

# 10th Birthday Celebration Virtual Week of Prayer

1st–6th Feb 2021.

## One Hour Prayer Guide

This guide takes you through 60 minutes of prayer for SparkFish. It will take you through four sections to help guide your prayers.

Pause  
Rejoice  
Ask  
Yield






You will need a Bible, Pen and paper (and colouring pens/pencils if you like), a candle and matches if you have one, scissors, and a device to play music.

### Pause (5 mins)

As you enter prayer, take a moment to be still and become present with God.

When life feels overwhelming, it can help to pause to focus on our immediate surroundings using our five senses. Here's a reflective activity we recommend to young people. Give it a go now to help you to enter a place of peace.

Sit somewhere comfortable and take three deep breaths. Then take a moment to focus on each of your five senses;

-  **5** 5 things that you can see – Look around you and become aware of your environment. Try to pick out something near, something far and something that you don't usually notice.
-  **4** 4 things you can feel – maybe the texture of your clothing, the surface of the table you're resting your hands on or something you can pick up and hold.
-  **3** 3 things you can hear – what sounds can you hear in the background that you don't normally notice. It could be the birds chirping outside or an appliance humming in the next room.
-  **2** 2 things you can smell – it might be obvious, it might be something you've stopped noticing; it might smell nice, or not!
-  **1** 1 thing you can taste – is there a taste from earlier that you're still aware of; this morning's coffee, something you ate. Or maybe something you can take nibble of now.

Now read Psalm 46 aloud a couple of times, allowing yourself to become present with our ever-present God.

## Rejoice (10 mins)



Listen to Goodness of God - Bethel Music  
[www.youtube.com/watch?v=lvSuGyJQ6oM](http://www.youtube.com/watch?v=lvSuGyJQ6oM)

Or another song of worship which rejoices in God's goodness.

Read Psalm 100 aloud.

Make a list of 10 things you are thankful for in this season. Thank God for each one.

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

## Ask (30 mins - 5 mins per topic)

### Pray for children and young people

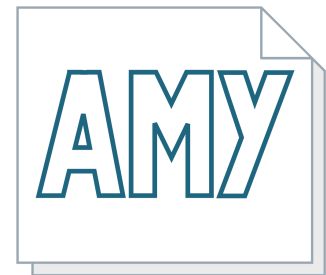
- Ask God for increased resilience in each young person during this difficult time of lockdown. Thank God for all the resources placed within each individual and pray that those resources would be unlocked at the right time, just when the young person needs it: peace, courage, joy, hope, self-control, creativity, understanding etc. Pray that our young people will be dynamic individuals who will be equipped to stand in any storm of life.

- Pray today for a young person that you know, whether a family member or from your church. Write their name in bubble letters and as you colour in each letter, pray for that young person.

- Pray they will find healthy ways to manage their emotions during this time, making the most of the good resources that are online, avoiding the negative influences, reaching out for help when they need it, and also being generous in their support of one another.

- Pray for their academic studies and for helpful ways to learn away from the classroom. God, please let no young person be left behind.

- Pray for those who are especially worried about their hopes and aspirations for the future. In spite of the challenges and possible disappointments, pray there will be achievements to celebrate and a surprising confidence in the future.



One way in which we can pray for our young people is to speak God's promises over them. Here are 50 promises to fuel your prayers;

<https://www.compassionuk.org/blogs/gods-promises/>

## Pray for schools

- Pray for any pupils or staff known to you and pray God's blessing over the school or college that is most on your heart. Stand up and face the direction of the school or college on your heart as you pray God's favour and blessing over all who work and learn there.
- Pray for teachers and school staff who are under immense pressure as they have had to adapt their skills under exceptional circumstances to continue to teach their students both online and in the classroom. Pray for their safety as they teach children of key workers in person and for protection over their mental health and energy reserves.
- Give thanks to God that so many schools and colleges welcome the work of SparkFish projects such as mentoring, Think!, Christmas Journey and Easter Experience. Pray God would release the resources to meet the needs of school and colleges in Redhill, Reigate and Merstham.

## Pray for families

Now we think about families as many juggle home schooling, working from home and general lockdown life. Make a chain of paper people. Take a sheet of paper, fold it in half, and in half again in the same direction. Draw a person and cut out to make a chain of paper people. Watch these instructions if you're not sure how: [www.youtube.com/watch?v=kZo68K6vWZ4](https://www.youtube.com/watch?v=kZo68K6vWZ4).



- Pray now for a family known to you that is juggling the many demands of life in lockdown. Ask God how you might show them His love this week. Perhaps he'll give you an encouraging verse or picture to share with them, or an act of kindness to do for them. Write it down on one of your paper people to remind you to share it with them this week.
- On the next paper person, pray for families in lockdown, for those who feel forced together, that they will find ways to give space to each other. For those for whom the family home is a dangerous or abusive place to be, that they'll find strength and support needed to bring safety to the situation.
- Continuing along your paper people chain, pray also for families who have been kept apart during lockdown, that they will be able to overcome isolation through new and creative ways of staying in touch. Pray for grandparents and grandchildren who are missing hugs, and for parents who are missing the support of their own parents in caring for their children.
- Finally, pray also for those who don't have a family, for those who live alone - that they too will know the love and care of friends and the fellowship and support of a local church.

## Pray for the Learn strand



As we move on to pray for the work of SparkFish under the learn strand, hold out your hands in front of you.

- Touch your thumb to your first finger. Pray for the impact of our digital Christmas Journey that it will have touched the lives of lots of children and staff and leave them wanting to know more about the true meaning of Christmas. Pray that the staff team will have wisdom on how to proceed about Christmas 2021 as we have the option of a digital resource as well as our interactive Christmas Journey experience.
- Now touch your thumb to your second finger. Pray for the development of Easter Experience as the team write the script, plan, prepare and produce this exciting digital resource for all year 5's and 6's in our local Primary Schools. Please pray for openness in the schools, good technology on the day, schools finding the time to schedule it into their busy school calendars and for new schools being interested in receiving the resource. Pray that hearts will be opened to the gospel message and young people will want to find out more.
- As you touch your thumb to your ring finger, pray for the development of online collective worship resources and the blessing of being able to continue delivering these remotely. Please pray for schools to be open to receiving more Christian assemblies, for good content, for good relationships with local churches delivering Christian assemblies in person after the lockdown. Pray for increased creativity, enthusiasm and energy when planning and delivering our collective worships. Pray that God will give the words to speak to these children, that we will have fresh vision for this part of our ministry and for increased volunteers to go into the local schools.
- Finally, touch your little finger and pray for future development of Religious Education resources. For our staff team and volunteers that we will continue to be able to be creative and flexible in meeting the needs of schools in relation to Religious Education. Pray we will be able to create great content and lessons that can be shared with students explaining the Christian faith intelligently, allowing young people to make an informed decision. Pray for wisdom on what lessons to produce and clear guidance on God's timing.

## Pray for the Think! strand

Next we pray for the Think! strand of work. For each prayer point, place your hands on the corresponding part of your body.

- Head: Pray for wisdom for the SparkFish team as they explore new ways of presenting Think Spaces during this season, and for creativity in writing and creating new resources and activities which are reflective, thought-provoking and reflective
- Ears: Pray that schools will be receptive to the Think at Home resources being released this month. That resources will find their way to the right member of staff to be distributed to the homes of their students. Pray these resources will be useful for Religious Education lessons and easy to use so that school staff don't have extra work to do.
- Heart: Pray for the hearts of all who experience Think! this year in whatever form, that each child and young person will feel a sense of God's presence with them, wherever they are engaging in Think! activities, whether that is at home, outside or in the classroom with their teacher. Pray that the sense of God's peace they usually experience in a Think! space will be tangible with them.

## Pray for the Hope strand



In our final 'Ask' section, we pray for the Hope strand of SparkFish's work. This strand works to support children and young people in promoting positive mental health and emotional wellbeing. Bringing light to lives that seem quite dark. If you have a candle, light it now and use it as a focus for your prayer time.

- Pray for young people who are struggling with anxiety, depression/ low mood, stress, loneliness, self-harm, abuse, suicidal thoughts and intentions, eating disorders, grief or loss. Pray for healing, resilience, support, safety and hope in hopeless situations. Above all, pray these young people will meet God and know they are immensely loved and have great purpose. Pray for life to the full for these young people.
- Pray for the programme of support SparkFish provide in local secondary and primary schools; mentoring, drawing and talking therapy, lunch time clubs, young carers group and self-esteem courses. Pray for continued good relationships with schools and school staff, for good rapport with students and wisdom on how to support each child or young person. Pray for continued finance for staffing and resources, so we can meet the ever growing needs and requests from schools.
- Pray for protection over SparkFish staff and volunteers, for their mental health and resilience when working with children and young people with complex pastoral needs.

## Yield (10 mins)

As you come to the end of your hour of prayer, spend your final minutes returning to scripture. Read Luke 4:16-21 and Matthew 28:16-20.

Which verse in particular jumps out to you?

What is God saying to you through these passages?

What will you say to God in response?

Be Still. Breathe deeply, thank God for His presence and release into His hands all you have prayed this past hour.