



May 2018

Dear Friends,

The Bible says, *“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.”* God wants us to spend time with him in prayer.

We like the “don’t worry about anything” part of that verse, and the “tell God what you need” but we often neglect the “pray about everything” part.

Life can be hard and there are not always answers. Sometimes we don’t know what to pray or maybe we just can’t pray. It’s comforting to realise that prayer didn’t come naturally to the disciples. *“One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, ‘Lord, teach us to pray’...”* and he taught them the prayer we call The Lord’s Prayer.

Activities of the day want our immediate attention and pull us in many directions. Have you ever thought or said ‘I find it hard enough to do the essentials so how can I be expected to find time to pray?’ Jesus may have felt this way but he found time to pray alone, with others, for others, for thanks, and for us because he could do nothing without God, and neither can we. It is important to spend time in prayer.

Can I challenge you this week to pray? Imagine what changes could be ushered in through your prayers!

Is there a community dilemma? Pray about it.

Is there a person that rubs you the wrong way? Pray for them.

Is someone under some pressure that is trickling down to you? Pray.

Is there someone or something that worries you. Pray.

But don’t forget to say *‘thank you’* for all he has done. Pray.

*“Your Father knows what you need before you ask him”* but he likes to communicate with you through prayer. Go ahead. Reach out to him in prayer today.

Every Monday from 9am to 10am there is an hour of prayer in one of the 4 churches in our community.

1st Monday of the month: Fenny Compton - St. Peter & St. Clare

2nd Monday of the month: Farnborough - St. Botolph

3rd Monday of the month: Gaydon - St. Giles

4th Monday of the month: Northend - The Chapel of Ease

It isn’t a structured time of prayer. It’s time to pray alone or together, for others and yourself, time for quiet contemplation with God.

Join me or leave a prayer request and we will pray for you.

*Rev'd Nicki*

