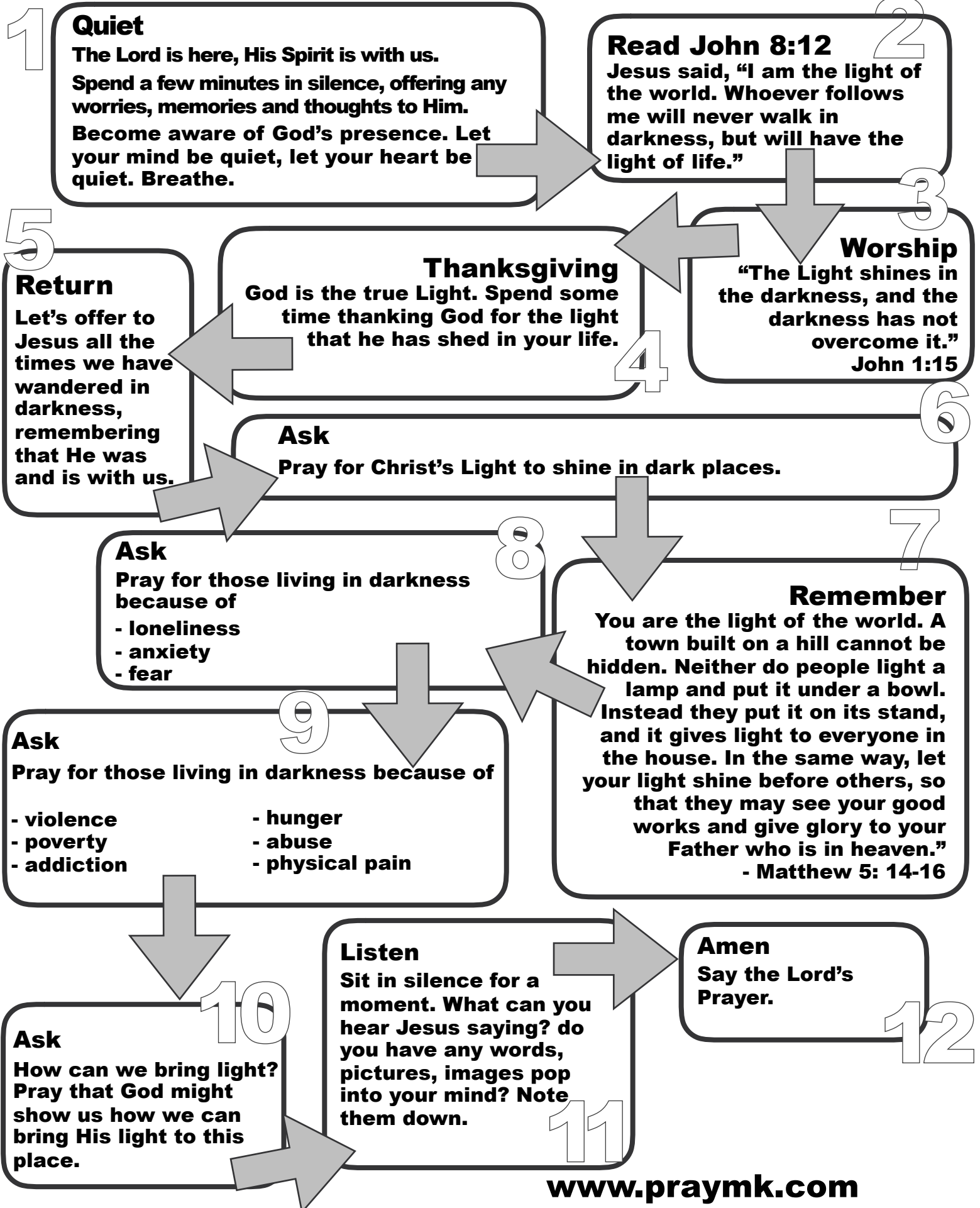


Use this sheet as a guide and a help for personal or group prayer.
If you follow each stage it will help you pray for an hour. If it helps, put on some music.



1 Quiet

The Lord is here, His Spirit is with us.
Spend a few minutes in silence, offering any worries, memories and thoughts to Him.
Become aware of God's presence. Let your mind be quiet, let your heart be quiet. Breathe.

2 Read John 8:12

Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

3 Worship

"The Light shines in the darkness, and the darkness has not overcome it."
John 1:15

4 Thanksgiving

God is the true Light. Spend some time thanking God for the light that he has shed in your life.

5 Return

Let's offer to Jesus all the times we have wandered in darkness, remembering that He was and is with us.

6 Ask

Pray for Christ's Light to shine in dark places.

8 Ask

Pray for those living in darkness because of

- loneliness
- anxiety
- fear

7 Remember

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."
- Matthew 5: 14-16

9 Ask

Pray for those living in darkness because of

- violence
- poverty
- addiction
- hunger
- abuse
- physical pain

11 Listen

Sit in silence for a moment. What can you hear Jesus saying? do you have any words, pictures, images pop into your mind? Note them down.

12 Amen

Say the Lord's Prayer.

10 Ask

How can we bring light? Pray that God might show us how we can bring His light to this place.