



We pray for ourselves, to be witnesses for Jesus Christ

Ascension Day to Pentecost

THESE PRAYERS ARE FOR **YOUNG PEOPLE** TO PRAY with God's worldwide family for more people to come to know Jesus Christ, and for themselves to be empowered by the Holy Spirit, to find new confidence to be witnesses for Jesus Christ. Each box represents a gift from God. Use them to plan your own prayer journey: say a prayer for yourself from page 1 and the corresponding prayer for others from page 2.

Belonging

Draw a circle and inside it write the names of each group/place where you feel you belong, e.g. family, church, school, clubs. Thank God for them and pledge to make them places where others might feel they belong, too.

Grace

God of grace, help me to be:

Generous
Reliable
Accepting
Compassionate
Encouraging – as Jesus was and is.
Amen.

Courage

Who do you think is the most courageous character in the Bible? Read their story and pray that their strength would inspire and equip you to face all that lies ahead.

Wisdom

Give thanks for all those you trust enough to ask for advice, those who are wise and whose words have inspired you. Write out your favourite quote, put it somewhere prominent and say it out loud each day.

Joy

Do something today that brings you great joy, then do something that will bring joy to someone else. Thank God for all that enriches your life and makes your heart sing.

Compassion

Choose one charity that moves you most and pray for their work.

Loving God, bless all those whose compassion is a force for good in our world. Help me to see where I can make a difference.
Amen.

Forgiveness

Light a candle and as you watch the flame, ask God to help you: if there are people you feel you can't forgive; if there are things you can't let go of that you are bitter about. Where forgiveness is not yet possible, pray for peace and be gentle with yourself.

Healing

Play a favourite piece of music and allow it to wash over every part of you. Pray for God's healing where you are hurting, sad, tense, or afraid. Play the piece whenever you need to feel God's loving presence and touch.

Hope

God of hope, thank you for dreaming dreams with me, for sharing my longings and for giving me the confidence to know that you walk with me, day by day, as I grow into all that you have prepared for me.
Amen.

Peace

Reflect on your own life. Are there areas where you lack peace of mind? Name them out loud, and ask Jesus to reassure you and help you to be less anxious.

Love

Think of your favourite love song, film or book. What makes it special? Share your thoughts with God and pray that in your own life, you may know love in all its depths of passion, gentleness, integrity and self-giving.

A global wave of prayer



PRAYERS FOR YOUNG PEOPLE

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We pray for others, that they come to know Jesus Christ

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Each box represents a gift from God. Use them to plan your own prayer journey: say a prayer for yourself from page 1 and the corresponding prayer for others from page 2.

Belonging

Draw a circle and outside it write the names of all those who might feel they don't belong, e.g. refugees.

Dear God, thank you so much that all the world belongs to you and that you care for each one of us. Help us to reach out to those who feel isolated. May your kingdom come. Amen.

Grace

Find stories online or in newspapers where grace would have made a difference. Pray for the people involved and for a change of heart for all those who are quick to condemn and slow to give.

Courage

God our strength, grant the courage of the first disciples to those who risk danger to witness for their faith today; grant the courage of Jesus in Gethsemane to those facing an uncertain future today; grant the courage of Mary to parents faced with the loss or illness of a child. Amen.

Wisdom

Pray for those you know struggling at school/college/university, with the pressure of exams and the fear of failure.

Loving God, bless those who are going under with the demands of learning. May they not judge themselves by their results, but find their true worth in your love, and true wisdom in your Word. Amen.

Joy

God of all good things, we praise you for the joy of friendship and pray for those who feel alone. We praise you for the joy of music and pray for those who have forgotten how to sing. We praise you for the joy of creation and pray for the areas where it is exploited. Amen.

Compassion

God of all, where children go hungry, bring food; where people are exploited, bring justice; where violence is rampant, bring peace; wherever there is need, bring compassion and love. May your kingdom come. Amen.

Forgiveness

Hold a cross and pray the forgiveness of Jesus into the world. Pray that hearts will be changed and lives turned around. Pray for all who are in prison, that they would come to know Christ and find forgiveness and a fresh start.

Healing

Pray for those whose vocation is to heal bodies, minds, families, communities, nations. Pray for all doctors, nurses, psychiatrists, counsellors, mediators, diplomats.

Lord God, wherever there is pain or brokenness, bring healing; where there is division, bring reconciliation; where there is violence, bring peace. Amen.

Hope

Collect some natural objects or things that are special to you and make them your prayer of hope for the world, e.g. flowers for beauty, wood for warmth, a symbol of your home for those who are homeless.

God of hope, may all who feel hopeless today be given a glimpse of your love for them. In Jesus' name. Amen.

Peace

Spread out a map of the world and place a tealight on each place where there is war and suffering. As you light them, pray:

God of all, bring the light of peace to places where the darkness of war has overshadowed and divided communities. Give courage to peace-makers. In the name of Jesus, the Prince of Peace. Amen.

Love

Make a heart out of card. Punch a hole in the top and thread with a piece of string or ribbon. Write on the heart all the people and places that need love today and hang it up. Pray this evening:

God of love, as the day draws to a close, draw close to those who have touched my heart today. Bless them with your care and love. Amen.