

# 40 DAYS OF PRAYER



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31 May - 9 July 2020 -- NSW/ACT Division

# Hi Friends!

Welcome to NSW/ACT Division's 40 days of prayer! We are so excited to journey through this time of prayer together. Thank you for joining us!

As God's people, prayer is a way of life and now more than ever is the time to be praying. There is a study titled *'In Crisis, We Pray: Religiosity and the COVID-19 Pandemic.'* In it, Assoc Prof Janet Sinding Bentzen says, 'The rising interest in seeking information about "prayer" on Google skyrocketed during the month of March 2020 when COVID-19 went global.' Even people who do not consider themselves to be religious are turning to prayer as a way to cope with the crisis.

We are CONVINCED that prayer changes lives. We also believe God is stirring something in his people and we want to wait on him and listen to what he has to say. So, NSW/ACT Division is uniting together for 40 days of prayer. That is, between all of us praying consistently 24 hours a day for 40 days. During the 40 Days we will be joining with the territorial 21 Days of Prayer- "Pray it Forward". We may be physically divided, but we can unite in prayer.

## 21 Days of Prayer & 40 Days of Prayer, what do I do?

You don't have to choose. It's not one or the other. The two go hand in hand. The territory is providing focus and direction and the division is implementing it in the local context. As a division we will be spending 40 days in prayer with the same focus and desired outcomes as the territory.

## How will this work?

The division is already divided up into areas with Area Officers. **So, each area is being asked to cover a five-day block of prayer.** Each day is **broken up into 24 one-hour time slots** and your mission (should you choose to accept it) is to fill up every prayer time slot in your allocated days as an area. Hopefully by the end of 40 days every hour will have been filled with someone from around our division praying! Can you imagine what 960 hours of consistent prayer could do!?

## How do I sign up?

To sign up for time slots there will be a place on our website (<https://www.salvationarmy.org.au/nswactdivision/>) where you can sign up. However, if you do not have access to this site, we invite you to either tell someone who does have access to put your name down (or the word 'Anonymous' if you do not want your name there) for certain hours of the day you would like to pray for. Alternatively, we invite you to not worry about putting your name on the time sheet and pray whenever you like during your area's allocated days. We know God hears all prayers no matter where, when or whether we have signed up to a prayer shift or not!

## How do I pray?

In this booklet you will find different prayer stations for you to use during your prayer shift. There is no pressure to use these resources, but if you would like something to work through during your prayer time you are welcome to use these resources. We encourage you to open your heart to the spirit and listen to what he is saying to you and asking you to pray for. We also encourage you to do this journey with others! Find a friend or maybe a small group who will also commit to this, talk about your experiences (the awesome bits and the struggles) or even take a prayer shift together and pray together for 1 hour! Maybe even take this time to disciple someone else!

Our prayer is that as you set aside time to pray and meet with God, drawing near to Him that He would draw near to you. That He would give you fresh revelations of his love for you and fresh anointing of His Holy Spirit.

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen **you – dear reader**, with power through his Spirit in **your** inner being, so that Christ may dwell in **your** hearts through faith. And I pray that **you**, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that **you** may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

(Ephesians 3:14-21)

So whether you love praying and it is already part of your everyday routine or whether prayer kind of bores you or terrifies you, this is the place for you. You are welcome here. God meets us just where we are and we know he hears our prayers (He tells us over and over again in the Bible!).

We do want to take a moment and say **thank you** in advance for the time you will dedicate to pray, and we honour you for giving up your time to pray!

God we surrender these 40 days to you and ask that you would have your way!

Love the 40 Days of Prayer Team.

#Salvos40daysofprayer

### Area Plan

31 May – 4 June	Northern Rivers NSW (David & Lea Palmer)
5 June – 9 June	Nth Nth West NSW (Julia Metcher) + Central West NSW (Mark Brooks)
10 June – 14 June	Hunter and Central Coast NSW (Mark and Fran Everitt)
15 June – 19 June	Sydney Wide (Beth Twivey)
20 June – 24 June	Sydney Wide (Robyn Black)
25 June – 29 June	Sydney Wide (Gavin Watts)
30 June – 4 July	South West NSW (Karen Smith) + DHQ + Mission Portfolio
5 July – 9 July	ACT/NSW South Coast (Norm & Isabel Beckett)

### Credits

We also want to give a huge thanks to the team at Gungahlin Salvos for the virtual prayer room concept, the prayer stations they provided and all their support. We are really grateful, thank you.

Thanks to Kathryn Shirey who has let us use some of her fantastic resources! If you want more prayer resources we encourage you to check out her work (<https://www.prayerandpossibilities.com/>)

And to our wonderful translators who gave up a lot of their time to serve this project, thank you so much! We pray the kingdom would increase because of your work!

# FAQ's

## Why should I take time to pray?

Prayer is conversation *with* God (not just talking *to* God). When we pray, we take the time to get to know God and build a relationship with him. God's heart is to love us, and he wants a deeper relationship with us. Prayer is one way of deepening that relationship. God tells us in His Word to pray, and to pray often. Jesus spent time with His heavenly Father, and it was so important to him, and as his followers, it's important for us too. *HOW* you pray is not as important as the point that you are with God, and being with him is the key. Talk to him as friend to friend. He hears our prayers, spoken and unspoken. He hears the cries of our heart. On a personal note- I can testify that through the discipline of praying God changed my life! I started to understand what his voice sounded like and I saw things situations around me start to shift as a result of prayers I had prayed!

## 1 hour feels like a long time, I don't know if I can pray for that long.

1 hour can definitely feel overwhelming and a long time to pray for. But you may be surprised how quickly the time goes! There are lots of different activities (prayer stations) for you to fill your time with, but don't be afraid to slow down and sit in God's presence!

And from personal experience, the first time I did a one hour prayer shift it felt like an eternity I had no idea how I was going to get through it, but God came and met me and once I settled into it 1 hour went so quickly I wish I had more time!! I encourage you to give it a go, persevere and see what happens!

## Help, I don't know how to pray!

Hey, no problem at all! There are lots of different types of prayer and we will walk you through some of them here! So you don't have to worry about knowing what to pray or how to pray it, just follow our guide and you will be right! But essentially prayer is all about communing with God, and he knows you and loves you so there is no need to stress, you can be yourself 😊

## Isn't prayer boring?

It might be, but it doesn't have to be! Prayer is vibrant and interactive. There are lots of different styles of prayer, from drawing, to writing, to walking around and heaps more! We have them all listed in our prayer stations (and more resources tab of our internet page) go and check them out and see if there is something in there that works for you.

## What if English isn't my first language?

There are translations of resources available in Korean and Chinese. Ask your Corps officer/mission expression leader for a copy or head to the website and look under 'More Resources'.

## I missed when my area was praying, how can I still join in?

You can of course pray at anytime, anywhere. If you want to join in filling the 40 Days of Prayer, head to the website or ask someone to help you find a slot in the prayer roster at a time that works for you.

## Help! I don't know what area I am in?

This can be tricky, especially if you live in Sydney. You can start by asking "Who are/is the AO/s? ", you may have seen your AO/s at at Sunday meeting or an event. Another way . You can check with your Corps Officer or mission expression leader. Alternatively, you can ask through [asknswact@salvationarmy.org.au](mailto:asknswact@salvationarmy.org.au) . Just make sure you say which corps (church) or mission expression you are with.

## I have more questions about how 40 Days of Prayer Works; who can I ask?

The 40 Days of Prayer team would be happy to receive your questions. Please contact us at [asknswact@salvationarmy.org.au](mailto:asknswact@salvationarmy.org.au)

# PRAYER STATIONS

Thanks for joining us in prayer!

Below you will find material for 16 prayer stations to work through (if you choose), during your 1 hour prayer shift. There is no set pace to move through these. You may choose to go in depth on one station and spend a lot of time delving into it. Or you may choose to move through a couple in your allocated time. Both are great! There is no right answer, just whatever works for you.

There are more prayer resources to work through found on our website. Feel free to download and print them off or ask someone else for you if you would like those.

And of course, you are not restricted to using these during your prayer shift, feel free to use them anytime you want!

Here is a list of the Prayer Stations in this pack:

- Pray it Forward
- Be Still
- Encouraging Word
- Healing: Heart, Body and Mind
- Creative God
- How Does God See You?
- Praising in the Valleys
- Counting Every Blessing
- Healing for the World
- Tune into God's Voice
- Bring Light to your Neighbourhood
- When Worry Ties you in Knots
- Use a Paintbrush
- Use a Camera
- Use Pen and Paper
- COVID 19- Prayer Stations

## Pray it Forward

The Salvation Army's Territorial Leaders have initiated a national prayer initiative. 'Pray It Forward' is a call out to every Salvo across the country to enter into a period of intentional prayer and prophetic listening.

Please spend some time praying through these topics:

1. The opportunity to reassess and evaluate the stewardship of resources of the Army.
2. New ways of delivering the God-given mission and the Army's methods to facilitate healthy Christian community.
3. New ways of encouraging people in discipleship and faith pathways.



## **Be Still**

Welcome to our BE STILL prayer station.

In this station, we ask you to make a space that you can just be still.

The word 'holy' simply means 'set apart'. For hundreds of years, people have discovered that being set apart from other people helps them to be more aware of themselves and also of God. This is a place to be still. This is a 'holy' space. There is no need to talk, no need to do anything. Just 'be'.

If you find your mind wandering, acknowledge where it has gone and let it go.

Focus on knowing that He is God.

*Psalm 46:10: "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*



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## Encouraging Word

Is there someone in your community that could use an encouraging word?

Spend some time praying for them and then get out a piece of paper or a card to write them a note. You could also do this digitally, flick out your phone and send them a text.

After you have done this pray for their receiving of this word.

*"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching." -Hebrews 10:24-25*



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## Healing: Heart, Body & Mind

*"Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. Then he said to her, "Daughter, your faith has healed you. Go in peace." - Luke 8:47-48*

It's safe to say that our world right now needs healing.

In this station, we will spend time praying for the healing of peoples:

- heads (mental health),
- hearts (or souls returning to Jesus),
- and peoples bodies (the physical healing).



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## Creative God

We are created by such a creative God.

His work is so detailed and intricate.

Go outside or look out your window and take note of 5 things you can see or hear that God created.

What are the details of those things? What makes them a miraculous creation?



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## How Does God See You?

For this prayer station, you will need to sit in front of a mirror and have something to write with (just to note what God is saying).

As you sit there, ask God "who do you say I am?" or "How do you see me?" Write down what you hear and reflect on it.

I urge you to test the word from God to make sure that it is not the devil putting doubts or negative word in your heart or even your own spirit.

Remember, God created and loves you! As you reflect, ask yourself "does this align with what I know of my loving Father in heaven?"

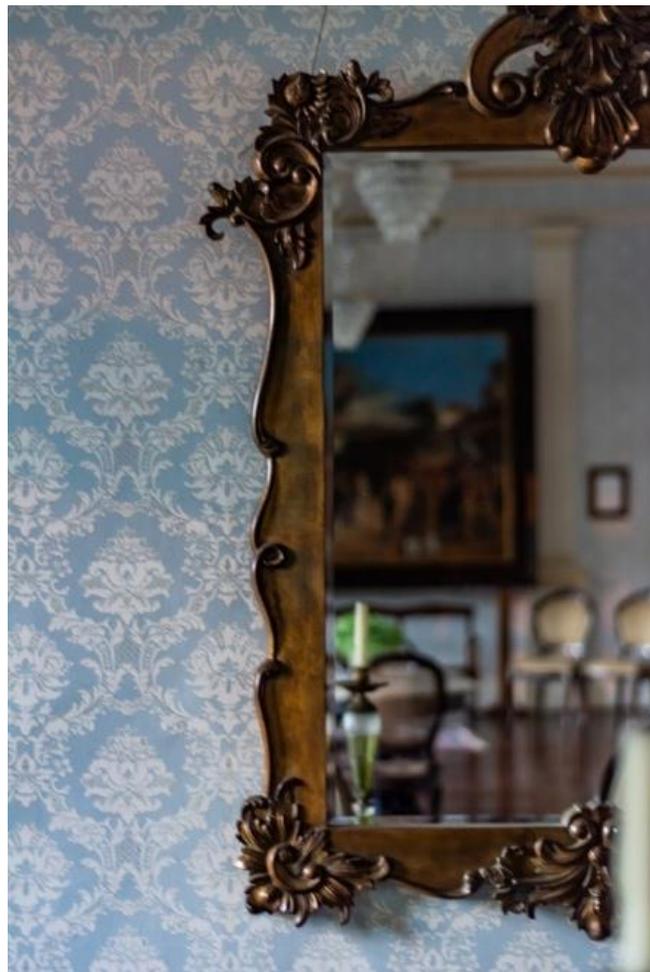


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## Praising in the Valleys

We are facing a time of great suffering and anxiety, but amongst all of this, we cannot forget to praise our God! Let's respond to this troubling time by singing, writing, dancing, lifting praises. How ever you feel most free to praise God please do so. Set aside some time to just lift your praises to our king.

*"My tongue will proclaim your righteousness, your praises all day long." -Psalm 35:28*

*"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." - Psalm 23:4*



Photo by Varun Nambiar on Unsplash



## Healing for the World

Coronavirus has impacted the entire world and it is safe to say that our world is in desperate need of healing.

Have a look at the map and pick a country to pray for.

Commit some time to pray for that specific place's healing;  
mind, body and soul.



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## Tune into God's Voice

This station is very simple. Spend some time in Silence, tune in and listen to the voice of God. Record your sense of His voice in a notebook.

If you are getting distracted, notice the distracting thought and let it float away as you focus back in on Jesus.



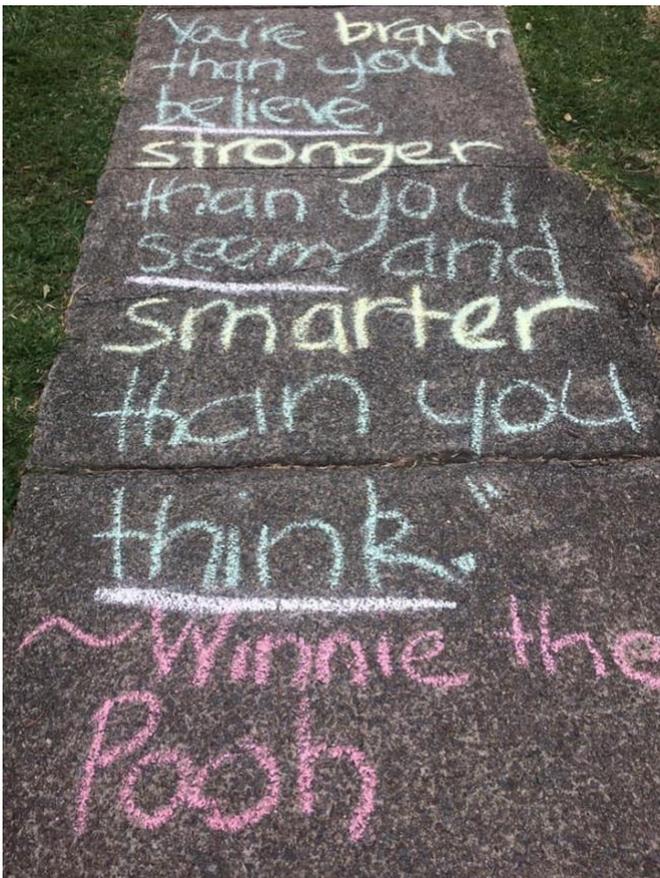
Photo by [Tyler Pruitt](#) on [Unsplash](#)

## Bring Light to Your Neighbourhood

For this prayer station, you will need chalk and a pathway or driveway that you can draw on.

Use your chalk to draw and write praises or encouragements in your neighbourhood.

Be creative and use lots of colours to bring light in a dark time.



Laura Gittins on Facebook

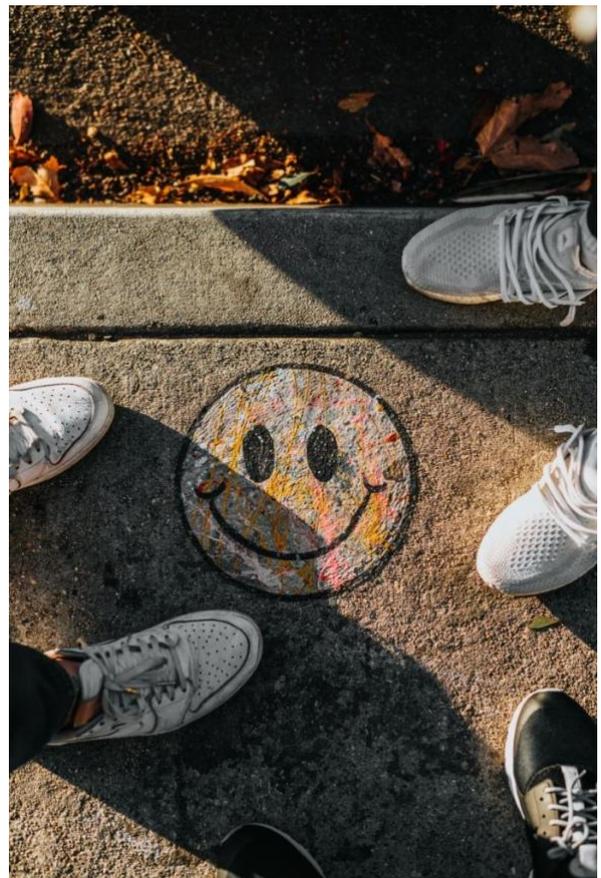


Photo by [Nathan Dumlaog](#) on [Unsplash](#)

## When Worry Ties You in Knots

For this station, you will need a piece of string or something that you can tie a knot in.

Read the verses about worry, then pray, asking God to convict you of worry in your life. Then, you untie a knot as a symbol of letting it go and ask God's forgiveness for worry.

*"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." -Romans 8:38-39*

*"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." -2 Timothy 1:7*

*"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." -John 14:27*

*"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love." -1 John 4:18*

*"In this world you will have trouble. But take heart! I have overcome the world."- John 16:33b*

*"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."- Philippians 4:7*



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## Use a Paintbrush

Painting – Whether you see yourself as artistic or not – is a great way to embrace creativity in your prayers.

Even if you don't think of yourself as a painter, let go of trying to make something look beautiful, and focus on the process.

You could paint a representation of a Bible verse, paint specific words that God is saying to you, or ask God for a prophetic picture to draw or paint onto a piece of paper.



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Photo by [Tanaphong Toochinda](#) on [Unsplash](#)

## Use a Camera

Taking photos captures the everyday beauty in the world.

Grab your camera and go for a prayer walk with the intention of taking photos of the beauty you see in people, buildings and nature.

As you pray, ask God to speak and reveal more of His creativity to you.

Thank Him for His gift of creation.



## Use Pen and Paper

Writing is something that we do less and less in our daily lives.

However, taking the time to slow down and write is a great way to get creative in your prayer life.

Experiment with writing a short prayer poem or rewrite a Psalm in your own words, or take the time to write your own liturgy.

Connect with God through the written word and allow the words to reach your mind and soul.



## Use your Phone

We use our phones every day, so get creative and use yours to spark creative prayer ideas. You might like to get practical and set reminders to stop and pray or pray for each person in your phonebook.

There are also some great prayer apps to inspire prayer - including an app called the 'Inner Room Prayer App' or 'Lectio 365' - which you can download for free from any app store. You can also integrate it into your daily routine.



Photo by Benjaminrobyn Jespersen on Unsplash

## Use your Skills in Creative Ways

We are all creative in different ways. If you're not sure exactly what your skills are, take some time to pray and ask God what they are. Chatting to a good friend or family member could help too.

Then, figure out a way to turn your skill into prayer. If you're great at baking, use that time to pray for God's presence to reach the people you're baking for. If you love running, integrate prayer into your routes.

There are no limits to our conversation with our creator, creative God: so try getting creative as you pray today!

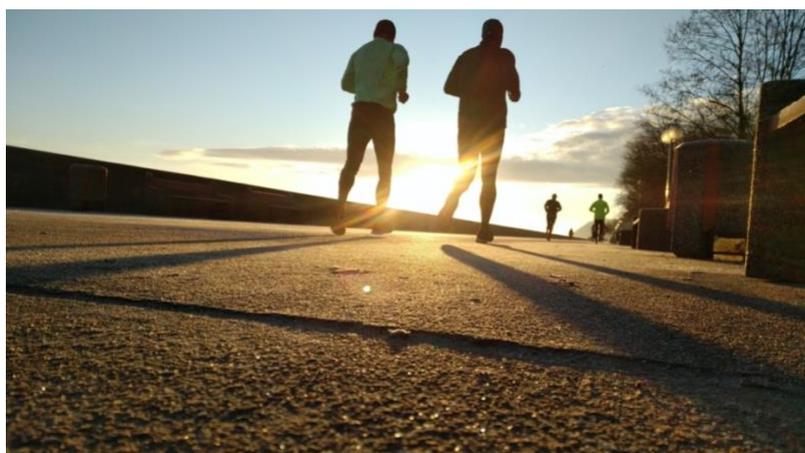


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## COVID-19 Prayer Stations

Here are some prayer stations prepared by the International Salvation Army Headquarters to help you navigate though praying for COVID- 19.

### PRAY TO LAMENT

Read and reflect on Psalm 69:1-3.

*Save me, O God,  
for the waters have come up to my neck.*

*I sink in the miry depths,  
where there is no foothold.  
I have come into the deep waters;  
the floods engulf me.*

*I am worn out calling for help;  
my throat is parched.  
My eyes fail,  
looking for my God.  
Psalm 69:1-3 (NIV)*

Which words and feelings come to mind for you? You may wish to write these down and see where your mind takes you. Instead of shying away from these, lean into these feelings. Think of the loss of life, the pain caused to families and friends, the cancelled opportunities and loneliness caused by isolation. You may find it helpful to take an object into your hand as you do this – a piece of scrunched up paper or a stone, for example – and to hold it tightly while you think of these emotions. After you have spent time lamenting, turn to Philippians 4:6-7. Ask God to hear the thoughts and feelings you have been experiencing, and for you to feel his peace. When you feel ready, let go of the object you had in your hand, giving it over to God. The object – and those feelings – will not have disappeared, but God is dealing with the issues it represents.

### PRAY FOR THOSE IN NEED

Read Luke 4:17-18.

*...the scroll of the prophet Isaiah was handed to [Jesus]. Unrolling it, he found the place where it is written:*

*“The Spirit of the Lord is on me,  
because he has anointed me  
to proclaim good news to the poor.  
He has sent me to proclaim freedom for the prisoners  
and recovery of sight for the blind,  
to set the oppressed free*

*Luke 4:17-18 (NIV)*

Use sticky notes to write down as many different groups of people who will struggle in these days as you can. If you do not have sticky notes, you could make a list on a single sheet of paper. For example, you might list the hungry, those who have lost income, the sick, the lonely. Place this list prominently, such as on a wall you pass often in your home. Pray for these people, and pray for them often in these days.

**PRAY FOR AN ARMY OF ESSENTIAL WORKERS**

Use a map to reflect on the many ways that The Salvation Army is responding to the coronavirus situation.

Give thanks for how God is using the Army to meet needs around the world and to make a difference in communities. Pray for strength, good health and wisdom for Salvation Army volunteers, members and officers.

Consider the map once more (or a globe, if you have one), and reflect on the workers in wider society who are meeting needs. This includes health workers, carers, shop and supply chain workers, couriers, scientists, policymakers and many more. Pray for God's protection over them. Give thanks for them. Pray that they will have strength to be able to do their job as well as they can.

You may wish to send a message of thanks and encouragement to essential workers you may know personally, and let them know that you have prayed for them and their work.

**PRAY FOR AN END TO THE VIRUS**

You may wish to 'listen' to the virus at the root of the world's current suffering. Massachusetts Institute of Technology has produced a musical representation of the coronavirus protein. It uses a computer algorithm to take the material structure of the COVID-19 virus and turn it into a piece of audio. Have a listen (perhaps to just a portion) ([also found here](#))

As you do, reflect on the huge hurdle for humanity in managing this crisis – politically, economically, culturally and scientifically.

Read Job 26. Recognise God's power. Cry out to him for his mighty hand to slow down and stop the progress of the coronavirus. Pray for a decline in its spread, for a vaccine, for economic justice, for healing. Pray for the strength of God's children.

**PRAY FOR HOPE AND JOY TO BE RESTORED**

Pray for all those in your community and around the world who are feeling down and who are struggling to process the situation that the world finds itself in.

Think of a person or household who may be particularly struggling at this time. Take time to send them an encouraging message by phone or email.

Think of reasons to be thankful! For many of us, there are plenty of reasons around if we take time to find them, from family and friends to technology. Find a large piece of paper and, at the end of each day, write down something (or things) you have been thankful on that day. As time goes on, every time you see that piece of paper, it will show the large number of blessings you have received through these days. You could even use pencils and crayons to be really creative and create a really colourful piece of artwork!

Consider the life of a plant. From a tiny seed, plants can grow into strong organisms bearing leaves, flowers and life-sustaining fruit. While we may not see quick signs of progress, we can be sure of the constant progress of the hope of new life. To remind yourself of this daily, if you can you may wish to plant a seed. Each time you see the pot or patch of soil where you plant it, remember that the green shoots may not be far away.



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