

## United in Prayer: Reflective prayer activity

Prayer is central to all we do as Mothers' Union and our Wave of Prayer is a continuous expression of this; running through the year and encompassing all places where we are represented. This reflective prayer activity highlights the importance of prayer, not just during the specific time when the focus is on our own link dioceses, but continually, as we play our part in upholding our unity in prayer.

### Opening:

Jesus promises us:

Where two or three gather together as my followers, I am there among them.

*Matthew 18:20*

Lord, we welcome you.

We thank you that you are in our midst.

We praise you for this time together to pray for the people and the work of Mothers' Union, and in particular, our own link dioceses.

**Amen.**

### Call to Prayer:

I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people.

*1 Timothy 2:1*

As we begin our time of reflective prayer we pray for all people and especially all members of Mothers' Union.

- Pray for those who cannot express their faith freely and openly because of political, cultural or family reasons
- Pray for those who are unable to meet with other Christians to pray
- Thank God for the members of Mothers' Union who meet and faithfully serve God whatever hardships and situations they encounter

We pray for ourselves:

for wisdom and vision as we seek to serve God through our work in Mothers' Union.

- Pray for **enthusiasm** that we would be filled with a renewed passion for God's world
- Pray for **empowerment** that we would feel emboldened and equipped to respond to God's calling

- Pray for **excitement**  
about the future with a joyful expectation of God's guidance
- Pray for **energy**  
for all that lies ahead, that we may serve God wholeheartedly

### **The vine and the branches:**

Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. .... I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my father I have made known to you. You did not choose me, but I chose you and appointed you to go and bear fruit - fruit that will last. Then the Father will give you whatever you ask in my name. This is my command: love each other.

*1 John 15:4, 15-17*

Take a moment to reflect on this passage, and then pray together:

**Almighty God, thank you for the gift of your Word;  
may it be our foundation and guide:  
As you have loved us and made us your friends  
so you have called us to love one another.  
Thank you that, as we remain in you we are united together.  
May our love for the family of Mothers' Union  
be expressed through prayer.  
It is our joy and privilege to pray for each other.**

Heavenly Father, in this time of change we pray that you would give us renewed vision for the Wave of Prayer and the power of our prayerful unity. We give thanks for the relationships we have enjoyed with our former links. We embrace with gladness the new relationships ahead and we commit ourselves afresh to prayer.

**Empowered by your Spirit, may we be united in prayer and  
worship,  
and in love and service reach out as your hands across the world.  
Amen**

### **Wave of Prayer:**

Pray together in groups, either using the pointers as prayers or bringing your own prayers to God.

- Thank God for the Wave of Prayer
- Thank God for our growth and the need to add new dioceses to the Wave of Prayer
- Thank God for the relationships that have developed with your current link dioceses

- Thank God for your new link dioceses

*You may choose to write your prayers on a post-it note and stick to a large blow up globe or other symbol of the world.*

Reflect on this scripture:

Therefore encourage one another and build one another up, just as you are doing.

*1 Thessalonians 5:11*

- Pray for every member included in the Wave of Prayer, that they will feel supported in prayer and will themselves take an active part in praying
- Pray that God will build up our members and encourage them in the validity of their prayers
- Pray for those impacted by the changes; particularly those who will miss their previous links
- Pray that loving prayerful support will flourish between all new links

### **Prayer Activity:**

St Bridget's Cross

*Write the name of your link dioceses on each strip of paper which makes up the cross and use as a prayer reminder and a symbol of our unity in prayer.*

### **Closing:**

With one voice glorify the God and Father of our Lord Jesus Christ.  
*Romans 15:5-6.*

Loving Father,  
we join with our family throughout the world,  
with one voice, to glorify your name.

**Together we bring our worship,  
together we bring our prayers.**

Though we may never meet,  
we are united in prayer.

**We share our sorrows and joys  
and together praise our God.**

As the family of God  
we are united in love.

**We glorify our Father  
with thankful hearts.**

**Amen**

Lord God, we pray that you would continue to guide us in all we do.  
May your Word be a lamp for our feet and a light for our path.  
May we, and the work that we do in your name, always glorify you.

We finish by saying the Grace together

**The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit,  
be with us all evermore  
Amen**