



The Church of Scotland

However you choose to gather as part of the **National Day of Prayer** and the ongoing 'Together We Pray' initiative, it is worth spending time reflecting on who will be taking part and how you can best help them to pray.

As the Church in Scotland, we not only help people to pray and gather for worship, but we also engage with society in mission and as advocates for transformation in our local communities.

This leaflet has a few suggestions to help you plan and start praying as part of our journey together in prayer for the future of the Church of Scotland.

START PRAYING

Who...

If you are praying for the different areas of church life or for the different aspects of community life, then using a range of people to represent them may be useful to help people connect with the themes and ideas.

Why not consider getting a young person to pray for the children and youth work going on in the church and community and for the schools in your area?

What about asking one of your more senior members to pray for the elderly, for the various homes within your area and the issues facing vulnerable people with winter on the way?

Have you thought about inviting people from the community to help shape the prayers - either by writing them together, or by reading out their prayers?

What...

What is the best way to help people pray for all the things that shape our communities and impact our day to day lives?

Would it be helpful to have different areas of the building dedicated to themes or topics? Could you use images or newspaper and magazine cuttings? Themes/issues might include politics, education, social care, poverty, justice.

What are the current issues or hot topics affecting you, your church and your community?

Where...

A quiet reflective space may help people to focus their prayers.

You could create a labyrinth for people to walk through as they pray.

Would gathering around a meal help you build community and explore issues together in a prayerful way?

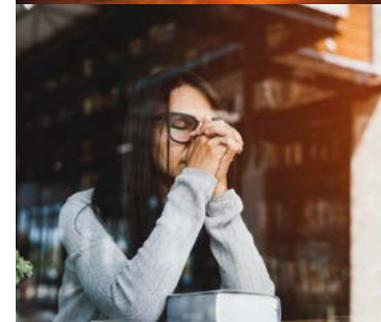
How...

Would a time of open prayer allow more contributions from those gathered?

Would a series of prayer stations allow people to connect with prayer in a different way through art, lighting a candle; or by creating some prayer activities?

Would watching the 'How We Pray' videos together (available from the CofS website) help you learn together how to pray in different ways?

Perhaps you have a band or group of musicians who could help you host a Praise and Prayer event?



You may find these links useful for more information on creating different spaces for prayer or praying in different styles:

- www.churchofscotland.org.uk/connect/together_we_pray/how_we_pray
- www.24-7prayer.com/EncouragingCreativePrayer
- <https://engageworship.org/ideas>
- www.christianaid.org.uk/churches/prayer