

Pray for 5 Tips

What can we pray for?

- Pray for chances to say something to our friends when we notice where God is working
- for chances to naturally say something about our faith
- for confidence that when that chance comes up, we'll be able to open our mouths and speak
- for people to come to know the amazing life transforming love of Jesus
- for God to prepare hearts
- for God to open spiritual eyes
- for God to give ears to hear and
- for God to give faith to believe

Or we could use the letters of the word BLESS to pray more holistically.

Body (pray for people's health, protection, strength and fitness)

Labour (pray for their work, income, financial security retired/unemployed/studying)

Emotional (pray for peace, joy, patience, self-control)

Social (marriage, family, friends, love, forgiveness)

Spiritual (salvation, spiritual growth, grace, hope)

Practical suggestions to help us remember to pray for our 5 daily

- Use a band and tie 5 knots each representing 1 of the 5
- Each time you drink a cup of tea/coffee remember to pray for 5 minutes
- Write the names on the bathroom mirror
- Pray during daily exercise whether that be walking in the countryside or on the treadmill at the gym!