

*I put on the **belt of truth** around my waist. Help me to listen to and act on your truth alone.*

*I put on the **breastplate of righteousness**. Thank you that through the cross I can be restored to a right relationship with you. Help me live my life in a way that honours you.*

*I put on the **shoes of the gospel of peace**. Lord, I am willing to go anywhere you ask and do anything you ask of me.*

*I stand behind the **shield of faith**, secure in the knowledge of your goodness, love and power.*

*I place the **helmet of salvation** on my head. Thank you for all the riches of heaven that are mine in Jesus.*

*I take up the **sword of the Spirit**. Bring your word to my mind as I need it for the glory of your name. Amen.*

For Thine is the Kingdom, the power and the glory, for ever and ever. Amen.

One day we will see the Lord face to face in all of His glory. Ask the Lord to show you one thing in your life that you need to change before that day comes.

As we come to the end of the Lord's Prayer, remembering that from the beginning to the end it is 'all about Him', invite the Lord to fill you again with His Holy Spirit so that you can live for His glory.

*O King enthroned on high,
Comforter and Spirit of truth,
you that are in all places and fill all things,
the treasury of blessings and the giver of life,
come and dwell with us,
cleans us from every stain
and save our souls, O gracious one. Amen.*

“Stations around The Lord's Prayer”



Please feel free to wander around the prayer stations at your own pace, engaging with what you find helpful. The Lady Chapel is set aside for quiet contemplation

Our Father in Heaven

Spend a few moments looking at the pictures, 'The Prodigal Daughter' and 'The Prodigal Son'.

- Allow the truth that you have been called first and foremost to be God's child to touch your heart afresh.
- Receive your Father's embrace as you draw near to Him, knowing that His desire is to bless you.

Hallowed be Thy name

As you look at the words describing some of the attributes of your Heavenly Father, dwell on one of them, and allow this word to lead you into worshipping Him.

- Continue to worship with as many of the words as you choose to use.
- Pray to the Lord that He would help you to always honour His name and never misuse it.

Thy Kingdom come, Thy will be done on earth as it is in heaven

Invite the Lord to 'reign over' every part of your life

- Your relationship with God
- Your relationships with other people
- Your ministry, your time, your money / resources, your body....

Invite the Lord to 'reign over' where you spend your days and to use you as a witness wherever you are

Pray for a couple of people that you know aren't yet Christians that they would come to know God's love

And pray for somewhere in the world that is on your heart. Pray that God may come to 'reign' there in people's hearts

Give us this day our daily bread

As the Lord provided manna in the desert on a daily basis for the Israelites so He has promised to provide for our needs.

- Spend some time bringing your own personal situation to the Lord and ask Him to provide you with what you need
- Ask the Lord to provide for the needs of those you know who have very little or who are suffering in any way

And forgive us our trespasses as we forgive those who trespass against us

Pray the words below from Psalm 139 and allow the Lord to show you any sins that you need to confess.

'Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.' (Psalm 139:23-24)

- Ask the Lord to show you anyone that you need to forgive

And lead us not into temptation but deliver us from evil

Ask the Lord to protect you from the main temptation that you face (be it money, sex, power or something else) and to keep your eyes on Him.

Pray that the Lord, who is the light of the world, to lead you on the safe and right path.

Pray on the "Armour of God"

Father God