

1 HOUR PRAYER GUIDE

Thank you for joining in at this time with your prayers as part of the Thy Kingdom Come global wave of prayer. In the Diocese of London we want to ask together for every Londoner to know the love of God in Christ.

This is a simple guide to pray for an hour. You can also explore Thy Kingdom Come [online](#) as well as many great tools to help you grow in prayer with the Church of England [here](#) and with 24-7 Prayer [here](#) and [here](#).

START

Lord Jesus, I approach you now.
Help me and many as we pray at this time.
Cover me with your protective love.
Wake me to your guiding and your heart for London and all who find our capital city to be their home or place of work today...

0 - 15 mins

Thanks & Praise

We enter into God's presence with praise. Begin by reading a psalm (100, 24, 121, 86). Reflect and thank God for Jesus' death and resurrection. Make a list of things to be thankful for.

15 - 30 mins

My street & Locality

Draw a birds-eye view of your local area. Think about and label people and places. Write the fruits of the Spirit (Galatians 5:22) over them, pray for people to experience them, rename the streets with them!

30 - 45 mins

Spheres & Institutions

Use this list of industries or a map of London to ask for God's Kingdom to come and His name be known in London: healthcare; education; the arts; business; government (incl. borough Councils).

45 - 60 mins

Spread the Good News

Light a candle and remember Jesus is the Light of the World. Allow any other people/places to come to mind and declare the Good News of Jesus over them, your street and all of London.

Finish by praying the Lord's Prayer.

AMEN.