

Prayer Focus

March 2019

Sunday 3rd

"Blessed are the meek, for they shall inherit the earth." Matthew 5.v 5

Help us to put other people's needs before our own and to understand the difference between what we want and what we really need.

Monday 4th

We remember our Christian brothers and sisters in war-torn countries and pray that they may be beacons of peace. Lord, protect them with your love.

Tuesday 5th

We think about the times we have failed to live up to the teachings of Jesus and ask for forgiveness and help to do better in future.

Wednesday 6th

Ash Wednesday

Jesus invites us to come to him for rest and take up our cross and follow him in the way he has taught us. He is the Bread of Life and Living Water that sustains and strengthens us.

Thursday 7th

It is customary Lord for us to give something up during the season of Lent. What would you have us do without - chocolates or cakes which would make us feel holier and perhaps thinner? Or perhaps selfishness, bad temper, greed or envy, which would be much more difficult? We ask for strength and cheerfulness as we practise true self-denial.

Friday 8th

We remember that God is good and merciful and will provide a way out of all our difficulties if we trust him and relax instead of worrying.

Saturday 9th

We ask for God's blessings on all who are leading worship tomorrow.

Sunday 10th

"Nothing in all creation will be able to separate us from the love of God in Christ." Romans 8 v. 39. Lord, help us to remember that you are always with us, especially when we are feeling isolated or lonely.

Monday 11th

We pray for time to pause and quieten our busy minds so that God can come to us. May we be reminded of what we need to do for others.

Tuesday 12th

Are we carrying resentments about things other people said long ago? May God give us the ability to forgive in the same way that he forgives us.

Wednesday 13th

Lord, help us to bear whatever may happen to us with a cheerful spirit. May we see our problems in perspective against those borne by other people.

Thursday 14th

Lord, save us from self-pity that not only undermines our ability to cope with events but also prevents us from sympathising with others' troubles.

Friday 15th

We pray that our love of God increases and overflows into love for our neighbours.

Saturday 16th

Lord, may we always be prepared to let people know we are Christians when others may be mocking or dismissive of our faith.

Sunday 17th

"The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?" Psalm 27 v.1 **Why are we so fearful of the opinions of others when we have the support of God?**

Monday 18th

We pray for peace between nations. May people learn to solve their differences by talking instead of fighting. May those in power count the cost of war beforehand rather than cause nations to mourn later.

Tuesday 19th

Let us pause just to thank God for the simple things around us - our homes, the kindness of people, the beauty of trees, flowers and animals.

Wednesday 20th

May we be as generous towards other people and as tolerant and forgiving of them as we are of ourselves.

Thursday 21st

Lord, let us remember that our time here is limited and help us to enjoy each day as much as our circumstances permit. Let us not allow trivialities to bother us, remembering that only God and other people matter.

Friday 22nd

We ask your blessing on all the children and their families connected with our church – the Pilots and Junior Church, the Rainbows, Brownies and Guides and the Toddler Groups. May they feel part of our church family.

Saturday 23rd

We ask for courage to apologise when we are wrong and the humility to get over disagreements even when we are sure we are in the right.

Sunday 24th

“Blessed are those who mourn for they shall be comforted”. Matthew 5 v.4

We pray for those who mourn, who have a deep unexpressed grief, that God may heal and comfort them.

Monday 25th

We pray for Israeli and Palestinian people, that they may be inspired to treat each other with compassion, understanding and tolerance and work together for peace with justice.

Tuesday 26th

Lord, give us the self-control we need to guard our tongues; help us to refrain from unkind gossip or the quick retort; to keep confidential what has been entrusted to us and to avoid criticism of other people.

Wednesday 27th

We pray for refugees and asylum-seekers. May those who deal with them and their applications have compassion and good judgement.

Thursday 28th

We pray for the lonely and house-bound and those with limited mobility and constant pain. May they be given the help they need to find some interest and enjoyment of life.

Friday 29th

We pray for the strength of character to avoid doing wrong because we are trying to please the crowd and don't want to stand out as “different”.

Saturday 30th

Thank you Lord for friends, neighbours and families, for those who provide the means to enable us to keep in touch with each other, for carers and hospital workers and for those who grow, produce, transport and sell us our food. May we show our appreciation of them all whenever we are able.

Sunday 31st Mothering Sunday

We thank God for our mothers who cared for us as children when we did not appreciate their self-sacrifice and kindness.

Monday 1st April

Lord, we thank you for the great gift of a sense of humour. May we never use it to hurt other people.

Tuesday 2nd

Lord, we thank you for your love of each one of us. Help us to know what loving our neighbour requires of us so that we put this into action.

Wednesday 3rd

We pray for a revival of belief for nominal Christians. May all see a new relevance so that the Church grows both in numbers and wholeness of life.

Thursday 4th

We pray for guidance for all Church leaders that they may make the best possible decisions after putting aside petty differences and selfish interests.

Friday 5th

We pray for those in national and local government. May they work for the good of all rather than the benefit of a few.

Saturday 6th

Give thanks to God for all his gifts to us and that we live in a country of peace and prosperity compared to so much of the rest of the world.

Altrincham United Reformed Church

www.altrinchamurc.org.uk