

Stay Awake



Monday

Prayer Leader:

Yesterday was the First Sunday of Advent.

Advent means 'coming' and in these weeks before Christmas we are waiting and praying for the coming of Jesus.

It's not easy to wait for things, and sometimes it can be tiring!

But God wants us to wait in hope and joy:
He wants us to be prepared for the coming of Jesus,
so He asks us to 'stay awake and pray.'

Praying is always important. During Advent we try to be even more focussed so that our hearts are open and ready to welcome Jesus at Christmas, and when He returns too.



Prayer Leader:

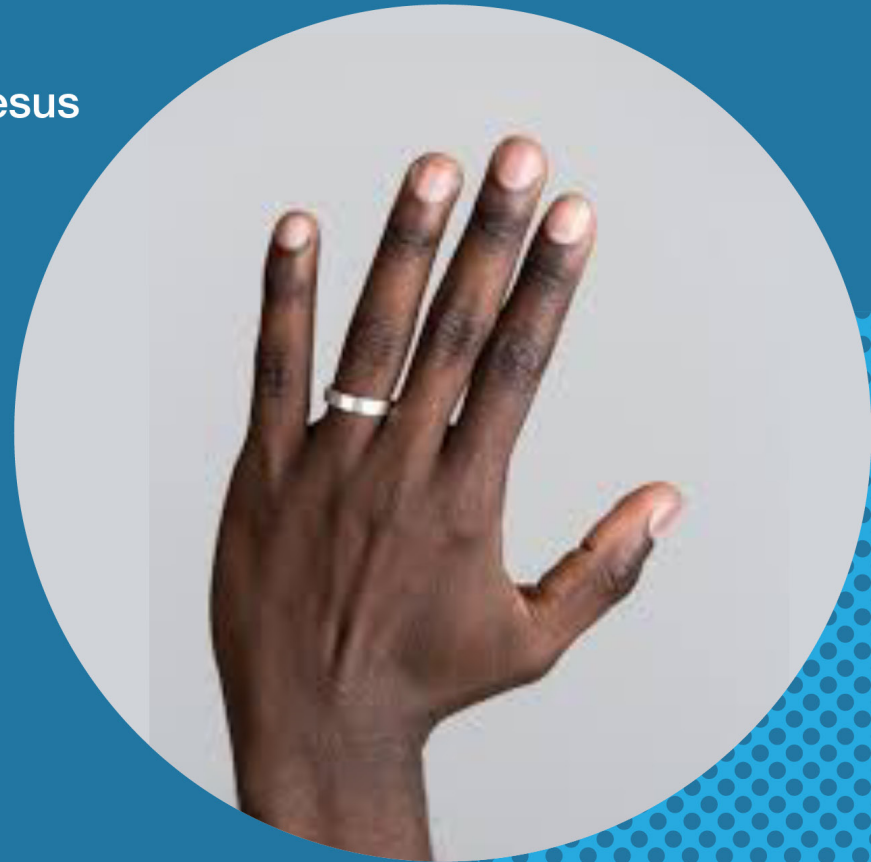
This week as we 'stay awake' preparing for Jesus to come to us, we'll be praying for others.

Do you remember the 'Five Finger Prayer?'

This is a great prayer to use as we begin Advent and think about others.

Sometimes we can be unsure what or who to pray for, so using our fingers can help to remind us of different groups of people that need our prayers.

Our fingers are always with us too, so it's a great prayer to use anytime and anywhere!



Prayer Leader:

Hold out your hand – as you hold it in front of you, your thumb is the closest to you.

That is where we begin, by thinking about and praying for those who are close to us: our family and friends.



Prayer Leader:

All our families and friends are different.

We can thank God for the fun times we have them.

We can pray for those who are not well or need some help.

Which family members or friends will you pray for today?



Prayer Leader:

Why don't you hold your hands out in front of you as we pray together for our family and friends.

All:

Dear Jesus,

**Thank you for our family and friends.
Guide them and protect them always.**

Be with us as we prepare for your coming.

Help us to stay awake and pray.

Amen



Tuesday

Prayer Leader:

As we begin the season of Advent Jesus wants us to 'stay awake and pray'.

This week we're remembering how to use the 'Five Finger Prayer' to help us pray for others as we wait for Jesus to come to us.

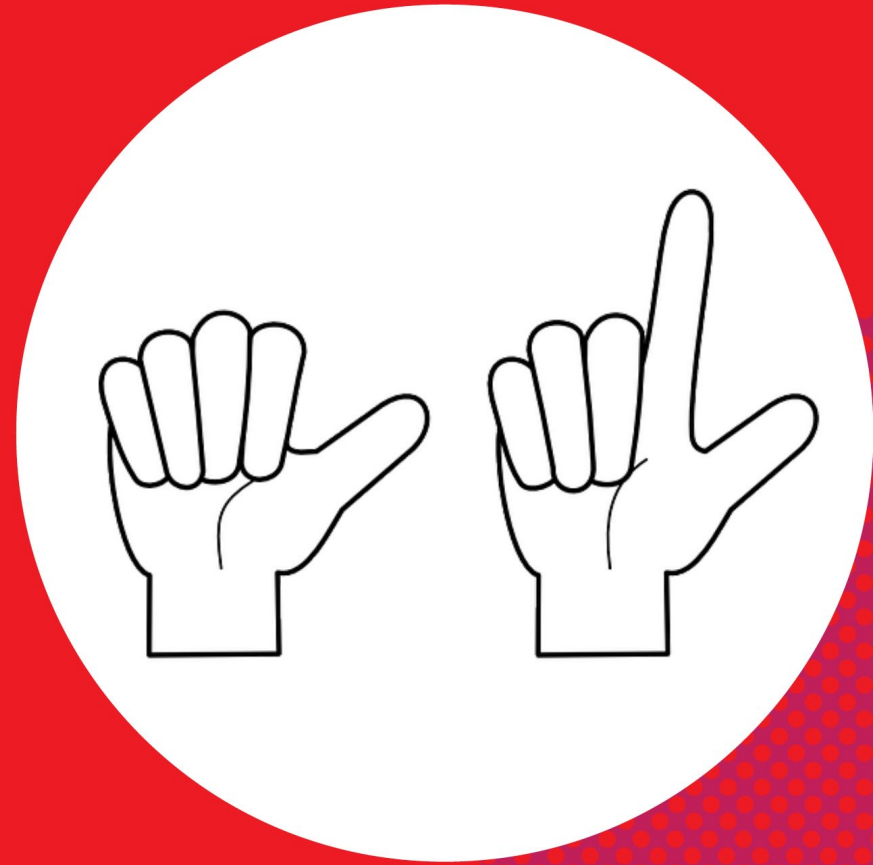


Prayer Leader:

Hold out your hand.

Yesterday we used our thumb to pray for those who are closest to us.

Today we're going to use our pointing finger to help us to pray for those who point us in the right direction.



Prayer Leader:

Apart from family and friends, there are others we can ask for help. For example:

- Teachers
- Doctors
- Sports coaches
- Police

Many people help us and point us in the right direction.

Who helps you and guides you in the right way to go?

Say a prayer for them now.



Prayer Leader:

Why don't you hold your hands out in front of you as we pray together for all those who point us in the right direction.

All:

Dear Jesus,

Thank you for all the people that help us.

May we never be afraid to ask for help.

Be with us as we prepare for your coming.

Help us to stay awake and pray.

Amen



Wednesday

Prayer Leader:

God wants us to wait in hope and joy for Jesus.

He wants us to be prepared to welcome Jesus at Christmas, and when He comes back too.

So Jesus tells us to ‘stay awake and pray.’

This week we’re remembering how to use the ‘Five Finger Prayer’ to help us pray for others as we wait with hope and joy for Jesus.

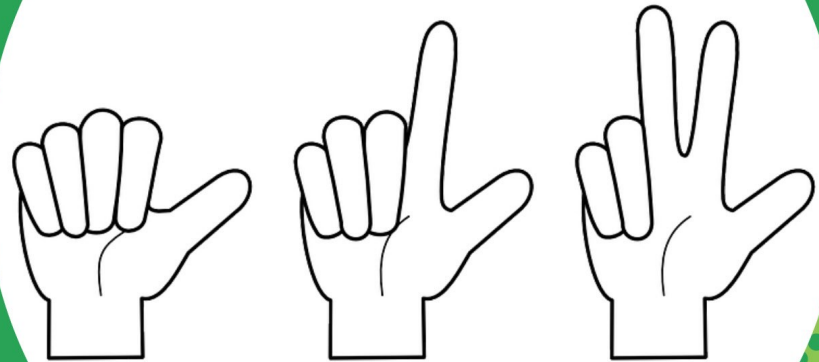


Prayer Leader:

Hold out your hand.

Yesterday we used our pointing finger to pray for those help us and guide us in the right direction.

Today we're going to use our tallest finger to help us to pray for leaders in the world.



Prayer Leader:

Can you name the following leaders?

- Boris Johnson, the Prime Minister of the UK
- Queen Elizabeth
- Pope Francis

Leaders have very important jobs and make lots of decisions each day.

We need to pray that they make the right decisions for the world.

Which leaders will you pray for today?



Prayer Leader:

Why don't you hold your hands out in front of you as we pray together for world leaders.

All:

Dear Jesus,

Please bless all the world leaders. Guide them to make the best decisions for the world.

Be with us as we prepare for your coming.

Help us to stay awake and pray.

Amen



Thursday

Prayer Leader:

This week, the first week of Advent, we are remembering Jesus' instruction for us to 'stay awake and pray'.

We're remembering how to use the 'Five Finger Prayer' to help us pray for others as we wait with hope and joy for Jesus to come to us.

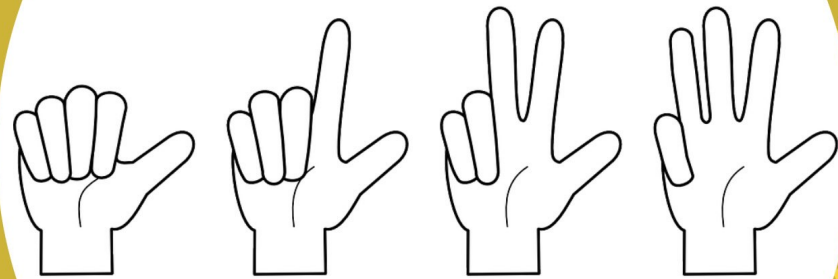


Prayer Leader:

Hold out your hand.

Yesterday we used our tallest finger to pray for world leaders.

Today we're going to use our fourth finger to help us to pray for those who are weak, sick or in need.



Prayer Leader:

There are many people who are in need in some way.

This might be because they are sick, homeless, poor, or lonely.

When we pray for those in need, it is another way to show we care for them.

Who do you know that is in need?

Pray for them now.



Prayer Leader:

Why don't you hold your hands out in front of you as we pray together for all those in need.

All:

Dear Jesus,

We bring to you all who are in need in some way.

Please be with them and fill them with your love.

Be with us as we prepare for your coming.

Help us to stay awake and pray.

Amen



Friday

Prayer Leader:

This week we've been thinking about how God wants us to wait in hope and joy for Jesus.

He wants us to be prepared to welcome Jesus at Christmas, and when He comes back too.

We've been remembering Jesus' instruction to 'stay awake and pray.'

We've been using the 'Five Finger Prayer' to help us pray for others as we wait with hope and joy for Jesus.



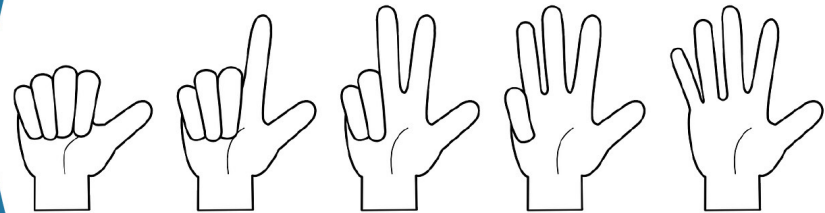
Prayer Leader:

Hold out your hand.

Yesterday we used our fourth finger to pray for all those in need.

Can you remember who to pray for on all the different fingers?

Today we're going to use our little finger to pray for ourselves.



Prayer Leader:

After praying for so many others it is always good to pray for yourself too!

You may have worries, concerns or problems you want to pray about.

You may want to thank God for something brilliant that has happened.

You may need to ask for some help.

What prayers do you have for yourself today?



help



THANK YOU



PLEASE

Prayer Leader:

Why don't you hold your hands out in front of you as we pray for ourselves.

All:

Dear Jesus,

Thank you for all the good things in our lives.

Help us to remember you are always there for us.

Be with us as we prepare for your coming.

Help us to stay awake and pray.

Amen

