



DEEPENING FRIENDSHIP

PRAYER WEEK GUIDE 2018

GCBC

JOHN 15:11-17

¹¹ I have said these things to you so that my joy may be in you, and that your joy may be complete. ¹² “This is my commandment, that you love one another as I have loved you. ¹³ No one has greater love than this, to lay down one’s life for one’s friends. ¹⁴ You are my friends if you do what I command you. ¹⁵ I do not call you servants^[d] any longer, because the servant^[e] does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. ¹⁶ You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. ¹⁷ I am giving you these commands so that you may love one another.

Prayer week is an opportunity to pause from all of the frantic activity and anxiety of our productivity-oriented world and remember what it means to be transformed by the friendship that God offers.

Check out the week's schedule for where you can participate and also create your own personal time for prayer.

SCHEDULE FOR PRAYER WEEK

24 hour prayer chain (Monday- Tuesday)

Join the prayer chain! If you did not have a chance to sign up on the list, no matter - choose an hour and join in. You can pray right where you are, or make plans ahead of time to meet with the prayer companions of that hour. Either way, as you begin, pray for those who went before you, pray for those who are praying with you, and as you finish, pray for those who will be praying next. (An e-mail will be sent out from Teak with the list of times and pray-ers. See following pages for ideas of how to spend your hour of prayer).

Wednesday Morning Neighbourhood Prayers

(Wednesday, 6:30-8 am @ Stillpointe >

1575 Salisbury Drive, ground level red door)

Every Wednesday morning for over 17 years GCBC folks have been gathering to do a lectio divina and pray for the neighbourhood. This week is your chance to check it out.

Prayer with and for our partner groups and ministries

(Thursday, 9-10am @ Stillpointe >

1575 Salisbury Drive, ground level red door)

Focused prayer for: Streams of Justice, REED, ESG, MOMS, Co:Here, Salisbury, Kinbrace, Crossroads, C.L.E.A.N. Break Laundry Program, JustWork, & Potter's House.

Taize

(Thursday, 8pm @ Stillpointe >

1575 Salisbury Drive, ground level red door)

Join in on the regular Taize service offering prayer and song in a quiet, contemplative space.

Listening Prayer Workshop

(Saturday, 9:30am – 12:30 pm @ Stillpointe >

1575 Salisbury Drive, ground level red door)

We will explore listening to for God, testing and discerning the Holy Spirit, obstacles to hearing, and discerning seasons of

your life. This workshop is for you if you want to grow in your prayer life and seek to practice communication with God. The workshop is for total beginners to listening prayer and also for those who would like some review and practice in community. Please RSVP to Joy (joy@gcbchurch.ca) so we have an idea of numbers.

Prayer for Global Workers

(Sunday, 2:30-3:30 at Stillpointe

1575 Salisbury Drive, ground level red door)

We have some super GCBC folks that are doing amazing work around the world. Come pray for them and the Kingdom of God moving around the world.

YOUR OWN TIME OF PRAYER

Preparing for your time of prayer:

- Make sure the time is cleared on your calendar. Turn off your phone and computer and decide what forms of prayer you are drawn to so that you can make the necessary preparations.
- You may be drawn to fast for a meal before your prayer time.
- You may invite someone to join you.
- Create a space that is conducive to the form of prayer. Light a candle? Put on music? Clear off the table? Begin by reading the theme verses (Isaiah 60:1-2) and taking up Jesus' invitation to come into his presence to rest and learn.

What to pray for (remembering that prayer is dialogue: listening and speaking):

- Our city and nation: Places you long to see transformed by Christ.
- Our vision, calling, and community at GCBC in 2018

- Our partner organizations: Kinbrace, MOMS, Stillpointe, Co:Here, Salisbury, JustWork, the Potter's House, C.L.E.A.N. Break Laundry Program, Crossroads Community Meal, Eastside Story Guild.
- Our Global Workers: The Nachos, The McElroys, The Ndabarushimanas, and Jasmine.
- Give praise for God's provisions to build the Co:Here housing project on the parking lot and pray for God to prepare the community of folks that will move in this year. Also, pray for increased affordable housing initiatives and funding in our nation.
- Individuals or situations that are on your heart.

Ideas for how to spend your time of prayer:

- **Write and pray a psalm.** Many of the psalms include remembering and naming how God acted in their individual and communal story. This leads to elements of praise of petition. Write a personal psalm that has elements of remembering, praise, and petition.
- **Go on a prayer walk.** Begin by praising the Creator for elements of creation that you see. Move into dialogue and prayer for GCBC, individuals on your heart, our city and world. You may like to come up with a simple blessing that you pray over the people and places you pass or ask God how to pray for those places and people.
- **Go on a prayer walk and pray "The Jesus Prayer".** As you walk repeat the famous prayer of the Russian pilgrim, "Lord, Jesus Christ, have mercy on me, a sinner." After praying this first prayer for a while, pray for others: "Lord, Jesus Christ, have mercy on _____." You may pray for individuals, groups, ministries, regions, issues, politics, our city, etc.
- **Paint or draw your prayer.** Draw a simple outline of two open hands to represent God's hands. Prayerfully draw in the hands people, places, or situations that you would like to place in God's hands in prayer.

- **Journal your prayers.** Write your prayer as a letter to God in your journal. Be sure to listen for God's response and record that as well (or you may choose to journal your prayer as a dialogue with God). When listening for the response first simply write what comes to mind and your heart. You can discern afterwards if this listening seems to be in line with God's character and Scripture.
- **Pray with an image.** Set up the "Friendship Icon" on the cover of this booklet in a quiet, meditative space. Ask God to help you see God and our world in new ways (like parables) through this image. Prayerfully focus on the image, and listen and pray as you are led.
- **Pray with a group.** Sometimes prayer is easier with a group. Ask some others to join you for your time of prayer.
- **Pray with children.** Create prayer flags with children. Cut triangles out of colourful paper and draw or write words on each triangle for your prayers. Attach them to a string and hang up your prayers where you and the children can remember to keep holding them up in prayer and watching for how God may answer.
- **Resting Prayer:** Find a comfortable space, light a candle and put on some music that is worshipful for you. Sit with God, rest in his light and love, as a baby rests in a parent's arms. You may spend the time in silence like you would with an old friend or be together in conversation.
- **Pray with the following prayer as an outline.**

AN OUTLINE FOR PRAYER

Great are you Lord and most worthy of our praise.

You are gracious, compassionate, faithful and loving...

We name and give thanks for the ways that you have revealed yourself to us this past year

... In the story of GCBC.

... in our own lives.

We pause and listen for you to remind us of other ways that you have been working and revealing your love to us. [Silent listening]

Following the generations that have gone before us we celebrate your abundant goodness and meditate on your wonderful works.

We confess that we have not always lived faithfully into your story of grace, compassion, and love. You have called us your friends, but we have not lived as your friends.

We listen for you to shine your light on the places of darkness and bondage....

... in our story as a nation and world [Silent listening].

... in our story as a church [Silent listening].

... In our own lives [Silent listening].

We confess these sins to You, and ask You to lead us out of darkness and into your kingdom of light.

Because you uphold all those who fall, we rest in your forgiveness and compassion.

We look now toward the year ahead, trusting that you are near to all those who call on you.

We pray for the year ahead:

We pray for our world and city.....

We pray for our church community, partner groups and
global workers

We pray for work, family, and friend communities.....

We pray for our own lives....

We have offered you our prayers, and now ask what is on Your
heart for the year ahead in each of these areas. [Silent
listening]

May your kingdom come on earth as it is in heaven and may
your name be glorified in our church.

Great are you Lord and most worthy of praise.

Let every creature praise Your holy name for ever and ever.

AMEN