

# 50 DAYS OF PRAYER



# FROM EASTER TO PENTECOST



***PRAY CONTINUALLY***  
**1 THESSALONIANS 5.17**

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## WHAT IS PRAYER?

Prayer is simply talking with God. As Christians, we believe God speaks to us through the Bible and by his Holy Spirit. Prayer is our way of joining in the conversation, spending time in the presence of God and inviting him to change our hearts and lives in line with his will for us.

The Bible encourages us to pray continually. In this series we'll encounter women and men in the Old and New Testaments who pray to God, knowing that he wants us to speak to him and hears all of our prayers.

God invites us to be real with him about what's actually going on in our lives: the good, the bad, and the really messy. It's a maybe slightly scary but also unique invitation to partner with our Creator in what he's doing in us and in the world around us.



## HOW TO PRAY?

There are many ways to pray to God. It's likely that different ways of praying will feel right for you at different times.

You could pray out loud, in silence, or in writing. In church, at home, walking the streets of Bow. Using your own words, the words of the Bible, or the prayers of other Christians, like the liturgy we use in our Sunday services. Walk, kneel, sit, stand, or bow before God. Pray at the start or end of the day or right in the middle of it.

Prayer doesn't need to be really long or sound impressive or clever to others. In fact Jesus in Matthew 6 specifically asks us not to do this! What matters is that you bring yourself before God in prayer – he will take care of the rest.

If you're not sure how to pray, one way of organising your prayers you might like to use is ACTS: Adoration, Confession, Thanksgiving and Supplication. This structure makes use of categories which Christians have thought of as important from the very early days of the church.



So you could pray like this, spending a few minutes on each section:

**A** - Adoration - it's amazing that when we pray, we get to talk to God, our creator! It's a great idea to start your prayers with adoration and praise of God, remembering who he is.

**C** - Confession - when we spend time talking to God, we see the ways we've got things wrong and fallen short of God's holiness. It's important to tell God about where you've made mistakes, and to ask his forgiveness for your sins.

**T** - Thanksgiving - knowing that God forgives our sins reminds us freshly of his mercy towards us and the incredible gift of his grace. Take time to thank God for all he has done and is doing, in your life and beyond.

**S** - Supplication - God loves it when we talk to him, and invites us to be honest with him about what's really going on with us. It's right to bring supplication, which is a way of saying petitions or requests, to God, asking him to meet your needs and the needs of other people.



## FURTHER RESOURCES

Some resources to help you start exploring prayer are:

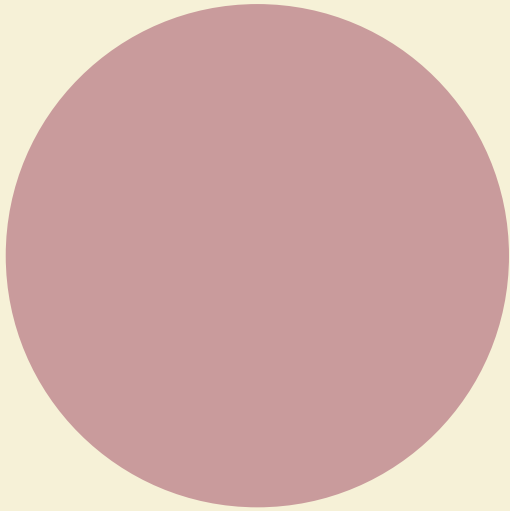
**How To Pray by Pete Greig.** A simple and accessible guide to learn more about prayer, available in print, ebook and audiobook formats.

**Church of England Daily Prayer.** Join with other Christians around the world in the church's services of Daily Prayer via the Church of England website or app. A rich, beautiful resource of prayer, psalms, and other readings from Scripture you can use each day.

Lectio apps by 24-7 Prayer. **Lectio 365** and **Lectio for Families** are free apps that help you pray the Bible every day, whether doing so solo or together with your family.







**DAILY BIBLE  
READINGS**





## WEEK 6

### PAUL'S PRAYER (THE GRACE)

13 May 2024	Monday	The Holy Spirit comes and the church is born	Acts 2:1-12
14 May 2024	Tuesday	Saul becomes Paul, an apostle in the church	Acts 9:1-19
15 May 2024	Wednesday	Paul opens his letter by praising God	2 Corinthians 1:1-7
16 May 2024	Thursday	Paul ends his letter with encouragement	2 Corinthians 13:5-11
17 May 2024	Friday	Paul closes his letter by praying the Grace	2 Corinthians 13:14

## WEEK 7

### THE CHURCH'S PRAYER

20 May 2024	Monday	The Church's Prayer	Revelation 22:12-21
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# DAILY REFLECTION

Use these questions each day to reflect on the Daily Reading. You might like to use a journal to note down your thoughts and responses to the questions. As you begin ask the the **Holy Spirit** to speak to you.

## GOD

What does this passage say about God?

## HUMANITY

What does this passage say about us?

## RESPONSE

How is this passage leading you into prayer today?



# WEEKLY REFLECTION

On Saturdays and Sundays there is no set reading but time to look back and reflect on the week's readings, or look ahead and pray through the passage being preached about on Sunday.

You might find the following task helpful. As you begin ask the the **Holy Spirit** to speak to you.

## QUESTIONS

What questions have this week's readings raised or answered for you?

How have this week's readings led you into prayer?

Return to one passage that caught your attention and read it again slowly, asking what might God want to show you through it?



CEDAR GROUP  
SESSIONS



PRAYING  
TOGETHER

# CEDAR GROUP SESSIONS

This outline is for Cedar Groups to use in midweek meetings, with questions to help go deeper with the text in conversation. Group leaders might have additional questions or take you to other sections of Scripture to help make sense of what you're discussing.

Don't worry if you struggle to answer the questions – it takes time to get to grips with the Bible. Focus on what you understand and stay curious about what you don't. And be kind when sharing your views with one another.

If you are not already in a Cedar group please email [hello@bow.church](mailto:hello@bow.church) and we will find you one.



# CEDAR GROUP SESSIONS

## PRAY

Open the session together in a time of prayer allowing for God to be at the centre of your time together.

## READ

Session 1: The Lord's Prayer – Matthew 6:9-13

Session 2: Moses and Miriam's Prayer – Exodus 15:1-21

Session 3: David's Prayer of Confession – Psalm 51

Session 4: Hannah's Prayer of Joy – 1 Samuel 2:1-10

Session 5: The Tax Collector's Prayer – Luke 18:9-14

Session 6: Paul's Prayer (The Grace) – 2 Corinthians 13:14

Session 7: The Church's Prayer – Revelation 22:20



## DISCUSS

- 1 RESONATE:** Does this prayer match your own experience of prayer in any way? Have you ever prayed in words like this, or prayed when you were facing a similar kind of situation as the person who prays this prayer in the Bible?
- 2 SURPRISE:** Does this prayer surprise you in any way? Are there things in it that you wouldn't have expected to see in a prayer in the Bible, or things missing that you would expect to see from someone praying to God in this situation?
- 3 SHAPE:** Does this prayer say anything to you about the ways in which you address God – how you speak to him, and how you see him when you come before him in prayer? How might you use the example of this prayer to shape your posture before God in prayer?
- 4 ACTS:** Where do you see adoration, confession, thanksgiving or supplication in this prayer? Could you use it to inform your own practices of adoration, confession, thanksgiving or supplication in prayer to God?

# CEDAR GROUP SESSIONS

## RESPOND

Decide together how this session will change the way you will live in the days and weeks ahead and close in prayer for one another.





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UP NEXT

# THE TRINITY & A TRINITY PRAYER



As we come to Pentecost and bring to a close our 50 days of prayer, we will be spending the following two Sundays focused on the Trinitarian nature of God who is both One and at the same time three persons; Father, Son and Holy Spirit, and then a look at one final great Bible prayer that is rooted in the nature of our triune God.

Perhaps you might like to take a look at Romans 8:12-17 and Ephesians 3:14-21 in preparation for these Sundays.

