

Pray for Five

This is a resource recommended by The Revd Tim Yau, Mission Enabler for the Diocese of Norwich. It is drawn from material produced for Thy Kingdom Come by Christian Publishing and Outreach (CPO). Pray for Five helps you to commit to praying that five people you know will come to know the love of Jesus.

Praying for others to know Jesus is one of the most powerful and transforming things we can do. But praying consistently for others takes discipline, so it's helpful to find ways of building the habit. Write down the names of five people for whom you would regularly like to pray. If you're not sure who to pray for, ask God to guide you as you choose. Once you have settled on five names, commit to praying for them regularly by praying the following:

***Loving Father,
in the face of Jesus Christ
your light and glory have blazed forth.
Send your Holy Spirit that I may share with my friends ... [name them here]
the life of your Son and your love for all.
Strengthen me as a witness to that love
as I pledge to pray for them,
for your name's sake. Amen.***

Here are five easy ways of building the habit to 'pray for five'... Choose whatever works best for you!



1. Piece of String

Take a piece of string or cord, and tie five knots in it to represent each of the five people you are praying for. You could carry the knotted string in your pocket, tie it round your wrist or place it where you'll see it regularly and be reminded to pray.



2. Small Stones

Find five small stones and write one of the people on your list onto each of the stones. Place them on your desk, bedside table or fireplace as a reminder to pray. Alternatively, you could place each stone in a different room of your home and pray for each person as you enter or leave the room.



3. Business Prayer Card or Bookmark

Grab a piece of card that will easily fit inside your wallet, purse or book. Write your list of five names onto the card before putting it in your wallet or book. Use this card as a daily reminder to pray for them.



4. Prayer Alerts

Add your list of five people to the alerts section of your phone and set reminders to pray for them. You could choose one name per day, or pray for all five across your day. Remember to set alerts for a suitable time where you can stop to pray for your list.



5. Post-It Notes

Use five post-it notes and write one name onto each. Stick them onto your mirror, above your bed or wherever you'll see them regularly and will be reminded to pray.