

Prayer Focus

January 2018

Sunday 7th

Mark 1:4-11

Give thanks that God gave us His Son to tell us of His love. Seek to reflect that love in your words and deeds each day.

Monday 8th

Pray that your life may reflect that love of God so that others may experience it too. You may be the only one who can speak to them of that love.

Tuesday 9th

“Count your blessings” and never forget to give thanks for all that God has done for you. May your gratitude help to shape your daily living.

Wednesday 10th

Look around you, at the richness of the world we live in, at everything from the glory of nature to the wonder of human life. Give thanks.

Thursday 11th

Remember in your prayers those who are finding life hard at this time. Those facing ill health, bereavement, unemployment, rejection, loneliness and despair.

Friday 12th

Ask God to show you how to reach out and make life easier for just one person who is in special need at this time. It may be no more than a kind word or even a smile.

Saturday 13th

Tell others that you pray for them, that they may know they are being thought about and cared for; that they may have confidence in the power of prayer.

Sunday 14th

John 1:43-51

You too are invited by Jesus to “Come and see”. What might it be that he has to offer you in your life? Are you willing to take up the invitation?

Monday 15th

Always look for the good in others and celebrate it with them. There is more good around you than you might think.

Tuesday 16th

Hold before God those who do not see themselves as of any great worth. Make sure your words and deeds affirm people rather than devalue them

Wednesday 17th

Give thanks for those closest to you and whom you can easily take for granted. Never forget to say ‘thank you’ for their contribution to your life each day.

Thursday 18th

Pick a person whom you know who is ill and pray for them throughout the day. Take time to stop and hold them in your thoughts, just for a moment, however brief.

Friday 19th

Begin the day by offering it to God and asking God to walk with you to its close. Remember that even if you are very busy and forget God, God will not forget you.

Saturday 20th

End the day with thanksgiving for your experience of God's presence and strength throughout the day. Look back on those moments when God was particularly close.

Sunday 21st

Mark 1:14-20

Are you listening? Might God be saying the same to you? "Follow me". Can you think of a way in which he might want you to do that? Be prepared for the unexpected.

Monday 22nd

Choose one item from the daily news and imagining the needs of those involved, pray for them. Find a small item, not a headline and focus on their need.

Tuesday 23rd

Make time for a few moments of reflection, however brief, and just be still!

Wednesday 24th

Pray for the refugees of our world, and for all who are driven from their homes for whatever reason. Remember how much you value your home.

Thursday 25th

Pray for those with the power to change things for the good that they may use that power well. But pray also for those who abuse their power.

Friday 26th

Think for a moment of those working with the dispossessed and pray that may have the resources they need.

Saturday 27th

Remember again those who have been afflicted by natural disaster in recent months. Now that they are gone from the headlines they are forgotten about by so many.

Sunday 28th

Mark 1:21-28

Are you willing to let Jesus take new hold on your life and bring newness to your living?

Monday 29th

Pray for our church in its witness to the community in which we are set. Remember that behind many closed doors there is great need.

Tuesday 30th

Pray for all who hold office that they may be blessed and sustained in their work. Give thanks for all the volunteers who keep our church fellowship in such good order, pray for them too.

Wednesday 31st

Pray for our community with its diverse needs and blessings. Remember that there are many others, from beyond our fellowship, who also, like us, care for those in need.

Thursday 1st

Pray for those who live on the margins of society and who do not share its wealth and blessings. May they find ways of making new beginnings.

Friday 2nd

Pray for the lonely, especially those whose loneliness is a state of mind; those who, even in a crowded place, feel that no one cares about them.

Saturday 3rd

Pray that we may recognise need, be it great or small, and when we see it respond with love and compassion.

Altrincham United Reformed Church

www.altrinchamurc.org.uk