

Prayers For Living

February 2023 (29 Jan - 25 Feb)



A series of 28 prayers to prepare and equip us for 28 everyday situations. From visiting a newborn baby, to weeding a garden, to struggling to hit an important deadline... As we anticipate Ash Wednesday and the beginning of Lent we build on our New Year theme **Communicate!** and start thinking about fostering meaningful interactions and being missional — how we communicate our faith day by day as living praying beings in community.

How can we prepare ourselves in daily life to be continual communicators of God's love in the midst of the joy, heartbreak, and wondering of day to day living?

Let us pray...

SETTING THE SCENE: A visual motif for each week. The idea is that this provides an optional additional focus point for preparing worship services or multimedia inspired by the material.

SEEDS TO SOW: Additional open-ended prompts to inspire creative responses to the themes. Perhaps a song, some drawing, or creative writing! They are short and sweet, simply a starting off place for you and your imagination, be encouraged to tailor and develop as suits you. Often they take the form of a question, to encourage reflection.

Each week of the four week theme runs Sunday-Saturday and has its own subtheme, which contains daily Bible readings and prompts for thought.

Prayers for setting out (29 January)

Seven prayers of preparation for setting out. Prayers for going on a journey, or to visit someone, or to run errands. or to begin a new chapter.

SETTING THE SCENE: **PHONE, KEYS, WALLET**

SEEDS TO SOW: **WHAT TIME OF DAY DO YOU TEND TO PRAY?**

1. Psalm 122

1. **A prayer preparing for worship.** Thinking about our mindset as we go to the house of the Lord.

2. Luke 10: 1-7

2. **A prayer for setting off on a journey.** Lambs en route.

3. Psalm 131

3. **A prayer for visiting someone with a newborn baby.** Celebrating in the beautiful calm and quiet (before the imminent noise and chaos...) of a new life.

4. Isaiah 43: 1-7

4. **A prayer before visiting someone who is ill.** The Lord will be with us.

5. Micah 6: 8

5. **A prayer before doing the shopping.** Remembering to add justice, mercy and humility to the list.

6. Romans 8: 31-39

6. **A prayer for visiting someone who has been bereaved.** Nothing can separate us from the love of God that is in Christ Jesus.

7. 2 Timothy 4: 6-8

7. **A prayer for retiring, leaving, or winding up a project.** Ending well.

Prayers for daily life (5 February)

Weaving God into the everyday of every day. Each day God travels alongside us from rise until rest and even as we sleep God is there, within reach.

SETTING THE SCENE: **TOOTHBRUSH, MIRROR, SINK**

SEEDS TO SOW: **AS YOU GO THROUGH THE DAY, WHAT PROMPTS YOU TO PRAY?**

1. Psalm 5: 1-3	1. A prayer for the morning. Waking up with God.
2. Matthew 11: 28-30	2. A prayer while making a cuppa. Making a pocket of time to come to Jesus.
3. Psalm 19: 14	3. A prayer for brushing your teeth. Considering the words that will be borne on our breath and pass over our teeth today.
4. John 4: 1-26	4. A prayer at midday. Taking time to stop in the middle of everything.
5. Psalm 1	5. A prayer before going for a walk. Setting out with God.
6. Matthew 5: 13-16	6. A prayer to review the day. How have we been salt and light?
7. Psalm 4	7. A prayer before going to bed. Finding God's peace.

Prayers for getting things done (12 February)

Our days are filled with mundane and ordinary tasks, but each of these are enlivened by God's presence as the creator of all comes alongside us and delights in our humanity.

SETTING THE SCENE: SPONGES, CLOTHS, AND BRUSHES

SEEDS TO SOW: TRY KEEPING A PRAYER LIST OF PEOPLE TO REMEMBER

1. Isaiah 1: 16-18	1. A prayer for washing clothes, the car, the floor. Using everyday tasks to reflect on the metaphor of cleansing.
2. Isaiah 40: 1-5	2. A prayer before ironing. Exploring ironing as a metaphor for straightening out your life.
3. Hebrews 13: 1-2	3. A prayer for preparing for someone to stay. Getting ready for your guests.
4. John 21: 1-14	4. A prayer while preparing food. Taking time as we cook to remember that Jesus cooked too!
5. Genesis 18: 1-15	5. A prayer for clearing away and washing up. Imagining how Sarah and Abraham must have felt cleaning up after their unexpected visitors.
6. John 12: 1-8	6. A prayer on receiving a gift. Right in the midst of our everyday we are often surprised by the generosity of others! Giving thanks for a blessing.
7. Deuteronomy 31: 6-8	7. A prayer of getting ready. Getting ready for a new job, task, project or undertaking!

Prayers for taking stock (19 February)

Prayers for sorting, organising, clearing and taking stock as we anticipate Lent and spend time in contemplation on Ash Wednesday.

SETTING THE SCENE: FIREPLACE, MANTLEPIECE, LOG PILE

SEEDS TO SOW: CAN IT EVER BE 'TOO EARLY' OR 'TOO LATE' TO PRAY?

1. Matthew 13: 1-23 1. [A prayer in the garden.](#) Using the garden as an analogy for our spiritual lives.
2. Psalm 121 2. [A prayer for blessing a house.](#) The Lord watching over our coming and going.
3. 2 Kings 6: 1-6 3. [A prayer before splitting logs.](#) Either literal logs for a fire or thinking metaphorically about other things we need to prepare to fuel us.
4. Luke 22: 54-62
(Ash Wednesday) 4. [A prayer for kindling the fire, tending the flames, and clearing the ashes.](#) A fireplace metaphor this Ash Wednesday.
5. Ecclesiastes 3: 1-8 5. [A prayer for a clear out.](#) Telling the time.
6. Luke 14: 28-30 6. [A prayer of organising, sorting, inventory and taking stock.](#) Literally and figuratively.
7. Matthew 6: 25-34 7. [A prayer before a deadline.](#) A prayer of perspective.