

31/15 PRAYER GUIDE

"My times are in your hands."
Psalms 31:15



HIGHFIELDS
CHURCH

During this time of the Covid-19, we would call on all who attend Highfields to join us in 31 days of prayer. We encourage you to set aside 15 minutes each day, or time with a prayer partner, and pray for God's mercy in these days. We have set out suggested texts to meditate upon and focus thoughts from the text. We have also included sample prayers and thoughts you may wish to use with your prayers. Let us together seek God's face for mercy in these days.

Day	Focus	Text	Encouragement	Prayer and Application
1	Personal trust in God	Ps. 31.14-15	All the circumstances of our individual lives are directed under God's rule.	Lord, strengthen my fearful heart to be reminded that You hold my life. Assure me in my moments of fear that You are working out Your good and perfect will.
2	Limit the spread	Ex. 8.22	By His divine providence the Lord preserved the children of Israel in Goshen in Egypt.	Thank You that we know that You are the Lord in the midst of the earth and as You set aside Goshen we humbly ask that You protect Your people and limit the spread of the disease. (Ex 8:22)
3	Wisdom for Leaders	Pro. 8:22-31	Jesus is the personification of wisdom.	As we seek to be more like Jesus in our response and reaction to what's escalating around us, may our leaders also seek Your face as they seek wisdom. Please by your common grace, grant all those in leading roles across the world, Christ-like wisdom and not-of-themselves discernment and insight. For Jesus' glory.
4	Healing for those ill	Ps 34.17	God graciously hears our prayers and acts in His wisdom.	Merciful Saviour, we lift up to You all those who are ill. Strengthen those in illness, give the medical teams wisdom and comfort those who have lost loved ones.

5	Protection of elderly and vulnerable	Ps. 16.1	Where else can we turn but to God alone, who can keep us safe?	Pray for those who are particularly susceptible to Covid-19--especially those in retirement and nursing homes. Pray for those with long-term health complications within our church family. Pray that they would know that their times are in your hands.
6	Grace to bear a good witness	Isa. 40.9	The Lord reigns and we want everyone to hear the Good News.	May we lift up our voices and not fear. Is. 40.9. And help us to put on the whole armour of God, Eph. 6.10-18
7	Protection for NHS workers	Isa. 40.28-31	The Lord gives strength to the weary.	Thank You that You give power to the faint. Help these workers to mount up with wings like eagles.
8	An awakening of hearts	Ps. 107.28	God hears and shows mercy to those who cry to Him in their distress.	Lord in the distress of these days, may You open many hearts to cry to You for help. Open their hearts to faith in the Lord Jesus.
9	Personal trust in God	James 4:13-15	For much of our lives, we seem in total control, planning to do this or that, or go to this or that place; the reality is, all our lives are lived 'if it's God will.'	Thank God that whatever comes your way today or tomorrow is in His hands, and that those hands are strong and kind. Pray that you would use the uncertainty surrounding Covid-19 to grow your awareness of your finiteness, but of God's infiniteness.
10	Limit the spread	Ps. 115.3	God is indisputably in control of all things.	Gracious Lord you set the limits on the Covid-19. In Your mercy limit its spread.

11	Wisdom for Leaders	Jams. 1.5-8	The Lord has ultimate and absolute authority in government.	Thank You that the government of this world is on Your shoulders (Is 9:6-7). May our leaders not trust in their own wisdom but let them ask You. (James 1:5-8)
12	Healing for those ill	Jer. 17:14	God alone is our Healer and Saviour.	As we come before You in prayer, Almighty God, we recognise that You are Lord over all. You can do all things, nothing is impossible for you. Please heal those currently sick with the virus and bring them to saving faith in You too; bringing good from evil and redeeming the symptoms of the fall.
13	Protection of elderly and vulnerable	Ps. 91	The Lord will deliver those who cling to Him.	We thank You that You surround us with Your mercy and protection
14	Grace to bear a good witness	John 13.34-35	We reflect the magnificence of God's love when we show sacrificial love to others.	Gracious Saviour, in these dark and difficult days teach us to love others around us. Give us the vision to sacrificially serve them in Your name. And the courage to tell them about Your Gospel.
15	Protection for NHS workers	Heb. 13.20-21	The God who brought Jesus back from the dead is more than adequate for equipping you to do His will--wherever you are, and whatever that means.	Please Lord protect all healthcare professionals within our church, and within our city, as they care for people in need. Please help Christians to know You are with them, and have promised to equip them for all the challenges that lie ahead. Amen.

16	An awakening of hearts	Isa. 12.2	The Lord God saves all who will trust in Him.	We pray for open doors, open hearts and Your mercy to save.
17	Personal trust in God	Joshua 24:15-28	May we also say 'as for me and my house, we will serve the Lord'.	Just as the Lord faithfully kept His promises to Abraham and the people of Israel, despite their time and again failing and falling away, so too is He steadfast and faithful to us, despite our own failures and lack of faith. Let the current situation drive us to seek Him afresh and put our trust in Him - who alone in an ever-changing world, is our constant source of hope and strength. Alleluia that our God is the same yesterday, today and forever.
18	Limit the spread	Acts 14.16-17	God's universal and providential care for his world stretches all the way down to the spreading of a microscopic virus, and so we can rightly plead with him to limit its spread.	Lord, given humanity's universal rejection of You, it would be entirely appropriate for You to wipe Your hands of us. So we praise You for Your ongoing provision for our needs, and plead with You that the spread of the virus would reduce. In wrath remember mercy, Lord.
19	Wisdom for Leaders	Pr. 15.22	Wisdom is found in many counsellors.	Lord grant our political, local and church leaders wisdom in these days of confusion. Grant wise heads and calm hearts.

20	Healing for those ill	Jer. 17.14	The Lord is the divine Healer, the Great Physician.	We pray that the Sun of Righteousness will rise with healing in its wings (Mal 4:2) and we ask in faith that You would heal.. (Jer 17:14)
21	Protection of elderly and vulnerable	Ps. 71.18	God delights in those of many years who delight in Him.	Strengthen and keep safe the many among us who have walked faithfully with You many years. Give them confidence in You in their fears.
22	Grace to bear a good witness	Mt. 5.14-16	Live our lives in such a way as to reflect the character of God in our words and deeds.	Gracious Lord, grant us the strength to serve others in sacrificial love and tell others of Your sacrificial death upon the cross for all who repent and believe.
23	Protection for NHS workers	Eph. 6.10-18	Let's pray on the armour of God both for ourselves and for those under especial pressure in the NHS.	With such a high proportion of Christian healthcare workers, there is a real opportunity to witness bravely and boldly to the sure and certain Hope that is ours in Jesus, amidst growing panic and concern. May we all pray on our spiritual armour as we recognise the spiritual battle that also needs to be fought alongside the physical war with the virus.

24	An awakening of hearts	Ps. 90.12	The global uncertainty accompanying the Covid-19 has the potential to get people thinking about the big things in life. Teach us to number our days.	Jesus advised 'unless you repent, you will all perish'. Sovereign Lord, forgive us for our spiritual apathy. Forgive us for turning away from You. Forgive us for thinking we could thrive without You. Awaken a sleeping world with the gospel of Jesus. Amen.
25	Grace to bear a good witness	Phil. 4.6-7	While many within our world are in the grip of fear over Covid-19, the Lord calls us away from anxiety and into thanksgiving. And such a counter-cultural response will be powerful for the gospel.	Pray that appropriate concern for health, family, and the future doesn't turn into undue panic and anxiety. Pray that your reaction to Covid-19 would be an opening to speak to friends, family & colleagues about the hope you have in Jesus.
26	Limit the spread	Gen. 50.15-21	What has been intended to harm us, God can intend for good.	When we can't see a reason for this pandemic or struggle to imagine that it could be used for good, may it prompt us to pray not only that the spread will be halted, but that God will bring good from this worrying situation.
27	Protection for NHS workers	Heb. 4.16	God promises to give strength to those who seek His mercy.	Gracious Lord, we come to You on behalf of those who labour on the frontline of fighting this virus. Renew their strength in the midst of their tiredness, we ask.

28	An awakening of hearts	Isa. 9.2,6	That our lives might point others towards our Wonderful Counsellor.	During a time of great uncertainty and unanswered questions, let us pray that we know - by God's grace alone - a renewed awe and wonder at God's care for us and perfect purposes for us; His salvation plan, the hope of redemption and glorious gift of the Lord Jesus Christ.
29	Personal trust in God	Mal.3.6	Our trust is in our wonderful, loving Father who never changes whatever the circumstances.	Thank you, Lord, that You never change (Mal 3:6). Thank You that You are the Way, the Truth and the Life (John 14:6). Thank You that You are the Light of the World (John 8:12).
30	Wisdom for Leaders	1 Chron. 12.32	God grants wisdom to leaders who seek His face.	Sovereign Lord, we ask You give our leaders wisdom for the new reality in which our day finds itself. Give them courage to do what is right, and compassion to serve the weak.
31	Rest in God	Ps. 91:1-2	God is our refuge through all of life's joys and struggles.	Gracious Lord, we choose to find safety and help under Your protection. Calm our fears with the news around us, strengthen our hearts to serve in love and fortify our courage with all the challenges. You are our unfailing refuge and we worship You.