

Daily Thought for the day Saturday 16th May - Caroline Barratt

Through these challenging times we are adapting to changes in our normal lives. As all our places of Worship are currently closed we are turning to different ways of Worshipping and Praising God. I wanted to share with you today the concept of Interactive Prayers through Prayer stations which can be done in your own home. The benefit of prayer stations is that you are able to pray at your own speed and it encourages people to explore their individual responses.

I have prepared 8 Prayer stations based around the Lord's Prayer.

When we meet together in our places of worship, we tend to share the Lord's Prayer after our prayers of intercessions as a way of drawing all our prayers together. This prayer, perhaps more than any other, encapsulates so much of what we would want to say about God and our life as God's people. I hope you will enjoy this creative way of saying The Lord's Prayer. You can either choose to do the stations as stand-alone prayers or join them all together.

I will begin by reading Luke 11 vs 1-10

11 Once Jesus was in a certain place praying. As he finished, one of his disciples came to him and said, "Lord, teach us to pray, just as John taught his disciples."

² Jesus said, "This is how you should pray:^[a]

"Father, may your name be kept holy.

May your Kingdom come soon.

³ Give us each day the food we need,^[b]

⁴ and forgive us our sins,

as we forgive those who sin against us.

And don't let us yield to temptation.^[c]"

⁵ Then, teaching them more about prayer, he used this story: "Suppose you went to a friend's house at midnight, wanting to borrow three loaves of bread. You say to him, ⁶ 'A friend of mine has just arrived for a visit, and I have nothing for him to eat.' ⁷ And suppose he calls out from his bedroom, 'Don't bother me. The door is locked for the night, and my family and I are all in bed. I can't help you.' ⁸ But I tell you this—though he

won't do it for friendship's sake, if you keep knocking long enough, he will get up and give you whatever you need because of your shameless persistence.^[4]

9 "And so I tell you, keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. 10 For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened.

1. Our Father in Heaven. We believe that God is our loving parent, the most loving parent you can imagine and that we are his children and he loves us. Imagine a picture of a Father reaching out to hold his child's hands, think of someone that needs to know they are loved, it might be you. You can say a prayer that they will know they are loved.....
"Those who leave everything in God's hands will eventually see God's hands in everything".
2. Hallowed be your name. Names and identities are important, think about the names we use for ourselves and the people we love and respect. What does this tell us about our feelings and relationships? In the Bible God is called by many different names. Read some of these names and characteristics of God, Shepherd, Almighty, Light of the World, Healer, Creator, Eternal, Love, Friend, Do any stand out to you? Think about why they stand out for you, if not can you think of different words to describe God.....
3. Your Kingdom come. Due to the current situation we are facing everyday with the threat of corona virus, it can sometimes be hard to understand God, Life and the world. We may have unanswered questions. God wants to hear our doubts, questions, and worries, even our angry, painful ones. Reflect on what question you would ask God.....

4. Your Will be done. As Christians we believe that the best thing for us is to follow God's way. This means being honest, kind and forgiving just like Jesus. Sometimes this isn't always easy and we stray from the path and take our own direction. As I take these footprints and lie them on the path think about how you would like to live your life. Ask God to help you to achieve this.....

John 14 vs 6 Jesus said "I am the way, the truth, and the life. No one comes to the Father except through me"

5. On Earth as it is Heaven. Across our globe, on a daily basis, situations unravel that will have a profound impact on individuals, communities, and nations. Look at the globe and think of a country- it might be that you know someone who lives there. Pray for this country and think of the people that live there

As humans we can forget ultimately, God has created the world and is not absent from it but all powerful in it:

"The earth is the Lord's, and everything in it. The world and all who live in it".

6. Give us today our Daily Bread. What are you thankful for? What people or things brighten up your life? It is good to be thankful- it reminds us of all that we have instead of thinking about what we don't have. Say a thank you prayer for all the good things and people in you life.....

Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty. John 6 vs 35

7. Forgive us our sins as we forgive those who sin against us. We all do things that are wrong sometimes. When we do this it's good to say sorry to God and ask for forgiveness. We need to acknowledge our mistakes.

Loving God when we have thought of ourselves above all else.

Forgive us, when we have failed to listen to your word as we

should have done, forgive us. When we have turned away from

your sacrifice and suffering, forgive us. We lay before you all that we are truly sorry for and ask for your salvation, merciful and just God Amen.

8. Lead us not into temptation but deliver us from evil. We believe that God wants us to be the best we can be. He wants to help us choose the right thing; he wants us to be like a light that shows others the way to behave.

God wants you to be a light.....

Let us pray together Father help me live this day to the full, being true to you, in every way. Jesus help me to give myself away to others, being kind to everyone I meet. Spirit help me to love the lost proclaiming Christ in all I do and say. Amen.