it with water, a squirt of washing up liquid or glycerine and two tablespoons of glitter. Screw the lid on tight.

Find a comfortable place to sit, shake the bottle and allow the glitter to settle. Use the time you are watching to think about God.

Does anything come to your mind? Does God say anything to you? You might like to make a note of your thoughts

### **How to make a prayer spiral**

Either use a paper plate and draw a spiral on the back or print out the attached sheet.

You can write on it

- Words to describe God
- Things you want to say thank you for
- People you know who need to know Jesus
- Places in the world which need to know peace

Cut out the spiral make a hole at one end so that you can hang it up as a reminder to pray.

### **Prayer Walk**

You might like to do this before Sunday. You can do this by yourself, as a family or with a friend (but only one)

Choose a route which starts from your house and if possible, includes a public building of some sort – a school, the library, a police station, doctors' surgery, a local park.....

Pray for the people who live in the houses you pass, and those who use the public spaces.

If you can, take a picture of what you've prayed for and post it on Bromley Baptist Fellowship fb page

**Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and your minds in Christ Jesus  
Philippians 4 v 6,7**

