

Thy Kingdom Come

Join the global wave of prayer from 21st
to 31st May 2020

50K STEPS TO PENTECOST

Day 1

Simple Prayer of Thanks.

Day 2

Say a WOW prayer for as many different things as you can.

Day 3

Our lives are rich. Thank God for 5 treasures in your life.

Day 4

Is there something you could say sorry to God today?

Day 5

Ask God how you can use your gifts in the best way you can.

Day 6

Ask Jesus to show you how much he adores you!

Day 7

Ask God to show you today how to help others.

Day 8

Ask God to show his love to 5 of your friends today.

Day 9

Celebrate today, that God loves you.

Day 10

Today, simple enjoy being in God's presence, listening and chatting together.

Day 11 - Pentecost

Pray, that 5 of your friends will know the love of Jesus for themselves.

**Journeying
with the
Spirit of God
in healing
and
transforming
our world**

prayer the walk and walk the prayer

heatonmoorunitedchurch.org.uk

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Remember to follow Government guidelines when out exercising

Heaton Moor United Church



The United Reformed Church and The Methodist Church
working together in partnership



50K steps to Pentecost: Prayer the Walk and Walk the Prayer

It was on the 50th day, after the festival of weeks that the disciples gathered at the upper room, and the Holy Spirit poured down on them as they heard speaking of different tongues. According to the Christian liturgical calendar, after the 50th day of Jesus' resurrection, the Church celebrates Pentecost Sunday, inviting Christians to celebrate God of the multi-lingual speak. Starting 21st May to 31st May, 2020 we are invited to join the global ecumenical wave of prayer, *Thy Kingdom Come*, as a time to wait on God in prayer about the creation and the world in which we live.

During this lockdown, as you do your daily exercise, this *Thy Kingdom Come* is an opportunity to join in prayer as you exercise and exercise prayer as waiting on God and as responding to the needs of others around us. Each day has a prayer focus and if you are able to, as you make steps around, as you walk, you are invited to join in this prayer wave, so that we can all move towards Pentecost in prayer, to be empowered by the Holy Spirit in collaborating with her in transforming our world today. Kindly please follow the government guidelines as you do your daily exercise. Prayer the walk, and walk the prayer.

Please feel free to share your prayer experiences and testimonies with us.

May God's word be a lamp unto our feet and a light unto our paths during this period. May Jesus Christ who came as a stranger and walked along with the disciples on the road to Emmaus, walk with you in granting peace and love. May Holy Spirit lead you and guide you in all your walks of life.

Thanking you,

Regards,
Rev. Dr. Raj Bharat Patta
19th May 2020

Thy Kingdom Come

Started in May 2016, 'Thy Kingdom Come' is a global prayer movement that invites Christians around the world to pray from Ascension to Pentecost for more people to come to know Jesus.



May 21st – May 31st

The theme this year is 'Light up the world', so we are inviting you to put a candle in your windows each evening from Thursday 21st May until Sunday 31st May and while it is lit, spend 30 minutes in prayer, as suggested below, if possible between 7.00 and 7.30pm, but please feel free to pray for longer or at another time if that is not possible!!

On Tuesday 26th May, we will hold a Circuit Prayer Meeting on Zoom at 7pm.

Here are the joining details:

<https://us02web.zoom.us/j/88950229287?pwd=NHRMWmR4VklwdFI4OHZkMFd1TnpQdz09>

Meeting ID: 889 5022 9287 Password: 706389

These are the themes we are invited to focus on each day in our praying.

Day 1

Jesus loves and cares for us just as a shepherd cares for their sheep.

Say a simple prayer of thanks today

- For God's enduring love through good times and less good times.
- For those who care for us, and particularly those who are caring for us during this lockdown
- For key workers including those who have been working to bring us food and other supplies, and for postal workers

Pray, too, for the Circuit Leadership team which will meet this evening.

Day 2

God does so many amazing things.

Say a 'Wow' prayer today for as many different things as you can

- For something beautiful
- For something surprising
- For something mechanical that enhances our lives
- For something entertaining
- For something artistic

Day 3

Our lives are so rich. Thank God today for 5 'treasures' in your life

- People you love
- Something you have created
- A place that has significance for you
 - A hobby you enjoy
 - possession you value

Day 4

Jesus reaches out to us and says 'your sins are forgiven' and 'Peace be with you.'

Is there something you could say sorry to God for today?

Day 5

God has given us all gifts and talents and has put his gifts of kindness, joy and love inside us.

What other gifts do you have?

Ask God how you can best use them

Day 6

People adore all sorts of things: cars, pets, phones, gardens ... and God adores you.

Ask Jesus to show you how much he adores you!

Day 7

Jesus told a story about a man who had been beaten up and was helped by a stranger.

Ask God to show you today how you can help others.

Day 8

God always hears our prayers.

Ask God to show his love to 5 of your friends today

Day 9

Jesus told the story of a woman who celebrated when she found a coin she had lost.

Celebrate today that God loves you.

Day 10

Be still and know that I am God

Today, simply enjoy being in God's presence, listening and chatting together.

Day 11 – Pentecost

The Holy Spirit is the life of Jesus within us, helping us to share Jesus with others.

Pray, today, that 5 of your friends will know the love of Jesus for themselves.

(More ideas and resources are available on the **Thy Kingdom Come** website.)