

Prayer Day, 10th May 2020

Suggested Prayer Ideas for the Afternoon

Our focus is letting go. The definition of letting go is – to release something, to set something free, to allow something to go. The following may help you pray. You may wish to do some, all or none. You may wish to come back to these at a later date. You may wish to watch Songs of Praise at 1.15pm.

Remember:

- If you would like to make a comment, give an encouraging word or a prayer, please either use the Live Chat on the YouTube page, or email it to stanhopemethodists@gmail.com.
- The next session is at 3.30pm. For this session have some cake or biscuit and something to drink ready so you can share in the Love Feast – even though you are not online.

Prayer Suggestion 1 Mary Meets Jesus



We return to the passage in John's gospel. Let us spend some time again with Mary.....

One word was spoken, "**Mary..**"

In that gentle moment Jesus reminds her of the relationship they have, echoing the words of Isaiah 43:1 and 4.

Her grief disappears, she throws herself at his feet and clings to him.

Then with the words, "**Don't cling to me...**" Mary discovers a new revelation with Jesus.

She must not hold on to the past but live in the present moment in a new relationship with the risen Jesus. Mary had to let go.

AND SO DO WE

Joyce Rupp, in her book *Cup of Life*, writes, "I don't know about you but I am always trying to get rid of my clutter. I just get my basket of correspondence finally cleared off my desk and days later it is just as messy. I put things away and dust the house only to have to do it again soon after. There always seems to be something that needs sorting.

The same is true for me spiritually. There are many kinds of spiritual clutter Things like anxiety, resentment, harsh judgements, self-pity, and mistrust, the negative thoughts, useless fears and worries, old wounding messages, the "have to's and want to's" that bully me around. All seek to

squeeze out what is important? Clutter throws me off balance and there is not much room for God's agenda when mine takes up so much room."

You are invited to use this space to reflect on your journey. What things do you need to lay down?

Activity: Find a cup and a candle. Light the candle and sit quietly before God for a few moments.

Look around at the outer clutter, then look at the inward clutter. As things come to mind write them on a piece of paper and put them in the cup. Be patient with yourself as you evaluate your clutter. It takes time to discard some things. Give them over to God and leave your cup where you can see it in the days to come and as God shows you what you need to let go of take it out of the cup and shred or burn it. This is not a quick process.

Close the time with a prayer: 'Shine the light of your love on my spirit, God. Help me to see what gets in the way. Grant me the strength to empty out my clutter. Thank you for your power working in me. May I walk with a deeper awareness of our union. Amen'.

I often see the Dandelion as the Holy Spirit flower, for gardeners will know it has deep roots, can spread everywhere, is often not wanted and yet has healing powers! At this time of year, most of us should be able to find one nearby but if not use the photos.



Look at the Dandelion and consider its journey. It is a beautiful flower, but can be intrusive. It produces many seeds but requires the seeds to be released to travel in uncertainty to grow a harvest. Many of the seeds will not grow but if they are not released, they are not given the chance. What may God want you to let go of in order to allow the seeds God has planted within you to be grown? Think and pray about this for a moment.

I must admit when a child recently stood in my garden and blew their dandelion clock, I had to work hard for the right response! but I have enjoyed the numerous trips of children to visit the tadpoles in the pond. I am fond of Tadpoles on prayer days as they arrived in a jar from Pity Mea many years ago. "Wow! There are thousands" one child said, and I pointed out that of every 1000 tadpoles only 5 are likely to survive to become a fully grown frog. The odds of someone responding to an invitation to Church are much better, research says 1 in 5 will respond to an invitation but often our fear of the four rejections holds us back. What fears do we need to let go off and trust God more to enable His harvest to be fulfilled? Think about this.

Remember F.R.O.G. Fully Rely On God



For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,” declares the LORD, “and will bring you back from captivity.” Jeremiah 29:11-14 NIV.

Prayer Suggestion 2

You may wish to watch the following video entitled ‘All I am’. Please ignore the box which appears!

<https://www.engageworship.org/ideas/all-video>

As you watch this video, allow God to search your heart and mind.

How will you respond to God today?

Talk to him. He wants to hear from you.

Prayer Suggestion 3

Watch this short video entitled ‘Dear God’ Thanks to the Sawyer family for producing it!

https://www.youtube.com/watch?v=gIAK_D09J4E

Allow God to speak to you through it.

Prayer Suggestion 4

You may wish to reflect on the questions which Bruce posed during his reflection:

- What do we cling to?
- What am I holding on to?
- What is our church holding on to?

- What is Jesus telling me to let go of?
- What is Jesus telling us to let go of?
- Do you hope to get back to an old way of living?
- Is Jesus calling to you amongst this disruption?
- Is Jesus inviting you to something new or something transformed?

Prayerfully re-consider these. Ask God to guide you. Are you going to do anything differently?

Prayer Suggestion 5

This is a video clip of prayers for Covid-19 in Brazil. You have already seen this but watch it again.

As you lay things down before God and as you pray today and, in the days to come, remember –
'because Jesus lives all fear is gone'

<https://youtu.be/IRpAm6HMHI8>