

Welcome to

The Lord's Prayer Prayer Trail



For 6 days in July 2018, we created a multi-sensory Prayer Trail around the Tab. The purposes included engaging people of all 'ages & stages' in the prayer life of the church, & creating memories and reminders to help focus our private prayer times.



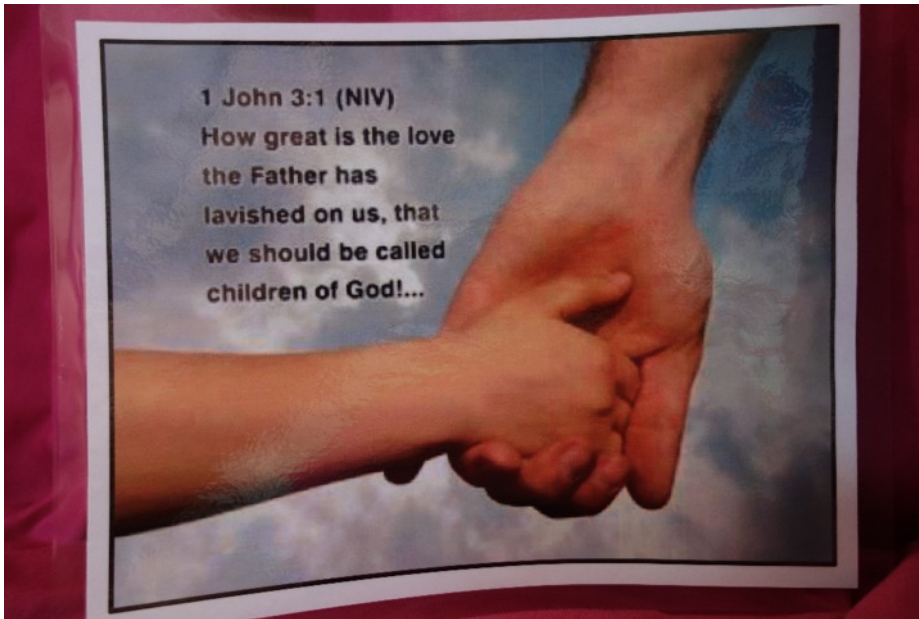
This included "Prayer Takeaways" at each station – objects to pick up, take home and **use** as prayer prompts.

The words and images below capture some of the visual content. Please feel free to 'virtually' wander around these prayer stations at your own pace, engaging with what you find helpful.



1 Our Father in Heaven

Spend a few moments looking at the pictures & verses



- You have been called first and foremost to be God's child – allow this truth to touch your heart afresh
- Receive your Father's embrace as you draw near to Him, knowing that His desire is to bless you



😊 **Smiley sticker** - a reminder that *God rejoices over you, His child, with singing*



2 Hallowed be Your name

Look at the words describing some of the attributes of your Father. Dwell on one of them. Allow this word to lead you into worshipping Him.



- Continue to worship with as many words as you choose to use.
- Finally pick up one of the 'jewels' and as you hold it, ask the Lord to help you to always honour His precious and holy name.



Jewel - a reminder that God is Holy and worthy of your praise



3 Your Kingdom come, Your will be done on earth as in heaven



Look at the **Lancing & Sompting community** photographs & words on the table.

Words include: School children & staff, The Homeless, Church members and ministry teams, The Bereaved, Doctors, nurses and other health team members, Lonely people, Emergency Services Personnel, People in debt, Tourists visiting area, The Jobless, Shop Keepers, Broken families, Commuters, The Poor, The sick, Parish Council, Library Staff, Adur Village action (AVA), Electric Storm Youth, CAP (Christians against poverty) team, Food Bank, CAB (Citizens Advice Bureau), Alternative Provision College (APC), Adur District Council

Images include: Local environment, schools, transport links & other familiar community images

- Use them to pray for various local needs and especially pray: *"Your kingdom come, Your will be done in LANCING & SOMPTING as it is in heaven"*.
- Add your own ideas to the table if you would like to.

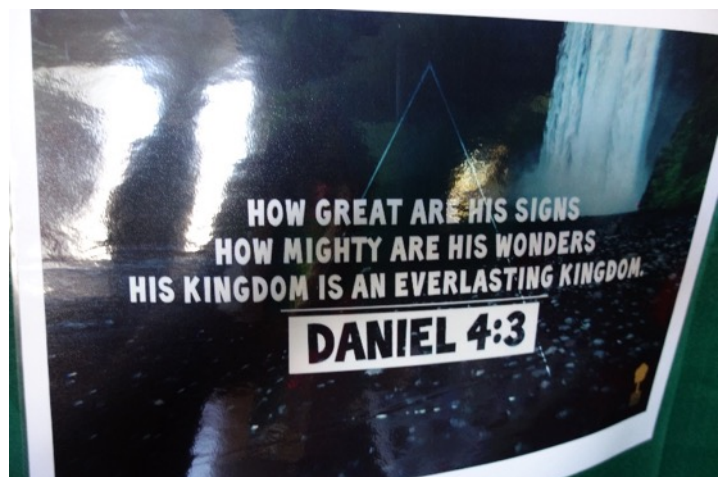


Reflect on the **Lancing Tab** photographs and words on the tower.

Words include: Elders, Deacons, Pastoral Groups, iTab young people & team, Mini-Crus children and team, Radar young people & team, Spin young people & team, Open Doors Monday, Prayer Meetings, Open Doors Saturday, Up 2 3 Families & team, Sunday Services, Worship Team, Tech team, Prayer Team, Tab members, Tab attenders, Messy Church families, Preaching Team

Images include: Sunday services, Baptism, Wedding, Men's event, Ladies' event, Church Camp, Cleaning team, Harvest, Messy Church, Children & Young People's work

- Give thanks for all that God has already done to build His kingdom through the Tab.
- Pray for the current and future needs of the Tab. Pray about what your part in this may look like. Spend a few moment looking at the verses and the crown. Invite the Lord to “reign over” every part of your life – your relationship with Him and other people; your gifts, body, money, time, ...



Crown - a reminder that God is King & to ask each day: 'Sovereign Lord, reign in me'



4 Give us today our daily bread



Sit at the table and reflect on how abundantly God provides for our needs – all the things that give us life, help us flourish and bring us joy.



- Thank God for the ways he has provided for you. Spend some time bringing your own personal situation to the Lord & ask Him to provide you with what you need. Ask the Lord to provide for the needs of those you know who are wanting or suffering in any way.
- Take a piece of bread & as you eat it choose to trust that the Lord will provide for you as He has promised to.



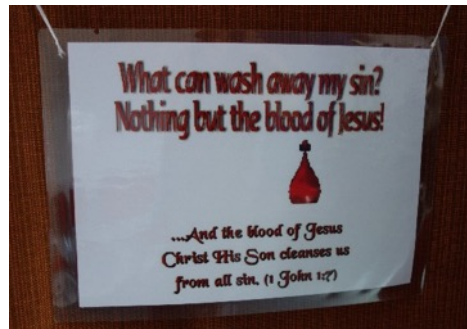
Biscuit - a reminder that *God will meet all your needs*



5 Forgive us our sins as we forgive those who sin against us



Take a moment to reflect on the Cross.



- Pray the words below from Psalm 139 and allow the Lord to show you any sins that you need to confess:

Search me O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting

- Pick up a piece of cord. Anxiety and regret can knot us up inside. As you quietly confess, tie a knot in the cord to symbolise your sin.
- Undo the knot as you receive the Lord's forgiveness & His words, *"Your sins are forgiven"*
- Ask the Lord to show you anyone you need to forgive. Choose to forgive them. If it is helpful, use the forgiveness prayer (at foot of cross).



Forgiveness Prayer

Lord I choose to forgive.....(name the person)

For.....(what they did or failed to do)

Which made me feel.....(verbally tell the Lord every hurt and pain He brings to Your mind)

I hand over this person to You,
believing that you paid for their sin as well as mine
when you died on the cross.

I choose not to hold on to my resentment any longer.

I ask you to bless.....(name the person)

Please come and heal my damaged emotions.
In Jesus' name. Amen.

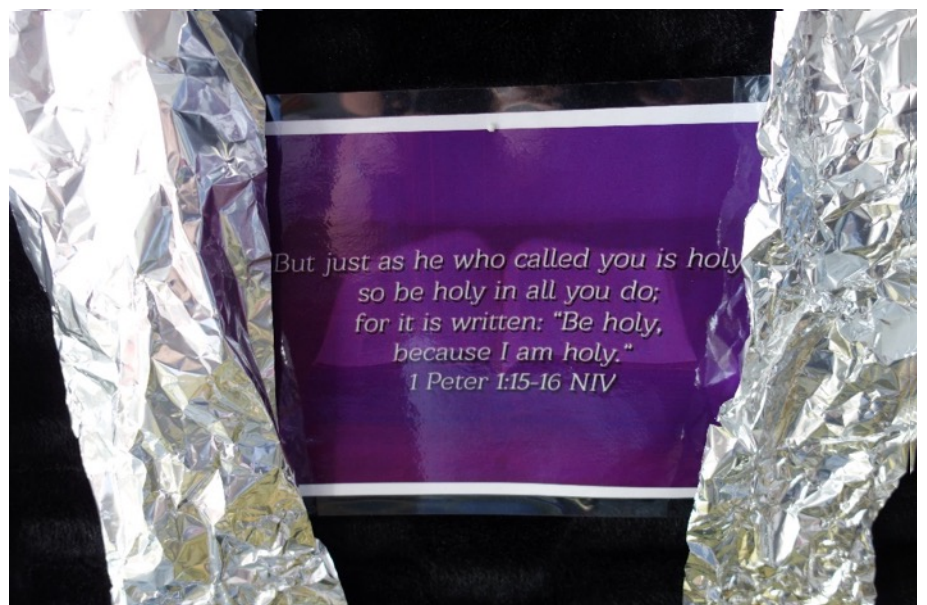
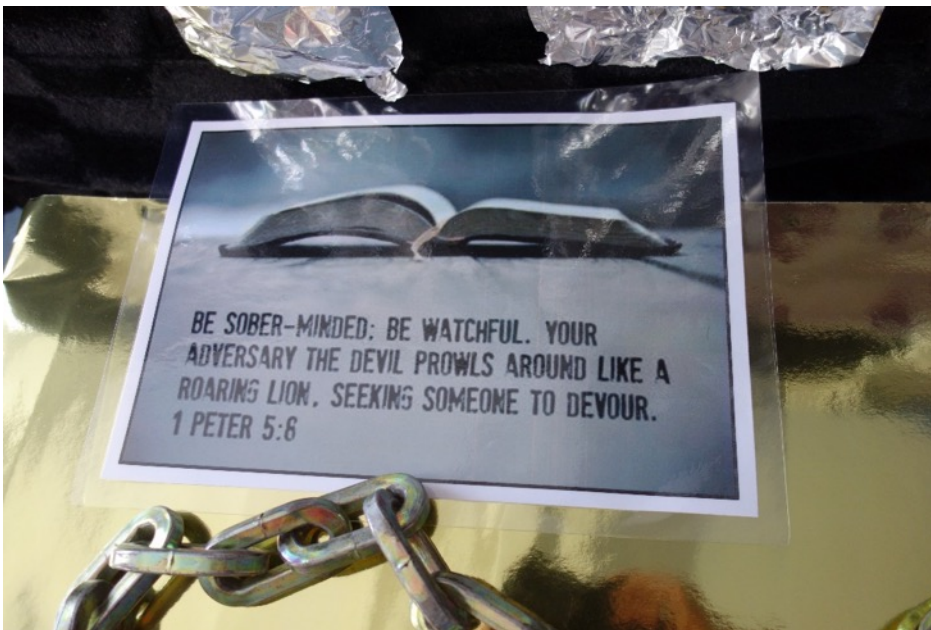


Cord - use it when you pray as a reminder that *God forgives those who call on Him*



6 Lead us not into temptation, but deliver us from evil

As followers of Jesus, we are set free and called to live in the light. We need to be watchful and protect ourselves from deception and selfishness.





- Consider the red words showing some of the dangerous behaviours that can chain us down. Look at the blue words on the reverse of each card & reflect on *holy* alternative ways of living.

Lust/Purity; Gluttony/Moderation; Pride/Humility; Idleness/Diligence; Wrath/Patience; Greed/Generosity; Envy/Thankfulness

- Ask the Lord to protect you from any specific temptations that you face. Ask Him to help you to keep your eyes on Him.
- Pray on the Armour of God using a prayer card:

Pray 'on' the armour of God

Father God

*I put on the **belt of truth** around my waist. Help me to listen & act on your truth alone, and not be deceived by the devil's lies./*


*I put on the **breastplate of righteousness**. Thank you that because of the cross I can be righteous in your sight. Help me live my life in a way that honours you.*

*I put on the **shoes of the gospel of peace**. Lord I am willing to go anywhere you ask and do anything you ask of me.*

*I stand behind the **shield of faith**, secure in the knowledge of your goodness, love & power.*

*I place the **helmet of salvation** on my head. Thank you that all the riches of heaven are mine in Jesus.*

*I take up the **sword of the spirit**. Bring your word to my mind as I need it for the glory of your name. Amen*



**The
Armor
of
God**





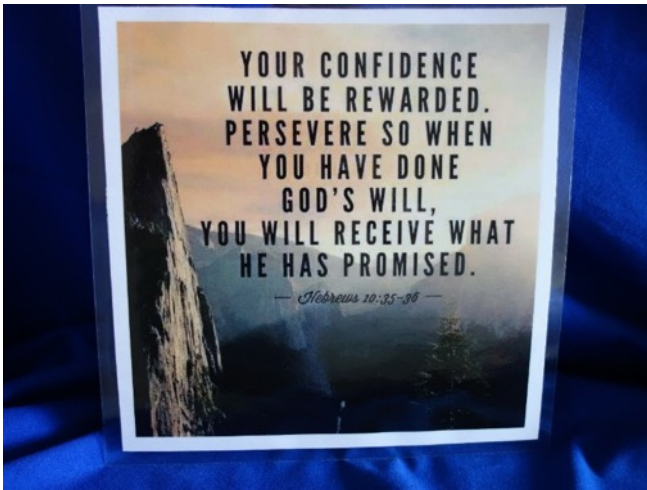
Candle - use it as a reminder to pray that God will help you to resist temptation & walk in the light each day



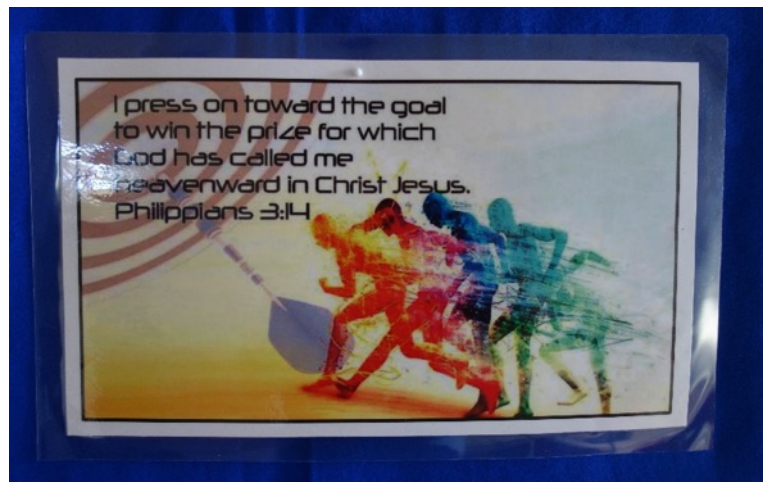
7 For the Kingdom, the power and the glory are yours, now & forever. Amen



Take a moment to reflect on the picture and verses. One day we will see the Lord face to face in all of His glory. Ask the Lord to show you things in your life that you need to change before that day comes.



- Scripture promises us that one day God will reward us for the ways that we have faithfully loved, served and obeyed Him. Take a sweet, and as you eat it know that the Lord sees & appreciates all that you give Him, and one day will be rewarding you.



- We come to the end of the Lord's Prayer, remembering that from beginning to end it is "all about Him". Invite the Lord to fill you anew with His Holy Spirit so that you can live for His glory.



Trophy/Medal- use it when you pray as a reminder that *God promises a reward for faithful service and obedience*



Our Prayer Trail ends with a place for shared prayer including a reminder that in Jesus' death on the cross, "by one sacrifice he has made perfect forever those who are being made holy" (Hebrews 10 verse 14)

HE HAS MADE
EVERYTHING
Beautiful
IN HIS TIME.
—
ECCLESIASTES 3:11



For where
two or three
are gathered in
my name
there am I
among them

Matthew 18:20