



We pray for ourselves, to be witnesses for Jesus Christ

Ascension Day to Pentecost

THESE PRAYERS ARE FOR **ADULTS** TO PRAY with God's worldwide family for more people to come to know Jesus Christ, and for themselves to be empowered by the Holy Spirit, to find new confidence to be witnesses for Jesus Christ. Each box represents a gift from God. Use them to plan your own prayer journey: say a prayer for yourself from page 1 and the corresponding prayer for others from page 2.

Belonging

Thank you, Lord, for welcoming me into your family and blessing me with the confidence and joy of knowing that nothing can separate me from your love. May I share that joy with others and may your kingdom come. In Jesus' name. Amen.

Grace

Draw a heart and write on it words that reflect how you feel in your own heart, and the names of people to whom you would like to be more generous.

God of truth, empty my heart of all that hurts me and you and others, and fill it with your grace. Amen.

Courage

Do you need courage to share your faith? Or to do something in your life right now? Write the answers in small letters on a piece of paper and then in huge letters, write: JESUS GIVES ME COURAGE AND GOD IS MY STRENGTH, TODAY AND ALWAYS. AMEN.

Wisdom

Find a picture or object that represents the most pressing thing on your mind. Hold it and pray: God of my head and my heart, bless me with clarity and discernment in the decisions I must make. Bless me with trust and humility in my journey of faith. Amen.

Joy

Walk around or visualise your local area and pray joy into every home and office, every farm, school and shop. Pray joy into your own heart too, and treat yourself to something on your way home.

Compassion

God of the cross, may my heart break when others cry; may I sit with those who call out 'Why?'; may I hold the hands of those in pain; may I comfort those alone again. May I join each day in the Lord's Prayer and may your kingdom come. Amen.

Forgiveness

Take a piece of string and tie a knot in it for anything that weighs heavily on your heart and for what you would like to feel forgiven. Name each thing and untie a knot as you say sorry, trusting in God's mercy.

Healing

Are there any relationships in your life that need healing? Friendships where trust has been lost? Faith where prayer has become dry? Family situations where tension makes life difficult? Entrust them to God and pray for healing in Jesus' name.

Hope

Lord Jesus, as you have brought hope to my heart and life, may I be a bringer of hope to others: the suffering, the anxious, the weary, and the rejected, that they may find faith in you and be blessed. Amen.

Peace

Lord God, sometimes it seems as if the world is in turmoil and there is little hope for world peace. Help me to stay strong in prayer and bold in action. I pray that peace may begin with me: in my heart, my life, my community. In Christ's name. Amen.

Love

Light a candle and remember those you have loved who have died. Thank God for their lives, look at photos of them or think of special moments. Pray that everyone would have love in their life and would be comforted when loss comes.

A global wave of prayer



PRAYERS FOR ADULTS

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We pray for others, that they come to know Jesus Christ

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say a prayer for yourself from page 1 and the
corresponding prayer for others from page 2.*

Belonging

Gracious God, we pray for those longing to be accepted...
longing to be acknowledged...
longing to be given a second chance...
longing to be loved...
May your kingdom come and transform their longing into joy.
Amen.

Grace

Generous God, by your grace transform our hearts. Turn bigotry into tolerance, closed doors into open ones and inspire unity where there has been division. Make your Church a home for all who long for love and acceptance.
May your kingdom come.
Amen.

Courage

Lord of Gethsemane, we pray courage for people afraid of those who govern them; for people afraid of those they work with; for people afraid of those they live with. We pray for courage for every fearful heart.
Amen.

Wisdom

God of our universe, as we journey further in space, bless us with knowledge and wisdom, as we pioneer new treatments, develop social media, and live side by side.
Bless us that your kingdom may come and your will be done. Amen.

Joy

To those whose faith has grown stale, we pray the joy of freshness. To those separated from family and friends, we pray the joy of reunion. To those who are unemployed, we pray the joy of work. To all people in all places, we pray the joy of knowing Jesus as Lord and Saviour. Amen.

Compassion

Cut out stories from a newspaper or magazine about compassion. Give thanks where it has been shown and pray for those situations where it is needed.

Forgiveness

God of justice and of mercy, we pray for those whose crimes seem beyond forgiveness: for those who kill, abuse, torture and exploit. Forgive them and us, whenever we hurt others. We ask this in Jesus' name who called out, 'Father, forgive them', even as he died.
Amen.

Healing

Gracious God, we entrust to your love those longing to be healed: those in hospital, those at home, those whose addictions plague their life, those whose past still haunts them.
Be with them in their pain, their frustration and their fear. Amen.

Hope

Light a candle after every bidding.
Eternal God, where war has destroyed and divided, kindle the flame of hope; where poverty has diminished and demoralised, kindle the flame of hope; where confidence has been drained and damaged, kindle the flame of hope.
In Jesus' name. Amen.

Peace

Light a candle and on pieces of paper write all the places in the world that lie heavily on your heart; the names of those you know who have no peace of mind; families where there is division. Place them around the candle and imagine each one being brought to Jesus and blessed.

Love

On the cross you suffered, Lord. We pray for those suffering today.
On the cross you forgave, Lord. We pray for those needing forgiveness today.
On the cross you showed us God's great love for the world. We pray for that world today. Amen.