

For 17th to 30th May 2020

Each Sunday, Christians in every part of the UK are joining together in prayer. We would like to encourage you to keep setting aside 7pm on a Sunday for prayer, no matter how long you give. As you start, place a lit candle in the window of your home as a visible symbol of the light of life, Jesus Christ. Here are some suggested points for prayer

- We are in a time of waiting... waiting for lockdown to start easing, waiting to see our loved-ones face to face again, waiting for things to “get back to normal”. Waiting is hard; it tests our patience; it frustrates us sometimes. The bible talks about “waiting on God”. In Psalm 40 David says, “I waited patiently for the Lord; He turned to me and heard my cry”. Thank God that He is there, He is listening to us and pray that we will all know His presence and peace in these times
- From Thursday 21st May, until Pentecost Sunday, the global prayer initiative “Thy Kingdom Come” takes place. We are called to a “global wave of prayer calling all Christians to pray between Ascension and Pentecost for more people to come to know the love and peace of Jesus Christ.” Why not visit their website <https://www.thykingdomcome.global/> and seek out the prayer resources there; for individuals, for churches and for families and young people. We are called to “light up the world” during this campaign – pray that God will show each of us where and how to light up the lives of those around us and show them the love of Jesus
- Pray for Scott as he has a few days off. Many of us are finding that we have underestimated the effort involved in working, from home, being part of a family and being involved in the church community –

pray that Scott and others will know the refreshing power of God's Holy Spirit and that he will return reinvigorated

- This week, (17th to 23rd May) should have been General Assembly week in the Church of Scotland. Pray for the new Moderator, Rev Dr Martin Fair from Arbroath as he embarks on what will be a very different and challenging year. Pray that he will be guided and upheld by God during the weeks and months ahead. Pray also for the Assembly Trustees of the Church as they look to steer a path through these times and think what Church and worship will be like going forward
- Pray, particularly this week, for clarity as we see different lockdown restrictions in different part of the country. Pray that everyone will continue to see the need for the lockdown and will not be tempted to give up or feel resentful of others who seem to have an easier time. We ask for patience and perseverance at this time
- Pray for our politicians and their advisers. Ask for wisdom and clarity for them in the face of such a complex problem with so many different factors to take into consideration. Pray for wise counsel and clear thinking
- Continue to pray for 'frontline' staff - for doctors, nurses, care-home staff and so many other healthcare professionals. They are working under hugely difficult conditions and many are sacrificing their own time and freedoms to support those that they are caring for. Pray that, as workload seems to be easing in the Covid-19 area, the NHS would be able to safely open up again for those with other pressing needs
- Pray, as in previous weeks, for those who are anxious, for whom this is a stressful time, where their mental health is suffering – pray for peace
- Finally, pray yourself – God is not a God who can't cope with our frustrations – tell Him how you feel and let Him speak to you