

DUMFRIES BAPTIST CHURCH



Praying Sun 9th August - Sun 16th August

As a church, we are going to be carrying out a week of 24-7 prayer, and would love for you to be involved! Sign up for an hour, and pray from wherever you are.

Sign up here: [24-7 Prayer Sign-Up - Dumfries Baptist Church](#)

When you are finished praying, why not send a message to the person who is taking over from you? Please pray for them as they start, that they would encounter God. Please share what you have learned/ realised/ heard from God during your hour on our **virtual prayer wall**: [Trello](#)
You need to sign in to Trello, and need to be over 16 to use it, so if you're younger than this, get your parents to sign up and do it together - we'd love to hear from people of every age!

In Pete Greig's book, *How To Pray*, he talks about prayer and says "**keep it simple, keep it real, keep it up**". Prayer doesn't need to be complicated, but it does need to be real - our Heavenly Father already knows what's going on, and as we bring our troubles, our confessions, our joys and our realities, we meet with Him. And keep it up - we need to be persistent in prayer.

Pete Greig (the founder of the modern 24-7 prayer movement) also talks about praying as P.R.A.Y:
P - Pause - slow down, and centre ourselves on God. Step away from the craziness and stresses of life, and prepare to meet with God.

R - Rejoice - rejoice in who God is, and what He has done for us; the blessings He has given us.

A - Ask - there are so many things we need to ask God for - pray for yourself, for others, for situations, for His daily provision of everything we need.

Y - Yield - listen and surrender ourselves to God and to His will in our lives.

If you have a chance do read this book, *How To Pray*, before the week of prayer starts, we can't recommend it highly enough!

There are some **resources** below, please use them as inspiration, but don't feel obliged to use any of them - pray as God leads you, about the things that are on your heart and mind. Our vision for this week is that as individuals and a church, we encounter God, and draw closer to Him - this is prayer at its most basic and wonderful!

Prayer journaling: Check out this [Downloadable pdf](#)

Praying with children: [Prayer Spaces in Schools | Create Your Prayer Space](#)

Pray for Dumfries: [Google Maps](#)

Pray for the government: <https://www.christiansinparliament.org.uk/get-involved/pray/>

Pray about coronavirus: [Downloadable 60 minute prayer guide](#) & [Tearfund's downloadable prayer guide](#)

Music while praying: [DBC playlist, a playlist by nanzay_victoria \(Anna Roberts\) on Spotify](#)

Mission organisations:

BMS World Mission: [Prayer Guide - BMS World Mission](#)

Tearfund's Reboot Campaign: [Reboot Campaign - Tearfund](#)

Open Doors: [Serving Persecuted Christians Worldwide - Prayer Resources - Open Doors UK & Ireland](#)
SU Scotland – [Praying for your local schools](#)

If you'd like any more information, or to just chat about 24-7 prayer and our virtual prayer room, please speak to Anna Roberts, Eleanor Moss, Debbie Paterson or Jane Rafferty and any of us would love to talk to you!