

*Tuesday*

For the elderly, isolated and vulnerable: for their deliverance, protection and comfort; for those who care for them. I will also pray for.....

*Wednesday*

For businesses, the workplace and economic well-being: for those who face uncertainty in their work; for those who have lost jobs; for our Foodbank and Christians Against Poverty services and their volunteers.

I will also pray for.....

*Thursday*

For the NHS and other key workers: for scientists seeking to advise the government; For those searching for a safe and effective vaccine; for a reliable and effective test and trace system. I will also pray for.....

*Friday*

For national and local government: for our Town Council; for those in positions of authority with responsibility; for policy and decision making; for wisdom, mercy and justice. I will also pray for.....

*Saturday*

For all who are grieving and suffering mentally or physically: for them to know God's loving kindness and sustaining presence; for hope and strength for those feeling stressed and anxious and stretched beyond their capacity.

I will also pray for.....

## 5. BE AWARE OF TAKING GOD WITH YOU (1 MIN)

As you finish, remember that God goes with you wherever you are and whatever you are doing today.

**Lord, give me wisdom before I speak,  
understanding while I listen,  
sensitivity towards those I meet,  
and the perspective of your kingdom  
in which to see the things of the earth.  
In Jesus' name I pray. Amen.**

The Church of England has been called to a Month of Prayer for our nation. Finding time to pray can sometimes be difficult, but it is a vital part of our lives as followers of Jesus. Here's how you can take just 5 minutes a day to make a difference....

# JUST TAKE 5

HOW TO MAKE TIME FOR 5 MINUTES PRAYER IN A BUSY DAY



## 1. FIND A QUIET SPOT

Try and find somewhere where you can have a few quiet minutes on your own: even if that is in the shed, in the bath or in the loo! – or maybe go for a short walk.

## 2. BE AWARE OF GOD (1 MIN)

Use this prayer to help you become aware of God's presence. Know that he is with you now.

**Be with me Spirit of God;  
nothing can separate me from your love.  
Breathe on me, breath of God;  
fill me with your saving power.  
Speak in me, wisdom of God;  
bring strength, healing and peace.**

Some readings from God's word to reflect on each day:

*Monday: John 16.33*

Jesus said "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

*Tuesday: 1 Peter 5.6-7*

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

*Wednesday: 2 Chronicles 7.14*

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

*Thursday: Isaiah 61.1-3a*

The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to proclaim good news to the poor. He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the LORD's favour.

*Friday: 2 Corinthians 4.18*

So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

*Saturday: John 1.4-5*

In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.

## 3. BE AWARE OF YOURSELF (1 MIN)

As we come into God's presence we often become more aware of our own shortcomings and failings. Bring these to our loving, merciful and forgiving heavenly Father now:

**Merciful God,  
for all in my life that is - but should not be,  
and for all that is not - but should be,  
forgive me,  
through Jesus Christ, our Lord.  
Touch my life with your healing forgiveness,  
and put a new heart and a right spirit within me,  
so that I may truly love you and faithfully serve you,  
to the glory of your name. Amen.**

## 4. BE AWARE OF THE NEEDS OF OUR NATION (2 MIN)

Pray for our nation. You might want to offer up some short prayers based on what you have seen or heard in the news today; or use the following daily suggestions to guide you:

*Sunday*

For family, friend and loved ones: for their health, well-being and a sense of hope; for those unable to be together; for God's help in our communicating, connecting and caring. I will also pray for.....

*Monday*

For schools, colleges, children and young people: for the commitment of teachers and all those involved in serving in the education of children and young people; for the resources they need. I will also pray for.....