

Morning Prayer

"Thy Kingdom Come"

Thank you for joining in Morning Prayer. This is a short step by step guide.

It is great to talk to God first thing in the morning. You can take as little as two minutes, or as much time as you like, but it helps start the day as you mean to go on.

Find a space where you are comfortable and then begin. You can stand, sit, walk, or kneel, and you don't have to have your eyes shut

1. Focus on God
2. Take one deep breath
3. Simply say the words "thy kingdom come"
4. Pause and look around you
5. Think about the things you want to be different
6. Look out on the world and ask that God may bless it
7. Say again "thy kingdom come"
8. You might want to consider signing the words as you say them
Our website has a video to show you how:

" <https://www.light-wave.org/rhythm-of-prayer>

Thank you so much for starting your day with us
Please share this with your friends

If you have any requests for prayer that you want to share,
please go to our website page – say one for me:

<https://www.light-wave.org/prayer-request>

Pray together

5-5-5 Prayer

God's love has always been for the whole world, and his plan was always to offer salvation to all the world's peoples. Each day during *Thy Kingdom Come* we are asking you to take five minutes at 5 pm and pray for five people that you know, that they would each receive and experience the blessing of God in a deeper way; that He would protect them, guide them and shine through them. You can pray for the same five people, or vary it to five different people each day, depending upon what you sense the Spirit is saying.

Here are some ideas of what to pray for:

- That they would come to know Jesus in a more profound way
- That they would have their spirits lifted by the presence of God in their life
- That their ears would be open to the voice of the Holy Spirit this day
- That they would be encouraged in their faith journey
- That others might see Jesus evidenced through them

Finally, finish by using the prayer below for each person you are praying for, inserting their name at the beginning;

(Insert name), I pray that the Lord will bless and protect you, and that he will show you mercy and kindness. May the Lord be good to you and give you peace.

Numbers 6:24-26 [CEV]

Find out more at www.light-wave.org/prayer

Pray together