



St Michael's

Prayer

Diary

Be joyful in hope, patient in
affliction, faithful in prayer.
Romans 12:13

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To pray is to make our hearts ready to experience the love of God in Jesus Christ through the power of the Holy Spirit. Praying regularly will help us to develop a spiritual rhythm.

A discipline of prayer changes the way that we think about our lives, because it creates new habits of heart and mind. Prayer opens us more deeply to the transforming grace of God. We enter into God's presence, allowing the Holy Spirit to pray in us.

Services like Morning and Evening Prayer, Prayer during the Day, and Night Prayer are designed so that they can be said by individuals or in a group.

But we may often wish to pray by ourselves as we try to share in Christ's prayer to his Father. Whether you are a child, young person or an adult, prayer is easier than you might imagine! Millions of people of every age pray every day.

Remember that God hears every prayer—but not all prayers are answered in the way we might expect or desire: we don't always pray for his will to be done! Prayer is a discipline - it can be difficult at times, just like keeping fit, being on a diet, or keeping weeds down in the garden. Little and often is best, but don't give up! No prayer, however inadequate you may feel it to be, is ever wasted or of no value.

This booklet is designed to offer you a range of resources to help you to pray and expand the horizons of your prayer life with God. You can find further resources on our website, in the Discipleship section.

Parish Prayer Cycle

On the following pages you will see a Prayer Cycle that has been developed for use in Bramhall. For each day of the month there are suggestions of people, places and issues you could pray for.

In John 17, as Jesus is praying before his arrest, he prays for three different groups of people. He prays for himself, then he prays for those closest to him – the disciples, then he prays for all believers. This offers us a model; to pray for ourselves, to pray for our families and friends and then for the church and the wider world.

Some people may have no problem praying for themselves, but when it comes to praying for others and even wider issues relating to our lives and the world, it can get more challenging. Where to start? What to keep including? Within this prayer cycle there is a wide variety of suggestions of people, places and issues to pray for. The cycle is arranged to be used on a monthly basis, with things suggested for each day of the month. These are suggestions – not requirements. Below is a little explanation of each.

Church

Pray for the various people, organisations and activities at St Michael's that they may know God's love and calling, and that they may be faithful to him. This may include people from the wider Diocese of Chester and Church of England too. Alongside this, you may wish to use the Michael and Raphael prayer lists included in SMT each week.

Parish & Wider Community

Pray for the truth of the kingdom of light and love to be made known in these various places. Pray for harmony, unity and a spirit of building one another up.

Newala

Pray for the people of Newala. The Parishes within the Diocese are listed. Pray for the people in these parishes, asking God not just to bless them, but that we might learn from them about living for God in all that we do.

Issues

These are wider issues that sometimes may not feel like they relate directly to our own lives, but they matter to God. By offering them up in prayer, pray for those directly involved, that they might know God's wisdom, justice, mercy and provision in all that they do.

Roads

Pray for those who live on each road and those who pass along them that day, that they may know God's presence and support; for what happens there that day, that events may be in accordance with God's purposes, and for God's strengthening to correct what is not; and to give thanks for God's Creation there.

| | | |
|------------|--|---|
| 1st | Growth of St Michaels Church Newala-Bramhall Link Group | Bramhall Lane South (<i>to Bramhall Bridge</i>) |
| 2nd | Clergy Bramhall High School | Ack Lane East, Ridge Park |
| 3rd | Readers and Pastoral Workers God's Creation, that we may take better care of it St Marys, Newala | Moss Lane, The Tudors |
| 4th | Church Support Staff All involved in Media and the Arts | Woodford Road |
| 5th | PCC members, Deanery & Diocesan Synod reps All involved in Farming and Fishing St Nicholas, Newala | Syddal Rd, Thorn Rd, Holly Rd, Lees Rd, Ogden Rd |
| 6th | Study and Discussion Groups Prisoners, Refugees and Homeless People | Patch Lane, Highfield Parkway, Fieldside Close, Regent Close, Syddal Close, Syddal Crescent, Glenbourne Park, Syddal Green, Derwent Drive |
| 7th | Unity of the Church The Unemployed St John the Baptist, Newala | Athol Rd, Glendene Avenue, Norwood Ave, Kenwood Ave, Carlton Ave, Burford Ave, Park Ave, Langdale Rd, Eskdale Ave, Kendal Dr, Keswick Dr, Dalston Dr, |

| | | |
|------------------------|---|---|
| 8th | Church Finance Team All who work in the Criminal Justice System | Ladybrook Road, Woodcote Ave |
| 9th | Visitors to St Michael's, and all who use the Parish Centre Parish Youthwork St Augustino of Hippo, Newala | Ashley Drive, Hawthorn Grove, Trent Close, Blythe Avenue, Severn Drive, <i>Corner of</i> Fountains Avenue |
| 10th | Pownall Green School, Ladybrook Primary School, Queensgate Primary School, Moss Hey Primary School, Valley School | Cromwell Rd, Fairway, Victoria Way, Greenway, Roundway, Ford's Lane, Kitt's Moss Lane, Weavers Lane |
| 11th | Organists, Choir, Servers, & all who contribute in Worship Those in the midst of Famine or Disaster | Victoria Close, Briarlands Close, Benja Fold, Hillbrook Grange, Hillbrook Rd, Convamore Rd, Glenholme Rd, Robins Lane, Hardy Dr, Boston Close |
| 12th | The Mill Victims of abuse and violence, intolerance and prejudice | Deneway, Thornway, Elmsway, Birchway, Bramway, Briarstead Close, Larchway, Willow Way, Laurel Way |
| 13th | 4th Bramhall, and other Scout Groups Guide Groups All engaged in Ministry, of whatever sort St Agnes, Newala | Queensgate, Mayfield Rd, Oakfield Close, Ridgmont Rd, Albany Rd, Sydney Rd, Bowen Close, Hobart Close, Anson Close |
| 14th | GPs, Nurses, Hospital Staff, Other Medical Professionals | Meadway, Belmont Rd, Brisbane Close, Canberra Rd, Perth Close, Mountfield Rd, Crossway, Meadway Court, |

| | | |
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| 15th | <p>Social Services</p> <p>The work of Aid Agencies throughout the World</p> <p>St Marks, Newala</p> | <p>Melbourne Rd, Moreton Ave, Gawsorth Close, Lumb Close, Maple Rd, Adelaide Rd, Bramley Rd, Darwin Grove, Manley Grove, Bramley Drive, Bramley Close, Lumb Lane</p> |
| 16th | <p>Ambulance, Fire, and Police Services</p> <p>ACE, Mothers' Union, TGIM, The Flower Club</p> | <p>Hartington Rd, Ladythorn Rd, Rossall Dr, Ladythorn Crescent, Ladythorn Grove, Pownall Ave</p> |
| 17th | <p>Bishop of Chester Bishop of Stockport Bishop of Birkenhead</p> <p>St Judes, Newala</p> | <p>Dairyground Rd, Wyndham Close, Bodmin Dr, Northcote Rd, Harlyn Ave, Thorley Mews, Delfur Rd, Carmenna Dr</p> |
| 18th | <p>The other Denominations present in Bramhall, including those that don't have a meeting place here</p> | <p>Seal Rd</p> |
| 19th | <p>Shop keepers and shop workers; office workers</p> <p>Those who clean and maintain St Michael's, and tend the Grounds</p> <p>St Phillips, Newala</p> | <p>Plymouth Dr, Dawlish Close, Brixham Walk, Axminster Walk, Milton Rd, Penn House Close, Truro Close</p> |
| 20th | <p>Care Agencies, and all who minister to the chronically and terminally ill</p> <p>Those who work for Reconciliation</p> | <p>Newquay Dr, Padstow Dr, Penhale Mews, Liskeard Dr, Bude Close, Launceston Close, Birkdale Close</p> |
| 21st | <p>Families facing difficulties of whatever sort</p> <p>Archdeacon of Macclesfield Archdeacon of Chester</p> <p>St Pauls, Newala</p> | <p>Sunningdale Dr, Chevin Gardens, Hillside Close, Wentworth Dr, Camberley Close, Troon Close, Lytham Drive, Warton Close, Westby Close, Ainsdale Close, Nevin Close, Gleneagles Close, Fairhaven Close</p> |

| | | |
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| <p>22nd</p> | <p>Those who are unsafe, or feel unsafe, in their homes, schools, or places of work</p> <p>Local Councillors & Stockport Metropolitan Borough Council</p> | <p>Fir Rd, Damery Court, Damery Rd, Fir Ave, Colwyn Rd, Ashness Dr, Newlands Dr, Lawton Ave</p> |
| <p>23rd</p> | <p>Outreach into the Community around us</p> <p>Thursday Fellowship</p> <p>St Francis of Assisi, Newala</p> | <p>Pine Rd, Dale Ave, Waterloo Rd, Valley Rd, Brookdale Rd, Bridge Lane (<i>to Womanscroft Bridge</i>)</p> |
| <p>24th</p> | <p>Those who are frail or infirm, disabled, unable to leave their houses, anxious</p> | <p>Forbes Park, Stoke Abbott Close, Robins Close, St Michael's Ave</p> |
| <p>25th</p> | <p>Those who are lonely, isolated in whatever way, bullied</p> <p>Member of Parliament and National Government</p> <p>St Albans, Newala</p> | <p>Holland Rd, Huxley Dr, Huxley Close, Elswick Ave, Ramsdale Rd, Carrwood Ave, Grasmere Crescent</p> |
| <p>26th</p> | <p>The elderly - in their own homes, in care homes, and elsewhere</p> <p>Churchwardens & Sidespersons</p> | <p>Carrwood Rd, Manor Rd (<i>to East of Golf Club</i>), Rookwood Hill, Woodroyd Close, Cherry Orchard Close, Lerryn Drive, Hall Rd, Roseneath</p> |
| <p>27th</p> | <p>Those who are struggling with addiction of any kind</p> <p>The Royal Family</p> <p>St Lukes, Newala</p> | <p>Bramhall Park Rd (<i>south end – to The Ladybrook River</i>), Arden Court, Dorset Ave, Poole Close, Low Wood Close, The Dingle, Beathwaite Dr, Broomhill Dr, Somersby Court</p> |
| <p>28th</p> | <p>Those, of any age, who experience abuse of any kind</p> <p>Chaplaincy Staff and Volunteers</p> | <p>The homes of St Michael's members outside the Parish of Bramhall</p> |

29th Those locked into negative behaviours, compulsive or habitual

Bramhall Park & Carr Woods

The Armed Forces

All Saints, Newala

30th Those in financial difficulties

Lumb Lane Recreation Ground & other open spaces

Those working in commerce and industry

31st Those who have left Church

Bramhall as a whole

The Universal Church

St Matthias, Newala

Use Your Hand to Pray

Your fingers can be used to bring to mind different things to pray for.

1. **Thumb**

This is the strongest digit on your hand. Give thanks for all the strong things in your life, like home and family, relationships that support and sustain you.

2. **Index finger**

This is the pointing finger. Pray for all those people and things in your life who guide and help you. Friends, teachers, doctors, nurses, emergency services, etc.

3. **Middle finger**

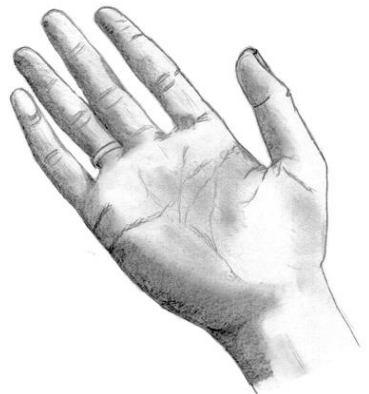
This is the longest finger. Pray for all the important people who have power in the world, like world leaders and their governments, members of parliament and local councillors, the Royal Family, other world leaders and their governments.

4. **Ring finger**

This is the weakest finger on your hand. It can't do much by itself. Remember the poor, the weak, the helpless, the hungry, the sick, the ill and the bereaved.

5. **Little finger**

This is the smallest and the last finger on your hand. Pray for yourself.



Prayer Walking

Prayer walking is as simple as it sounds - praying as you walk. When we prayer walk we are stepping into our authority as God's children to bless people and places in Jesus' name. This simple task is a great way to bring transformation to your local community by asking God to break in.

The core of prayer walking is conversing with God; ask Him to show you what He sees; to know His heart for your community.

Here are some practical suggestions on how to prayer walk effectively:

Start & End Together

If walking with someone else agree a place and time to start prayer walking and talking to God together. Begin by explaining why you've gathered to pray, and share specific prayer points, if relevant.

Try Going in Pairs

Jesus sent his disciples out in pairs. It's not as intimidating as a large group, and is safer than people going on their own. If you have a larger group, breaking into pairs can help you to pray for different parts of your area.

Choose Whether to Plan Your Route or Not.

You can plan ahead to ensure that you pray for specific places, or simply ask the Holy Spirit to guide your time - just make sure you don't get lost!

Use your Supernatural and Natural Sense

As you prayer walk, be aware of your surroundings: what you see, smell, hear and touch. But also be aware of what God is saying to you as you move around your community; if any Bible verses pop into your head or if you have any pictures, visions or words of knowledge. Turn these natural and supernatural senses into prayer.



Choose whether to pray Silently or Aloud

The point of prayer walking isn't about being seen praying; it's about seeing and praying. You can pray quietly together or in silence if it makes you feel more comfortable. However, don't be afraid to speak out prayers if you feel compelled to.

Pray for Others

As you prayer walk, the focus is on those who are living in your community, so be intentional about praying for God's blessings on what you see and feel. Even in difficult areas, try to pray positively. Focus on God's plans and purposes for the place and people that live there. "Your Kingdom come, your will be done..." is an excellent start.

Ending Well

If you've prayed in different places, meet up at the end to share what you've prayed and heard from God. Write down what you share so that you can keep track of how to pray for your area.

Keep Going

After your prayer walk, keep praying for your community. You might like to arrange specific prayer meetings or further prayer walks for your area. Prayer walking is also a way of claiming a specific area for God. When Joshua and the army were claiming Jericho, God instructed them to walk around the city for six days, and seven times on the seventh day.

As you keep praying, continue to ask for God's blessing in your area; praying for God's kingdom to come and his Will to be done in your area. If you feel that God is highlighting specific needs or challenges, think about how to take action; how could you and your Church be part of God's solution practically, as well as prayerfully?



Praying for Five

Praying for others to know Jesus is one of the most powerful things we can do. Persistent prayer for others brings transformation to their lives.

Consistently praying for others takes discipline, and there are many ways that we can build up habits that will help us to pray for our friends and family.

Choose five people you would regularly like to pray for and write their names down on a list. If you're not sure whom 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 [here, name
your friends]
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.*

1 _____

2 _____

3 _____

4 _____

5 _____

Prayer During the Day

Preparation

O God, make speed to save us.
O Lord, make haste to help us.

Let the words of my mouth and the meditation of my heart
**be acceptable in your sight, O Lord,
my strength and my redeemer.**

Psalm 19:14

Praise

I bind unto myself today
the strong name of the Trinity,
by invocation of the same,
the Three in One, and One in Three.
Of whom all nature hath creation;
eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
salvation is of Christ the Lord.

from St Patrick's Breastplate

Psalm

The psalm ends with
**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now,
and shall be for ever. Amen.**

Bible Reading

Intercession

Let us pray to God the Father,
who has reconciled all things to himself in Christ:
For peace among the nations,
that God may rid the world of violence
and let peoples grow in justice and harmony ...;

For those who serve in public office,
that they may work for the common good ...;

For Christian people everywhere,
that we may joyfully proclaim and live our faith in Jesus Christ ...;

For those who suffer from hunger, sickness or loneliness,
that the presence of Christ may bring them health and wholeness ...;

Let us commend ourselves, and all for whom we pray,
to the mercy and protection of God.

Open prayer may be offered and silence is kept.

Eternal light, shine into our hearts,
eternal goodness, deliver us from evil,
eternal power, be our support,
eternal wisdom, scatter the darkness of our ignorance,
eternal pity, have mercy upon us;
that with all our heart and mind and soul and strength
we may seek your face and be brought by your infinite mercy to your
holy presence;
through Jesus Christ our Lord.

Amen.

Alcuin of York (804)

The Lord's Prayer

As our Saviour taught us, so we pray

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin
against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.**

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass
against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power, and the glory
for ever and ever.
Amen.**

The Conclusion

May God bless the work of our hands.
Amen.

Compline – Night Prayer

Preparation

The Lord almighty grant us a quiet night and a perfect end.
Amen.

Our help is in the name of the Lord
who made heaven and earth.

A period of silence for reflection on the past day may follow.

Penitence

**Most merciful God,
we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed
and in what we have failed to do.
Forgive us our sins,
heal us by your Spirit
and raise us to new life in Christ.
Amen.**

O God, make speed to save us.
O Lord, make haste to help us.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.
Alleluia.**

Praise

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.
From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.
O Father, that we ask be done
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.

Psalmody

One of the following psalms is used.

Psalm 4

- 1 Answer me when I call, O God of my righteousness; ♦
you set me at liberty when I was in trouble;
have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory; ♦
how long will you love vain things and seek after falsehood?
- 3 But know that the Lord has shown me his marvellous
kindness; ♦
when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not; ♦
commune with your own heart upon your bed, and be still.
- 5 Offer the sacrifices of righteousness ♦
and put your trust in the Lord.
- 6 There are many that say, 'Who will show us any good?' ♦
Lord, lift up the light of your countenance upon us.
- 7 You have put gladness in my heart, ♦
more than when their corn and wine and oil increase.
- 8 In peace I will lie down and sleep, ♦
for it is you Lord, only, who make me dwell in safety.

Psalm 134

- 1 Come, bless the Lord, all you servants of the Lord, ♦
you that by night stand in the house of the Lord.
- 2 Lift up your hands towards the sanctuary ♦
and bless the Lord.
- 3 The Lord who made heaven and earth ♦
give you blessing out of Zion.

At the end of the psalmody, the following is said

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

Scripture Reading

Responsory

Into your hands, O Lord, I commend my spirit.
Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.
I commend my spirit.

Glory to the Father and to the Son
and to the Holy Spirit.
Into your hands, O Lord, I commend my spirit.

Gospel Canticle

**Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.**

- 1 Now, Lord, you let your servant go in peace: ♦
your word has been fulfilled.
- 2 My own eyes have seen the salvation ♦
which you have prepared in the sight of every people;
- 3 A light to reveal you to the nations ♦
and the glory of your people Israel.

Luke 2:29-32

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

**Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.**

Prayers

Intercessions and thanksgivings may be offered here.

The Collect

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy;
may your holy angels dwell with us and guard us in peace,
and may your blessing be always upon us;
through Jesus Christ our Lord.
Amen.

The Lord's Prayer

As our Saviour taught us, so we pray

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin
against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.**

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass
against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power, and the glory
for ever and ever.
Amen.**

The Conclusion

In peace we will lie down and sleep;
for you alone, Lord, make us dwell in safety.

Abide with us, Lord Jesus,
for the night is at hand and the day is now past.

As the night watch looks for the morning,
so do we look for you, O Christ.

[Come with the dawning of the day
and make yourself known in the breaking of the bread.]

The Lord bless us and watch over us;
the Lord make his face shine upon us and be gracious to us;
the Lord look kindly on us and give us peace.
Amen.

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Thy Kingdom Come

Front Cover Photo: Luke Sperry

