



Here is a suggested format for leading a group in an hour of prayer. It is fast paced, broken into 5-minute sections, and the hour will go by in no time. You may want to give people an overview of how it will run before you start. Everyone will need a Bible and a pen and paper.

First 15 minutes: Praise

Begin by worshipping God, becoming aware of His presence, and preparing your heart for prayer.

00-05 Read Psalm 103. As **individuals**, write a list of reasons you have to praise God. Include things mentioned in this Psalm, and things He has done in your life.

05-10 In **groups**, spend 5 mins thanking God for the things He has done, and the ways He has shown Himself to be a loving, faithful, compassionate Father.

10-15 As **individuals**, spend 5 minutes being honest with God about anything in your heart that you need to confess. Thank Him for His forgiveness, and ask Him to fill you with the Holy Spirit.

Second 15 minutes: Provision

Remembering the promises of Psalm 103, bring your needs before God, trusting that He is willing and able to provide all that you need.

15-20 As **individuals**, spend 5 minutes writing down some of your needs. They may include physical needs, such as healing; material needs, such as finance or housing; or relational needs, such as help with difficult relationships.

20-25 Get into **pairs**. One person should share some of their needs – as many as you feel comfortable with, and for no more than 2 minutes. The other person should then pray for God to provide.

25-30 Staying in your **pairs**, switch round. The second person should share their needs, and the first person pray.

Third 15 minutes: Purpose

Having brought your own needs before God, now bring the needs of others before Him, asking that His purposes would be worked out in our church, our city and our world.

30-35 In **groups**, spend 5 minutes praying for Christ Church London as a whole, and in particular for the service of which you are a part. Topics for prayer could include:

- Sunday Services
- The presence of the Spirit
- Leaders
- Connect Groups
- Serving Teams
- Families
- Social Action projects
- People finding faith
- Alpha Courses
- Finance and resources

35-40 In **groups**, spend 5 minutes praying for the city as a whole and the particular part of the city you are in. Topics for prayer could include:

- The areas where you live, study or work
- Neighbours, friends and colleagues
- Specific needs of your area
- Particular demographics or people groups
- Leaders and people with influence
- Those who are suffering in our city
- Recent news events
- The safety and security of the city

An Hour in Prayer

- Unity among Christians and churches
- The flourishing of culture: including the arts, business, education, government, media, non-profit, science and technology.

40-45 In **groups**, spend 5 minutes praying for the world. Topics for prayer could include:

- Current news events
- World leaders and international relations
- People you know who are working internationally
- The global church, including Christians facing persecution
- People suffering as a result of conflict and displacement
- People suffering as a result of natural disasters
- People in captivity or slavery
- Those in extreme poverty
- The most vulnerable, including the young and the elderly
- The environment

Fourth 15 minutes: Power

End by asking God for the power you need to follow Him faithfully, and work for the cultural, social and spiritual renewal of our city.

45-50 Pray out loud the prayer below. Then as **individuals** spend 5 minutes in silence, listening to see if God brings anything in particular to mind. Write down anything you think He might be saying to you.

**Lord God,
I know I can achieve nothing in my own strength,
But much in the strength of your Spirit.
Would you reveal to me now:
Works you have prepared for me to do,
Steps of faith you want me to take,
People to whom you want me to speak,
Gifts you given, which I have neglected,
And areas where I am vulnerable to the enemy.
I am ready and willing to hear your voice.
Amen**

50-55 Get into **pairs**. One person should share some of the areas where they need God's power – as many as you feel comfortable with, and for no more than 2 minutes. The other person should then pray for God to fill them with the Holy Spirit.

55-60 Staying in your **pairs**, switch round. The second person should share the areas where they need God's power, and the first person pray for them.

As you meet, if you see particular answers to your prayers, or sense God speaking to you for the church, we would love to hear from you. Email: prayer@christchurchlondon.org