

Other resources you may find helpful

Methodist Year of Prayer Resources are offered on the [Methodist Church website \(www.methodist.org.uk\)](http://www.methodist.org.uk), these include the Breakthrough Prayer:

A prayer for God to break through in the life of our churches:

God of love, God for all,
your purposes are more beautiful than we can possibly imagine.
Fill us with your Holy Spirit.
Help us let go of all that holds us back.
Open our lives and our churches to new seasons of humility and
faith, of change and growth.
Shake us up with the Good News of Jesus and show us the way.
Amen

Other Methodist [Prayer resources](#) include a daily prayer, the prayer wall, prayers for the pandemic situation and creative prayer suggestions.

Each day [A Word in Time](#) offers a reflection on a passage of scripture.

Celtic Traditions in the North East

- **The Northumbria Community** follows a rhythm of daily prayer and suggest books and resources to link with the house prayers. <https://www.northumbriacommunity.org/>
- **The Community of Aidan and Hilda** is based on Lindisfarne. The website <https://www.aidanandhilda.org.uk/> includes prayers, liturgies and daily reflections.
- **Pilgrimage Routes** across the North East link the present day with a long Christian heritage. You can find an introduction to the routes on <https://www.thisisdurham.com/northern saints/trails>

RESOURCES TO SUPPORT US IN PRAYER



Methodist Conference has encouraged us as Methodist people to make 2020/21 a Year of Prayer. Over the lockdown months our weekly prayer sheet has offered suggestions and resources to help us explore a personal rhythm of prayer and reflection. Some of the ideas are summarised here and we encourage you to use those which you find helpful and to explore and try some which don't instinctively draw you to them. Enjoy!

Your word is a lamp for my feet, a light for my path.
I make a solemn vow to observe your righteous judgments.
I am very much afflicted, LORD; give me life in accord with your word.
Accept my freely offered praise; LORD, teach me your judgments.
Psalm 119: 105-108

The psalmist expresses different emotions. It is a reminder that God welcomes all our honest expressions and is bigger than all our doubts, hurts, anger and cares.

Praying regularly

It is good to pray regularly for our church, district and world. To support us in this the regular rhythm we encourage you to use

- the District prayer card
- Presidential prayer card
- Methodist Prayer handbook

In addition your local church may also offer regular prompts for prayer and it is good to pray with the news and to reflect on where God has spoken to you through conversations with others.

Praying with Scripture

Lectio divina is a traditional method for praying with scripture. The slow reflected reading of a passage leading to prayerful wondering, questioning, and open listening to God. You can use this approach with any passage of scripture following the pattern of reading, meditating, prayer, contemplation.

lectio, meditatio, oratio, contemplatio

It is usually best to take a short passage of scripture so that you can spend time reading the words slowly more than once.

There are suggested readings for each day in the centre of the Methodist Prayer handbook, or you may choose to work through a book of the bible or to seek readings which relate to particular circumstances.

You can find the lectionary readings for each week in the Methodist Worship Book starting on page 566. Before these, from page 523, are the collects which you may also like to use in personal prayer.

Praying with the words of a hymn

The words we sing offer a rich resource for prayer and meditation. If you have a hymn book you might choose a theme or look for hymns relating to a passage of scripture (there is often an index to help in the music editions) The Methodist Prayer Handbook suggests a hymn in Singing the Faith each day.

Pray with pictures

Pictures can provide a focus for our prayers. From newspaper stories to paintings by old masters the colour and shape stimulates our brains in response to our Creator.



Finding a rhythm of prayer and reflection in lockdown.

Listed below is a reminder of some of the rhythms adopted around the region over recent weeks. Choose times and suggestions which help you to intentionally spend time with God:

Waking prayer:

Thank you, Creator God, for this new day.
For the light banishing the night.
For the hope of a new beginning and the mystery,
possibilities and opportunities ahead.
Help me to notice you today,
and in doing so to reflect your love to others.
Thank you for the gift of this day. Amen

Daily prayer time: Lectio divina - personal reflection on scripture or choose to use [Pray as you Go](#) online or the [Lectio 365](#) App on your phone or device

9am: Morning Prayer (e.g. offered on Jitsi by Middlesbrough & Eston Circuit)

Noon: Say the Lord's Prayer in the form familiar to you, or occasionally in an unfamiliar form.

Tuesdays @ 12.45 Methodist Year of Prayer Join the short lunchtime service on [Facebook live](#) or [register](#) to attend via zoom.

6pm: Read the psalm for the day in virtual fellowship with others. (The Methodist Prayer Handbook lists the psalm suggested for each day.)

At your chosen time pray the simple prayer: **"Come Holy Spirit, come."**

Prayer at the end of the day:

For all that has been, thank you.
For the things I should have done better, sorry.
For the night ahead, your peace please.
For the day ahead, guide me that I may reflect your glory in all things.
I rest now secure in your love. Amen