

Prayer in the Morning Hours

Jesus said “when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.” (Matthew 6:6)

Most of us have spent a considerable time over the last few months hidden from public view. We have either loved it or loathed it, but either way God has seen us in our secret places and kept company with us. We have never been truly alone and many of us will have found God to be a very present help in a time of isolation and trouble. This morning we consciously seek out the secret place and set our face towards the Father, who “sees what is done in secret”, and sees us, and hears even the unspoken cry of our heart. “In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly”. Psalm 5:3

For each hour of the Day we are suggesting a scripture to reflect on and a topic for your prayer and intercession.

6.00am Psalm 5:3 Pray for God to stir up expectant prayer in the churches of the UK, to raise up intercessors in every church, and to give you a yearning to be with God in prayer as the daily wellspring of your life. Pray about the prayer life of your own church and for those who lead prayer meetings and public prayer. Pray for church leaders who can often be too busy and tired in the work of God to find time to be quiet and apart with God. Pray that those who have turned to prayer during the lockdown will find that it is a more integral part of their life as more familiar patterns of life emerge again. Wait expectantly.

7.00am Lamentations 3:22- 26 Thank God for His love and compassion and faithfulness to you all the days of your life. Dig deep into your memory and thank Him that His compassions have never failed you; that the worst that has been thrown at you has not consumed you; that the Lord has been your portion and has given you hope. And cast your eyes around the life that God is giving you today and receive from His hands all that He is putting into your hands on this new morning. In this, give thanks for the churches that you have been part of down the years, and pray for each of them in turn. Pray that they will each be open to receive from the bounty that our faithful God has for them in the Spirit, and be obedient to the call that He lays upon them. Wait quietly.

8.00am Psalm 46 For many of us these have been very difficult weeks in lockdown. For some of us there has been considerable pain and loss. All of us will be aware of others who’s suffering has been intense and even unbearable. Take time to make your own cry of lament, or to join in the lament of those around you, and turn your mind and heart to God who is our refuge and strength and a very present help in trouble. Pray for those who lament the loss of church as they have known it, and who are fearful of what lies ahead by way of change and innovation and the end of what has sustained them in the past. Pray for smaller, struggling churches feeling their vulnerability numerically and financially, and where hope is running dry. Pray for fresh hope; for streams of joy; for eyes to see what God is doing. Pray this Psalm for them. Be still.

9.00am John 20:11- 18 All of us are looking forward to reconnecting with sisters and brothers from our local churches, many of whom we haven’t seen since the lockdown began. And yet all of us know that church will be never quite the same again, and that it will be folly to try and make it so. Like Mary Magdalene on the first Easter morning we will want to hold on to the familiar and welcome back what we have known and loved from the bottom of our hearts. And yet will need to hear Jesus say “don’t hold on” to that, because there is something so much better for you. Pray for churches to be open to the new thing that God is doing by His

Spirit through the experience of these last few months. For a willingness across the board to welcome new ways of being church, of worshipping together, of connecting with our communities, of relating online, of exploring the wide expansive territory into which Christ has set His people free. Hear Jesus say, "Don't hold on".

10.00am [Isaiah 61:1-7](#) Use this hour to pray for a fresh outpouring of the Spirit upon our land, and in our churches, whatever their size, or tradition or location or denomination. Pray for a wave of the Spirit to flood the land and catch everything in its wake. Pray specifically for the churches in your locality and the church of which you are a part, for a fresh openness to the Holy Spirit. Give thanks for the ongoing work of Jesus in His church to bind up the broken hearted, proclaim freedom for captives, release prisoners from darkness and proclaim the year of the Lord's favour. Pray that the church in the UK will be filled with the same Spirit and continue the ministry of Jesus through His Body, for the restoration of that which has been too long devastated. Lord, rebuild the ancient ruins!

11.00am [Acts 2:42-47](#) Please pray for the ministry that ReSource has been called to in serving churches and supporting church leaders in little, local and ordinary mainline churches, for renewal, discipleship and mission in the power of the Holy Spirit. When the Holy Spirit was poured out at Pentecost a church was brought into being with all the elements of life and vitality that the same Spirit brings today when the doors of the church are open to the Spirit's power and presence. ReSource's passion is to see the same marks of healthy, mission-minded church life today across the wide landscape of rural, urban and suburban churches in the UK. Pray for the Trustees, Director and staff of ReSource, along with the team of ReSource Ministers who deliver its ministry. Please pray that God will meet all our financial needs as the present crisis takes its toll on our income. And pray for our online ministry, until the day dawns and we can visit churches again!