



The Race of Prayer

This pack is to help you create a special kind of response for your worship.

Prayer is a bit like running a race.

You need to get ready ...

... you need a start ...

... a track through the prayer ...

... and a finish

In this Olympic year we have made some special tracks to help you make your own prayers. These prayers are called 'intercessions' - they are prayers in which we ask for God's help for each other and ourselves.

Intercessions need to be planned carefully because they have to do two things at once ...

- Intercessions have to make clear our concerns to God
- Intercessions have to be easy for everyone to understand and follow—especially the bits where people join in responses

So ... Choose or create a start for the prayers.

This should include a 'practice' of the response

It is best to use the same words for God all the time.

It is very confusing to mix up Father, Son, God, Lord, Holy Spirit in the same prayer!

Choose one of the tracks through the prayers:

Write your prayers for each section - there are suggestions on the next pages

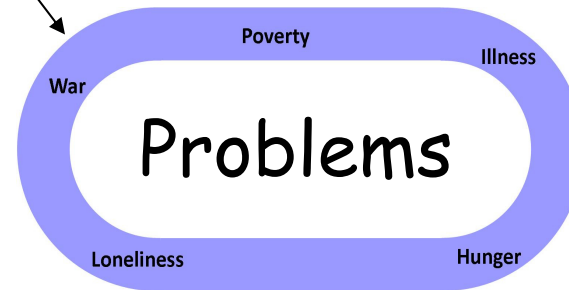
Add the response in between each section:

For example...

Lord in your mercy

Hear our prayer

End your prayers with a finish for everyone to join in.



6	Ourselves			
5	Our			
4	Family	Our		
3		Friends	Our	
2			Community	Our
1				Country



This track is about people's needs: we all need air, water, food, warmth and shelter - here are some ideas

Your intercessions could be on behalf of those people around the world who do not have enough to meet these needs

You might pray for those people who have enough of these things that they will find ways to share with others

You may wish to make prayers which give thanks to God for giving us the things that we need

Here is an example, **remember to use a start and finish**

Water

Air

(Start)

Lord God, we pray for the many people in the world who live in places where water is hard to find. We think especially about people who have to walk many miles each day just to find the water they need and ask you to be with them in their struggle. *(Response)*

Lord God, we pray for the children whose families struggle to gather enough food. We ask that through charity extra food may be brought to places where it is needed most. *(Response)*

Lord God, many people around the world live without homes where they can sleep. We pray that you will be amongst them and show us ways in which we can help them in their need. *(Response)*

Lord God, our bodies need warmth to stay alive yet there are people in your world who shiver in the cold. Hear us as we pray and bring them warmth for their bodies and comfort for their minds. *(Response)*

Lord God, the air we breathe is shared by everyone on the earth. We pray that we will all take care to keep our air clean so that all of us, your children, can grow healthy and strong. *(Finish)*

Food

Warmth

Shelter



This track is about some of the problems people face: poverty, illness, war, loneliness and hunger - here are some ideas

Your intercessions could be on behalf of those people around the world whose lives are affected by these things

You might pray for those people who work to bring hope into places where these difficulties are found

Here is an example, **remember to use a start and finish**

Poverty

Illness

War

(Start)

Lord, we pray for everyone in the world whose lives are spoiled by war, for people who have lost friends and relatives and ask you to comfort them in their distress. *(Response)*

Lord, we think about the many people who are alone today. We pray for the many men and women and boys and girls who are friendless and ask you to help us to find ways to help them. *(Response)*

Lord, we see many pictures of people and hear stories of children who live in constant hunger. Give strength to the people who work to bring them food. *(Response)*

Lord, your son Jesus spent his life helping and encouraging men and women, many of whom were ill. We ask that you will give your strength to people when they are sick and wisdom to the doctors and nurses who tend them. *(Response)*

Lord, help us to be grateful for the plenty that we have in our school and to remember the many people who live lives of poverty. We pray that you will be generous with your love and encourage us to do all that we can to help. *(Finish)*

Loneliness

Hunger



This track is about our relationships: with ourselves, family, friends, community and even our nation - here are some ideas

This is a straight track. For these prayers it makes sense to go in order 'out' from ourselves.

When you prepare these intercessions make sure that all the kinds of families, friendship, communities and countries in your school are included in your prayers. The examples might not be suitable to use without some changes to make them meet the needs of your school.

6	Ourselves			
5	Our			
4	Family	Our		
3		Friends	Our	
2			Community	Our
1				Country

Example:

(Start)

Father, we pray for ourselves. We thank you for your love and for the many wonderful things we have and the many exciting experiences we have at school. ***(Response)***

Father, we think about our families and the lives we live together. Help us to live in love and to share the good things that we have. ***(Response)***

Father, you have given us an example of friendship in the life of Jesus. Help us to follow his example and be honest, loving and willing to give whatever might be needed to our friends. ***(Response)***

Father, be with us as we grow up and learn to find our places in our communities. Show us the places where we can work and the responsibilities we might undertake. Help us to be examples of God's love for the good of all those with whom we live. ***(Response)***

Father, we pray that you will help us to understand our place in our country. We ask you to be with all those who work for us in official positions; the police, the armed forces, the health service and our teachers. ***(Finish)***



Here are some 'starts' and 'finishes' for your prayers. The responses fit in between each of the parts of the prayer a bit like passing a baton in a relay race!

Start ...

Let us pray to the Father,
who loved the world so
much that he sent his only
Son to give us life.

In faith we pray
we pray to you our God.

In joy and hope we pray.
We pray to the Father.
Hear our prayer.

We pray for God to fill us
with his Spirit.
Lord, come to bless us.
Fill us with your Spirit.

We pray that Christ may
be seen in the life of the
Church (school).
Jesus, Lord of the Church
(school),
in your mercy, hear us.

Responses

Lord, have mercy.

Lord, have mercy.

Lord, in your mercy
hear our prayer.

Hear us,
hear us, good Lord.

Lord, hear us.
Lord, graciously hear us.

In faith we pray
we pray to you our God.

Lord, hear your people
and answer our prayers.

God of love
hear our prayer.

We pray to the Father.
Hear our prayer.

Lord, meet us in the silence
and hear our prayer.

Jesus [or 'Father'], Lord of ...
(life, creation, ... a
phrase which can be varied)
in your mercy, hear us.

Loving God, we look to you.
Receive our prayer.

Generous God
pour out your love.

Your kingdom come
Your will be done.

Lord, come to bless us.
Fill us with your Spirit.

Finish ...

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.**

Lord of the Church,
**hear our prayer,
and make us one in heart and
mind
to serve you with joy for ever.
Amen.**

God of mercy,
**you know us and love us
and hear our prayer:
keep us in the eternal
fellowship of Jesus Christ our
Saviour.
Amen.**