

CHRISTCHURCH

THREE MILLS

LOVING-LIVING-BELONGING

Rhythm of Prayer

Daily Prayer Reflections for Christchurch Three Mills



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Message from the Vicar

Thanks to everyone who has taken part in bringing this wonderful rhythm of prayer together, it is so great to be supported by so many of our church family in prayer and to know we do this whilst journeying with others.

As we look to see the colours of heaven bursting out of every corner of our community, prayer of all forms is such a vital foundation to all we do. In prayer we remember God loves us and is near, we look to see what God is doing so we can join in and we remember that we pray with other people, near or far away, who also long to see the colours of heaven here.

Thanks for picking up this rhythm of prayer, whether you're a long-time member of Christchurch Three Mills, a supporter of the church or an interested neighbour. We hope you find it helpful in guiding your prayers and enabling you to join in the daily life of our community.

Dan

WHAT IS THE CHRISTCHURCH RHYTHM OF PRAYER?

This book was put together in early 2022, with contributions from many people involved in the life of Christchurch Three Mills. Inside you will find daily reflections written by children and adults that can be used every day throughout the year as we pray together for different things going on in the life of Christchurch and the local community.

Every day you can decide what you would like to do – there is always a Bible passage to read, a reflection to think about, a prayer you could pray as well as some ideas for actions you could follow during the day. Finally, there is always a song to listen to or sing along with. You can search for the song, or scan the QR code with your phone to find it on YouTube.

The hope is that everyday, people from across our church and community will join together in praying for the same thing.

How it works:

YOU CAN USE THIS RHYTHM OF PRAYER TODAY AND EVERY DAY! SIMPLY LOOK UP TODAY'S DATE AND FIND THAT DATE IN THE BOOK, WHERE YOU'LL FIND THE PART OF OUR CHURCH OR NEIGHBOURHOOD THAT EVERYONE IS PRAYING FOR TODAY. PRAYER CAN BE LOTS OF THINGS SO TRY ONE OR ALL OF THE THINGS ON THAT PAGE:

01

Read

Every day there is a short passage from the Bible to read.

02

Reflect

After the Bible passage there is a reflection to think about.

03

Pray

Each day there will be a different thing to pray for in our local community of Three Mills.

04

Act

There are some ideas for things that you could do linked to the theme.

05

Worship

Finally, there is a link to a song to listen to or sing as worship.

- 1 | THE CHURCH
- 2 | THREE MILLS ISLAND
- 3 | LOCAL FAMILIES
- 4 | THOSE WHO ARE LONELY
- 5 | OUR ENVIRONMENT
- 6 | CHRISTCHURCH COMMUNITY GROUPS
- 7 | SUGAR HOUSE ISLAND
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- 9 | THOSE WHO ARE UNEMPLOYED
- 10 | OUR FAMILIES
- 11 | PRAYER AT CHRISTCHURCH
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- 13 | LOCAL BUSINESSES
- 14 | THOSE WHO ARE HOMELESS
- 15 | OUR FRIENDS
- 16 | COMMUNITY WORSHIP
- 17 | ABBEY LANE
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- 19 | THOSE WHO ARE IN PRISON
- 20 | OUR COLLEAGUES
- 21 | CHRISTCHURCH SUNDAY GATHERINGS
- 22 | PUDDING MILL LANE
- 23 | LOCAL SCHOOLS
- 24 | THOSE WHO ARE ILL
- 25 | OUR NEIGHBOURS
- 26 | CHRISTCHURCH EVENTS
- 27 | NEWHAM
- 28 | LOCAL COMMUNITY ORGANISATIONS
- 29 | THOSE WHO ARE MOURNING
- 30 | OURSELVES
- 31 | THE WORLD

Daily Reflections

Day 1 - The Church

Today we pray for Christchurch as a whole. Pray for all that is going on in the life of the church, and the people who are at the heart of it.

ACTS 2:42-47

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved.

REFLECTION

What I love in this passage is this picture of a deep, loving community. They shared what they had together, giving to those in need, meeting together to worship God with glad and sincere hearts.

PRAYER

Dear Lord,
We pray for Christchurch Three Mills, that we might be able to work together to see the colours of heaven bursting out of every corner of our neighbourhood. We pray that we might be a community devoted to you and to one another.

ACTION

Perhaps you could think about joining one of our groups during the week to connect with people on a more deep level, or perhaps reach out to someone in the church today to see how they are doing.

SONG

Father, Let Your Kingdom Come -
Porter's Gate



BY ANDY

Day 2 - Three Mills Island

Today we pray for Three Mills Island. Pray for the people living in this area, and pray for our work as a church to bring the good news here.

MARK 2:13-16

Once again Jesus went out beside the lake. A large crowd came to him, and he began to teach them. As he walked along, he saw Levi son of Alphaeus sitting at the tax collector's booth. "Follow me," Jesus told him, and Levi got up and followed him.

While Jesus was having dinner at Levi's house, many tax collectors and sinners were eating with him and his disciples, for there were many who followed him. When the teachers of the law who were Pharisees saw him eating with the sinners and tax collectors, they asked his disciples: "Why does he eat with tax collectors and sinners?"

REFLECTION

What I love in this passage is the open arms call to the lost but eager. Jesus was a fisher of men – and here we see his call to to lead the march for peace, justice and unity.

PRAYER

Dear Lord,
We pray for everyone to come together in peace and love by finding the light within them and holding it up to shine bright as a beacon for others, like moths in the darkness.
Amen

ACTION

Today you could leave a light in your window.

SONG

Love Shine a Light – Katrina and the Waves



BY SIMON

Day 3 - Local Families

Today we pray for local families. Pray for all the families who are a part of Christchurch and for those in the communities around us.

PSALM 121

I lift up my eyes to the mountains—
where does my help come from?
My help comes from the Lord,
the Maker of heaven and earth.
He will not let your foot slip—
he who watches over you will not
slumber;
indeed, he who watches over Israel
will neither slumber nor sleep.

The Lord watches over you—
the Lord is your shade at your right
hand;
the sun will not harm you by day,
nor the moon by night.
The Lord will keep you from all harm
he will watch over your life;
the Lord will watch over your coming
and going
both now and forevermore.

REFLECTION

What I love in this passage is the psalm tells us that God sees and knows everything about us, even when we struggle in our daily lives. He wants us to call on him, put our trust in him to help us as there is no other way.

PRAYER

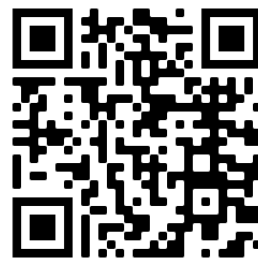
Dear Lord,
We pray for local families in the communities around us.
Lord, hear our prayer when we call you in our weaknesses, provide our needs that we can rely on you to keep watch over us.
Amen

ACTION

Today you could check for your neighbour next door.

SONG

I Lift my Eyes Up - Jamie McAlister



BY PAT

Day 4 - Those who are lonely

Today we pray for those who are lonely. Pray for anyone you know who is lonely, and pray for God's presence for those who are struggling.

PSALM 91:1-2

Whoever dwells in the shelter of the
Most High

will rest in the shadow of the
Almighty.

I will say of the Lord, "He is my refuge
and my fortress,
my God, in whom I trust."

REFLECTION

Many of us are lonely either in mind, or in body. The lockdown and covid has further worsened our loneliness in many ways. This passage reminds me I am never alone. Trust in the Lord through fears and struggles. Trust in the Lord to bring you peace. Trust in the Lord to be our shadow and fortress.

PRAYER

Dear Lord,
We pray for those who have struggled these past few months to cope with emotional and physical loneliness. Be their refuge. Bring us as your angels to help those who need us. Help us reach out to those in need. Help us to find time for each other in the community.
Amen

ACTION

Today you could knock on doors of your neighbours you do not know. Say hello and let them know you are available for a chat.

SONG

Christ Be All Around Me - Leeland



BY EWANGELIN

Day 5 - Our Environment

Today we pray for our environment. Pray for those who are impacted by climate change, and pray for wisdom in how to play our part.

GENESIS 2:15

The Lord God took the man and put him in the Garden of Eden to work it and take care of it.

REFLECTION

The trust and hope God has in us is evident here. As he gave us the earth to work on it and improve it and keep it for him. The whole of earth for his creation to praise and worship him.

PRAYER

God we pray for our surroundings. We thank you for all the animals in the sky and in the sea. We pray you continue to love and have trust in us to keep and work on your land, to praise and worship you.
Amen

ACTION

Today you could plant something and try to pick up litter.

SONG

Your Nature - Kari Jobe



BY SIAN

Day 6 - Christchurch Community Groups

Today we pray for Christchurch community groups, which meet during the week. Pray that they might lead to a new depth of relationship with God and with each other.

GALATIANS 2:20

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

REFLECTION

This passage helps us to reflect your life in the lord that Christ is the hope in all things. The life I live now is no more me that lives it but Christ that lives it, who loves me and gave himself for me.

PRAYER

God we pray for you to come to our lives and give us mercy for us to live in him and live in a sin-free way so we will be his children and he will be our guide.

ACTION

Today you could pick up a Bible and read it.

SONG

I Love that Man of Galilee -
Amarachi Austin



BY MOSES

Day 7 - Sugar House Island

Today we pray for Sugar House Island. Pray for the people living in this area, and pray for our work as a church to bring the good news here.

EXODUS 2:1-10

Now a man of the tribe of Levi married a Levite woman, and she became pregnant and gave birth to a son. When she saw that he was a fine child, she hid him for three months. But when she could hide him no longer, she got a papyrus basket for him and coated it with tar and pitch. Then she placed the child in it and put it among the reeds along the bank of the Nile. His sister stood at a distance to see what would happen to him. Then Pharaoh's daughter went down to the Nile to bathe, and her attendants were walking along the riverbank. She saw the basket among the reeds and sent her female slave to get it. She opened it and saw the baby. He was crying, and she felt sorry for him. "This is one of the Hebrew babies," she said.

Then his sister asked Pharaoh's daughter, "Shall I go and get one of the Hebrew women to nurse the baby for you?"

"Yes, go," she answered. So the girl went and got the baby's mother. Pharaoh's daughter said to her, "Take this baby and nurse him for me, and I will pay you." So the woman took the baby and nursed him. When the child grew older, she took him to Pharaoh's daughter and he became her son. She named him Moses, saying, "I drew him out of the water."

PICTURE *A picture of the story*



BY LYDIA

REFLECTION

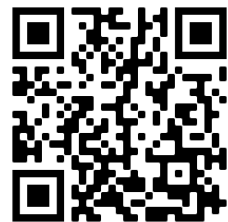
I like this story because it has babies in it.

PRAYER

Dear Lord,
We pray for local families and all the mums and dads. We pray they have fun.

SONG

Our God is
a Great Big
God -
Vineyard
Kids



Day 8 - Local Churches

Today we pray for local churches. We pray for those who lead them, and for those who are a part of them. Pray that together we might be able to work to see God's Kingdom come here in London.

ACTS 20:28

Keep watch over yourselves and all the flock of which the Holy Spirit has made you overseers. Be shepherds of the church of God, which he bought with his own blood.

REFLECTION

What I love about this passage is the spiritual wellbeing concern of all people. For church leaders to stand firm in faith, to guard their spiritual wellbeing, to care for God's people and to feed the flock of God. The passage reminds humanity that the church is the body of Christ that we were purchased with his precious blood.

PRAYER

God we pray for grace and wisdom to all who are called to be elders or overseers. We pray for them to remember the command to be on their guard for their own spiritual wellbeing, to take responsibility for protecting all the flock of God with sound doctrine and disciplined life as they oversee the body of church. In Jesus' name, Amen.

ACTION

Today you could:
1) Pray for members in our church
2) Pray for leaders of the church and in government

SONG

Amazing Grace - Soweto Gospel Choir



BY REBECCA

Day 9 - Those who are unemployed

Today we pray for those who are unemployed. We pray for God's strength and comfort for those individuals and for wisdom for organisations working to help them.

MATTHEW 25:35-40

For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'
"Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?'
"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'

REFLECTION

All the needs in this passage are reflected in the life of the unemployed. They might be unable to feed their family. The passage encourages those who are able to reach out to do so. It draws our focus outside of the immediate, like our family, but to those not particularly familiar to us. We reflect on our excess comparatively to many others lack. Lets reduce wastefulness.

PRAYER

Pray that the Lord will send the right person that is full of need. Pray and hope that we will be able to receive them and listen to their needs.
In Jesus name we pray.
Amen.

ACTION

Today you could seek and find people who are unemployed in a way that is well received. Then point them in a direction towards the right resources to meet their needs. You could also intercede for them through prayer.

BY EULA

SONG

Shine Jesus Shine - Graham Kendrick



Day 10 - Our families

Today we pray for our own families. Take some time to pray for those who are close to you.

PSALM 35: 1-3; 28

Contend, Lord, with those who contend with me;
fight against those who fight against me.
Take up shield and armour;
arise and come to my aid.
Brandish spear and javelin
against those who pursue me.
Say to me,
"I am your salvation."

My tongue will proclaim your righteousness,
your praises all day long.

REFLECTION

These verses give us hope knowing that no matter what troubles us, God has promised us that he will fight those who fight against us. Letting go and allowing God to take control is the best hope, and peace his word brings.

PRAYER

We pray that God helps us all through our trials and gives us the peace of mind we seek. May God's word heal our wounds and help us to contribute to have faith and seek him in all we do.

ACTION

Today you could call on family members and check on them and pray with them.

SONG

The Battle is the Lord's -
Yolanda Adams



BY JILBERT

Day 11 - Prayer at Christchurch

Today we pray for prayer at Christchurch. We pray that prayer will be at the heart of all that we do, as individuals and as a community.

LUKE 2:4-7

So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no guest room available for them.

PICTURE *A picture of the story*



REFLECTION

I like this story because someone was kind and found a space for Mary and Joseph.

PRAYER

Dear God,
We pray for hope.
Amen

BY SOPHIA

SONG

The Kingdom is Yours - Common Hymnal



Day 12 - Leggatt Road Green

Today we pray for Leggatt Road Green. Pray for the people living in this area, and pray for our work as a church to bring the good news here.

PSALM 23

The Lord is my shepherd, I lack nothing.

He makes me lie down in green pastures,

he leads me beside quiet waters,

he refreshes my soul.

He guides me along the right paths

for his name's sake.

Even though I walk

through the darkest valley,

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

You prepare a table before me

in the presence of my

enemies.

You anoint my head with oil;

my cup overflows.

Surely your goodness and love

will follow me

all the days of my life,

and I will dwell in the house of

the Lord forever.

REFLECTION

I think of Wednesday morning prayer on Leggatt Road Green and how God helps our community to get together. It is very good to gather and pray, it brings joy and love to the community. Through prayer we learn and understand about the wisdom and courage we can have and understand more about God and how we can believe in him.

PRAYER

God we pray for the people around our community that we can come together to pray, and we pray for your help for the people who are suffering in our community with all sorts of things, particularly those struggling with their mental health.

Amen

ACTION

Today you could gather people to have a get together.

SONG

Jesus I Love Calling your Name - Shirley Caesar



BY KAREN

Day 13 - Local Businesses

Today we pray for local businesses. We pray for all those working hard, using their skills and talents, pray for God's guidance in their decisions.

2 CORINTHIANS 9:6-8

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

REFLECTION

This passage tells about giving and generosity. It calls us to not hold on to our money or things too tightly, but to be generous with our blessings. I'm encouraged and challenged by this and to think carefully about what I value most.

PRAYER

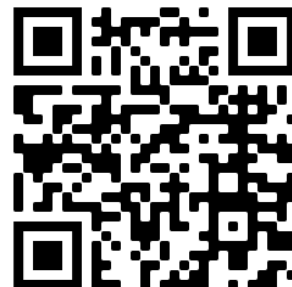
God we pray for all the local businesses in our area. We thank you for all they do for our local community. We pray that you will bless them and enable them to keep going in these difficult times. Help us to bless them with our support and friendship. Amen

ACTION

Today you could support a local business in Three Mills; say hello and pop in. If possible shop small and local for the day.

SONG

Shackles - Mary Mary



BY ELLIE

Day 14 - Those who are homeless

Today we pray for those who are homeless. Pray for God's presence close to them in their challenges, and organisations working with them.

GALATIANS 2:10 AND JOHN 12:3-8

All they asked was that we should continue to remember the poor, the very thing I had been eager to do all along.

Then Mary took about a pint of pure nard, an expensive perfume; she poured it on Jesus' feet and wiped his feet with her hair. And the house was filled with the fragrance of the perfume.

But one of his disciples, Judas Iscariot, who was later to betray him, objected, "Why wasn't this perfume sold and the money given to the poor? It was worth a year's wages." He did not say this because he cared about the poor but because he was a thief; as keeper of the money bag, he used to help himself to what was put into it.

"Leave her alone," Jesus replied. "It was intended that she should save this perfume for the day of my burial. You will always have the poor among you, but you will not always have me."

REFLECTION

Jesus wants us to come as we are and to receive people as they are. Who can I notice that has less than me? How could I impact their life positively? Do I know a homeless person by name? Can I be familiar enough to talk about Jesus with them? I was encouraged by Jesus' reaction to Mary. It reminds us that the world as it is cannot be fixed, but we can be a vessel to bring healing to the world.

PRAYER

We pray for those who don't have a place to live, who lack protection from the weather. May they be able to have an encounter that heals them physically and psychologically. We pray also for those who have shelter but lack a place that is safe to call home. Make a way for them to be taken care of. My the encounters be ones that work towards the home you are preparing for them in heaven. Amen

ACTION

Today you could pray for those who are or are on the brink of homelessness; find out one way the homeless could be helped online; say 'hi' to a homeless person in passing.

BY DAMI

SONG

Blessings - Laura Story



Day 15 - Our Friends

Today we pray for our friends. Pray for those who are close to you, bringing those who are in particular need of prayer before God.

PSALM 41

Blessed are those who have regard for the weak;

the Lord delivers them in times of trouble.

The Lord protects and preserves them

they are counted among the blessed in the land—

he does not give them over to the desire of their foes.

The Lord sustains them on their sickbed

and restores them from their bed of illness.

I said, "Have mercy on me, Lord;

heal me, for I have sinned against you."

My enemies say of me in malice,

"When will he die and his name perish?"

When one of them comes to see me,

he speaks falsely, while his heart gathers slander;

then he goes out and spreads it around.

All my enemies whisper together against me;

they imagine the worst for me, saying,

"A vile disease has afflicted him;

he will never get up from the place where he lies."

Even my close friend,

someone I trusted,

one who shared my bread,

has turned against me.

But may you have mercy on me, Lord;

raise me up, that I may repay them.

I know that you are pleased with me,

for my enemy does not triumph over me.

Because of my integrity you uphold me

and set me in your presence forever.

Praise be to the Lord, the God of Israel,

from everlasting to everlasting.

Amen and Amen..

REFLECTION

What I love about this passage is that there is hope especially in Jesus. He is always there, always gives you wisdom and love. Trust in him always as God is love and especially a friend of everyone.

PRAYER

Jesus said ask and it will be given to you, seek and you will find, knock and the door will be opened to you. For everyone who asks, receives, he who seeks finds and to him who knocks the door will be opened. (Matthew 7:7-8)

ACTION

Today, be kind and share the love. Treat everyone as a friend.

SONG

Holding back the Years -
Simply Red



BY SHARON

Day 16 - Community Worship

Today we pray for all the ways in which our community worships together - on Sundays and through the week. Pray for those who lead us in worship, and pray for opportunities to worship through our actions

MATTHEW 4:18-22

As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. "Come, follow me," Jesus said, "and I will send you out to fish for people." At once they left their nets and followed him.

Going on from there, he saw two other brothers, James son of Zebedee and his brother John. They were in a boat with their father Zebedee, preparing their nets. Jesus called them, and immediately they left the boat and their father and followed him.

REFLECTION

I love that Jesus calls us to follow him and He will make us fishers of men. When we sit and listen to Him, He teaches us and shows us the right path to walk. He guides us so that we can help and guide others to Him.

PRAYER

We pray for our church and community, grant us wisdom to be good leaders so that others will learn by our examples and gladly want to follow you. Lord we want to see a community where your love reaches the heart of everyone moving and stirring them into faith.

ACTION

Today you could pray as you walk or travel home, with eyes open.

SONG

For I'm Building a People of Power - Ingrid DuMosch



BY SHEVA

Day 17 - Abbey Lane

Today we pray for Abbey Lane. Pray for the people living in this area, and pray for our work as a church to bring the good news here.

DANIEL 6:19-23

At the first light of dawn, the king got up and hurried to the lions' den. When he came near the den, he called to Daniel in an anguished voice, "Daniel, servant of the living God, has your God, whom you serve continually, been able to rescue you from the lions?"

Daniel answered, "May the king live forever! My God sent his angel, and he shut the mouths of the lions. They have not hurt me, because I was found innocent in his sight. Nor have I ever done any wrong before you, Your Majesty."

The king was overjoyed and gave orders to lift Daniel out of the den. And when Daniel was lifted from the den, no wound was found on him, because he had trusted in his God.

PICTURE *A picture of the story*



REFLECTION

I like this story because of the lions because I like animals.

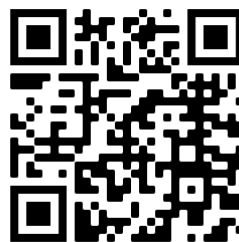
PRAYER

Dear God be with us.
Help us with our environment.
Amen

BY EDGAR

SONG

O Holy Night - Hillsong Worship



Day 18 - Local leaders

Today we pray for local leaders. Pray for all those in positions of leadership in our local area. Pray for wisdom and compassion in the decisions they make.

MATTHEW 28:16-20

Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshiped him; but some doubted. Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

REFLECTION

What I love about this passage is that it reflects the nature of God in that He anoints and chooses his disciples with a purpose: entrusting them with sharing His Kingdom to all. There is also the extremely comforting promise that God is with us forever which should encourage us as we are not relying on our own strength to live out God's commands.

PRAYER

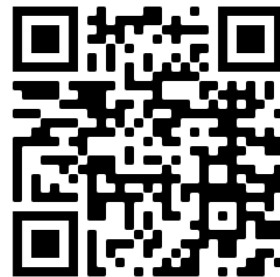
God we pray for the resilience for the CC3M leadership team and that You give them the appropriate responses when forming relationships in the community. May You continue to strengthen the local leaders in their outreach and other activities. We pray against any overwhelming moments that may result in leaders feeling discouraged. We ask You to inspire them and for them to realise that You are the director of plans that do no not harm but to give hope for the future.

ACTION

Today you could reach out to the leaders to see if they need any assistance.

SONG

Brother, Sister,
Let Me Serve
You -
Northumbria
Community



BY MAXINE

Day 19 - Those who are in prison

Today we pray for those who are in prison. Pray for God's presence with them and pray for those who work with them .

ISAIAH 58:6-9

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?

Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I.

REFLECTION

What I love about this passage is that it paints a beautiful picture and challenge about the restoration God wants to bring about in society. Especially for those who are oppressed and in need. The passage shows that we as God's people can be pursuing this as part of our worship. This passage makes me think of people in prison as, having heard a lot of their stories, I have seen that it is often the experience of multiple layers of oppression and trauma that takes someone down the path of crime. We as the church should not forget those who are in prison.

PRAYER

God we pray for all those who are in prison today. Lord only you know what drove them down a path where they ended up in prison and so we pray you will bring healing and restoration for each person wherever they need it. We pray for our society as a whole, that we would become a place of compassion where we take responsibility for all people and are willing to help those who have been to prison to have a fresh start after prison, rather than treating them with fear and judgment. Finally we pray for anyone with a family member in prison, may they now your love, comfort and support in this difficult time.

ACTION

Today you could look up a prison charity online today, have a read of what they do and pray for their work or you could make a donation if you have the means to do so.

SONG

I Will Never Leave
You Alone - Paul
Zach and Liz Vice



BY JO

Day 20 - Our colleagues

Today we pray for our colleagues. Pray for those that you work or study with, or those close to you who are working today.

1 CORINTHIANS 7:13-14

And if a woman has a husband who is not a believer and he is willing to live with her, she must not divorce him. For the unbelieving husband has been sanctified through his wife, and the unbelieving wife has been sanctified through her believing husband. Otherwise your children would be unclean, but as it is, they are holy.

REFLECTION

Marriage and colleagues are not comparable, however they share some similarities. It is about relationship. Just as Paul encourages a new believer to love her unbelieving husband/wife so Christ may work his way into their heart and that of children, so we are to look at our dynamic with our colleagues, be it from work or extra-curricular activities. We are not perfect people, but our knowledge of Jesus is like treasure to those who do not know him as we do. May they be sanctified by Jesus at work in us. Moreover, let us recognise that we have things to benefit from everyone; we can be positively challenged by those we agree and disagree with. We can also learn from the experiences of others, to do or avoid.

PRAYER

God we pray for our colleagues, the ones who love you and those who do not. May we be a reason for them to want to know you more and your spirit the tool for us to do so. As we find ourselves engaging with our various colleagues may we be able to form life changing relationships. Let us not be seeking just for ourselves, but walking in a way that helps them too. For those who are struggling in areas, may they receive counsel that is wise and a resolution to the needs. Amen

ACTION

Today you could ask a colleague if there is anything you could pray for them for. Ask a colleague how they REALLY are. If they feel comfortable share, then it would be put in prayer for them. Set a time and date for prayer for any colleagues that come to mind.

SONG

Who Am I - Casting Crowns



BY DAMI

Day 21 - Christchurch Sunday Gatherings

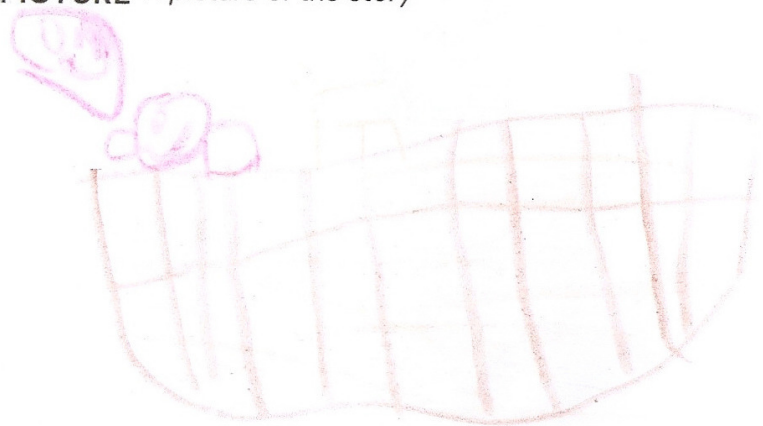
Today we pray for our Sunday gatherings. Pray for all of those involved in leading them, and pray that they will continue to be a blessing.

GENESIS 8:15-19

Then God said to Noah, "Come out of the ark, you and your wife and your sons and their wives. Bring out every kind of living creature that is with you—the birds, the animals, and all the creatures that move along the ground—so they can multiply on the earth and be fruitful and increase in number on it."

So Noah came out, together with his sons and his wife and his sons' wives. All the animals and all the creatures that move along the ground and all the birds—everything that moves on land—came out of the ark, one kind after another.

PICTURE *A picture of the story*



REFLECTION

I like this story because I like animals and bats.

PRAYER

Dear God, Please can you make people better.
Amen

BY ESTELLE

SONG

Our God is an Awesome God -
Michael W. Smith



Day 22 - Pudding Mill Lane

Today we pray for Pudding Mill Lane. Pray for the people living in this area, and pray for our work as a church to bring the good news here.

ISAIAH 43:16-21

This is what the Lord says—
he who made a way through the sea,
a path through the mighty waters,
who drew out the chariots and horses,
the army and reinforcements
together,
and they lay there, never to rise again,
extinguished, snuffed out like a wick:
“Forget the former things;
do not dwell on the past.
See, I am doing a new thing!

Now it springs up; do you not perceive it?
I am making a way in the wilderness
and streams in the wasteland.
The wild animals honour me,
the jackals and the owls,
because I provide water in the wilderness
and streams in the wasteland,
to give drink to my people, my chosen,
the people I formed for myself
that they may proclaim my praise.

REFLECTION

What I love about this passage is the hope it brings when we think of God doing a new thing. Pudding Mill Lane is a bit of a 'wasteland' at the moment but in a few years it will be a thriving community and we believe God will also build something wonderful in that place.

PRAYER

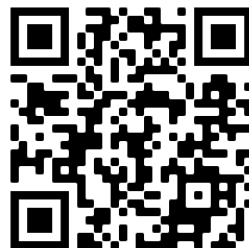
God we pray for Pudding Mill Lane. We pray for all who will pass through there today, let them see your love. We pray for the development plans - let Pudding Mill be a place of community and hope. Would you do a new thing and build your church there God. Amen.

ACTION

Today you could check out where the Pudding Mill development is up to online. Say a prayer as you look.

SONG

Come to the Table -
Common Hymnal



BY DAN

Day 23 - Local Schools

Today we pray for local schools. Pray for both the staff and the pupils at these schools, pray for God's strength with them in the challenges.

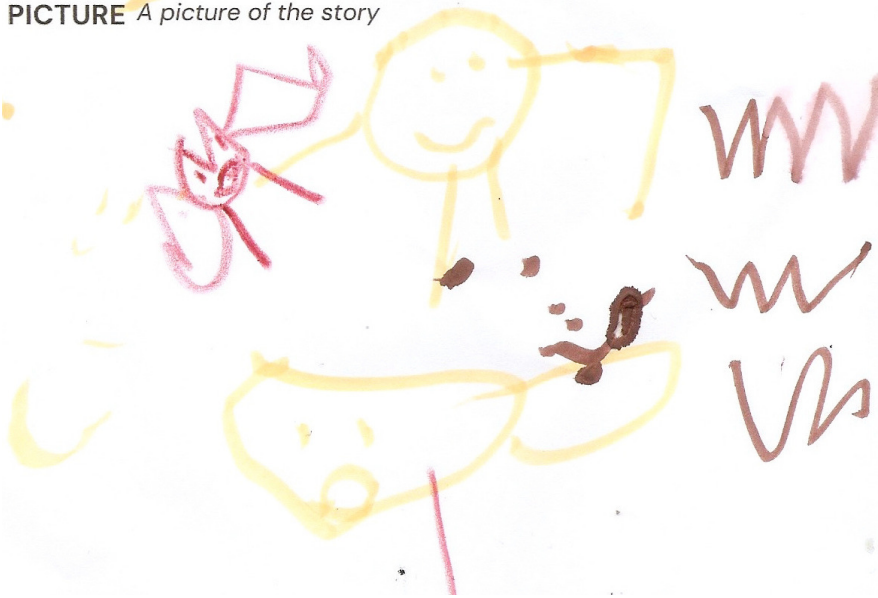
JONAH 1:17-2:2

Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights. From inside the fish Jonah prayed to the Lord his God. He said:

"In my distress I called to the Lord,
and he answered me.

From deep in the realm of the dead I called for help,
and you listened to my cry.

PICTURE *A picture of the story*



REFLECTION

I like this story because it tells us to listen to God.

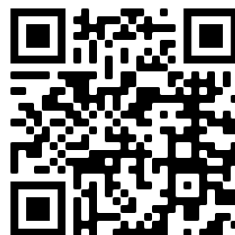
PRAYER

Dear God be with us.
Help us to listen to you.
Amen

BY ENOCH

SONG

In Jesus Name - Israel Houghton



Day 24 - Those who are ill

Today we pray for those who are ill. Pray for God's healing presence with them, pray for an easing of pain and pray for those medical professionals or others working with them.

ISAIAH 38:16-17

Lord, by such things people live;
and my spirit finds life in them too.
You restored me to health
and let me live.
Surely it was for my benefit
that I suffered such anguish.
In your love you kept me
from the pit of destruction;
you have put all my sins
behind your back.

REFLECTION

God wants us to believe in him and have faith so we can live a better and healthier life. We need to pray to God so he can reach out to us and help us during hard times. He will love us no matter what happens in our life.

PRAYER

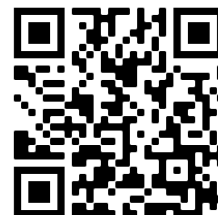
God we pray for every sick person to find God in their hearts and to get better. I pray that they heal and get healthier. I ask you to comfort them and keep them safe. Thank you for answering this prayer.
Amen

ACTION

Today, when you see someone struggling, help and comfort them.

SONG

God of Miracles - Chris McClarney



BY LAILA

Day 25 - Our Neighbours

Today we pray for our neighbours. Pray for those around us, those that live near us, pray that they might know the love of God today.

PSALM 139:13-14

For you created my inmost being;
you knit me together in my
mother's womb.
I praise you because I am fearfully and
wonderfully made;
your works are wonderful,
I know that full well.

REFLECTION

What I love about this passage is it reminds me where each of us come from and why each of us are so special.

PRAYER

Pray that we see that you created us, we are special. You deserve all our praises for giving us life and opportunity.

ACTION

Today you could tell someone how great they are.

SONG

Be Bold Be Strong - Morris Chapman



BY STEPHANIE

Day 26 - Christchurch Events

Today we pray for all the different events that we run as a church. Pray for those organising and running them, and pray that they might be a good opportunity to share God's love with those around us.

MATTHEW 14:13-21

When Jesus heard what had happened, he withdrew by boat privately to a solitary place. Hearing of this, the crowds followed him on foot from the towns. When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

As evening approached, the disciples came to him and said, "This is a remote place, and it's already getting late. Send the crowds away, so they can go to the villages and buy themselves some food."

Jesus replied, "They do not need to go away. You give them something to eat."

"We have here only five loaves of bread and two fish," they answered.

"Bring them here to me," he said. And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. The number of those who ate was about five thousand men, besides women and children.

REFLECTION

What I love about this passage is how compassionate God truly is and as a result, how spontaneous He may be when responding to our needs. Also inspiring to know that it we can also be flexible in our plans.

PRAYER

God we pray for us to remain sensitive to promptings from the Holy Spirit so that all events may draw people into a community where they feel accepted as they are. We thank you Father for the events you have enabled CC3M to undertake as they have been successful in spreading the word that we are dedicated to making sure that everyone has a seat at the table and this is a how You action Your love for us.

ACTION

Today you could take a quick prayer walk and share any ideas you have with the leadership group.

SONG

Make me a
Channel of Your
Peace -
Westminster
Abbey Choir



BY MAXINE

Day 27 - Newham

Today we pray for Newham. Pray for the people living in this area, and pray for our work as a church to bring the good news here.

LUKE 8:22-25

One day Jesus said to his disciples, "Let us go over to the other side of the lake." So they got into a boat and set out. As they sailed, he fell asleep. A squall came down on the lake, so that the boat was being swamped, and they were in great danger.

The disciples went and woke him, saying, "Master, Master, we're going to drown!"

He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. "Where is your faith?" he asked his disciples. In fear and amazement they asked one another, "Who is this? He commands even the winds and the water, and they obey him."

REFLECTION

What I love about this passage is knowing that God is with us through the storms we may experience through life.

PRAYER

God we pray for the people of Newham, the homeless, the vulnerable, our young people, our community. We pray for peace, love and safety amongst us all. We pray that the people in charge of decision making will keep the people of Newham in their hearts and minds.

ACTION

Today you could donate to your local foodbank.

SONG

Waymaker - Leeland



BY ALISON

Day 28 - Local Community Organisations

Today we pray for local community organisations. Pray for God's presence with them in the work that they do for people in the local community.

LUKE 4:16-21

He stood up to read, and the scroll of the prophet Isaiah was handed to him. 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,
to proclaim the year of the Lord's favour."

Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him. He began by saying to them, "Today this scripture is fulfilled in your hearing."

REFLECTION

I love how Jesus begins his ministry with this powerful message of good news, of freedom, liberation, recovery and hope. It shows us that this is what is at the heart of the Christian faith - that Jesus cares deeply about these things and that as followers of Jesus, Christians should too.

PRAYER

Dear Lord, we pray for all those who are involved in leading different organisations that make a difference in our community. Open our eyes to what you are doing in our community through the work of other people and help us to see where we might be able to join in. Amen

ACTION

Today you could look up some of the local community organisations in our area. Perhaps see if there are any that align with your passions and you could pray for them or look into getting involved.

SONG

Promises - Maverick City



BY ANDY

Day 29 - Those who are mourning

Today we pray for those who are mourning. Pray for God's peace and comfort with them and pray for support for those who need it.

PSALM 62:5

Yes, my soul, find rest in God;
my hope comes from him.

REFLECTION

This passage helps us on reflecting in our faith and the ever changing hope we nurture in our heart. Many things change from time to time and generation to generation, but as a human being hope is the foundation for happiness and peace.

PRAYER

God we pray for our local community and people who seek companionship and care. Help them to find a friend, a purpose and above all bring peace and hope in their lives. Give them small joys of life in sharing and being able to socialise with friends.

ACTION

Today you could reach out to those people outside your social circle and ask how they are doing.

SONG

You alone are my strength -
The Maranatha! Singers



BY BELLWIN

Day 30 - Ourselves

Today we pray for ourselves. Take some time to bring any personal prayers that you have before God.

PSALM 139:1-12

You have searched me, Lord,
and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue
you, Lord, know it completely.
You hem me in behind and before,
and you lay your hand upon me.
Such knowledge is too wonderful for me,
too lofty for me to attain.

Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.
If I say, "Surely the darkness will hide me
and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

REFLECTION

I like this verse because it is about being open with God and him guiding us through life and down the path, being there for us when we need him.

PRAYER

Search me, O God, and know my heart,
Test me and know my anxious thoughts.
Point out anything in me that offends you,
and lead me along the path of everlasting life.

ACTION

Today you could pray for God's guidance.

SONG

Amazing Grace -
Judy Collins and
the Global Virtual
Choir



BY ROCHELLE AND FAYE

Day 31 - The World

Today we pray for the world. Pray for any particular situations going on in the world that are on your heart today.

JOHN 3:13-16

No one has ever gone into heaven except the one who came from heaven—the Son of Man. Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, that everyone who believes may have eternal life in him.”

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

REFLECTION

What I love about this passage is the remembrance of Jesus and the gift God gave to the world. God gave his only child to earth "that whoever believes in him shall not perish but have eternal life."

PRAYER

God we pray for the world, that people change and live a life God has planned for us. God, we pray that the world will be a healthy and better environment for the people who are in the world.

ACTION

Today you could plant a tree or water some plants so that we have a better environment.

SONG

Way maker - Sinach

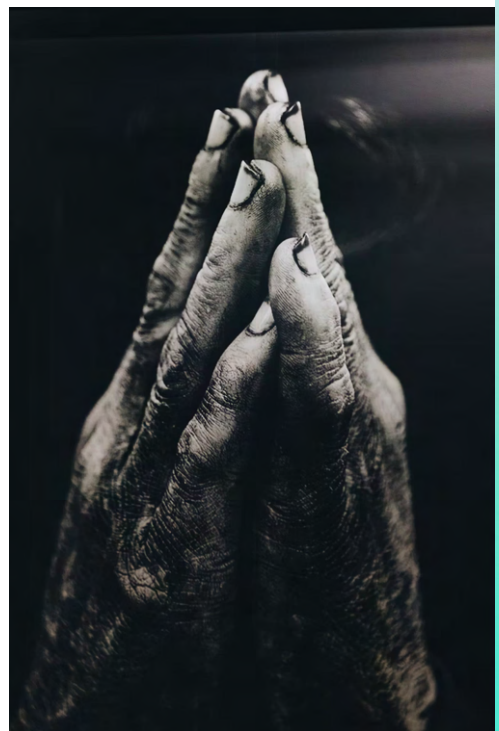


BY AHMED

The Lord's Prayer

SOMETIMES WHEN WE DO NOT KNOW WHAT TO PRAY,
IT CAN HELP TO PRAY THE PRAYER THAT JESUS
TAUGHT US:

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin
against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.**



Morning Prayer

HERE ARE THE WORDS WE USE FOR OUR MORNING PRAYERS TOGETHER

OPENING PRAYER

Do join in the words in black/bold

O Lord let my soul rise up to meet you
As the day rises to meet the sun
Glory to the Father, and to the Son, and to the Holy Spirit
As it was in the beginning, is now, and will be forever.
Amen.

Come let us bow down and bend the knee
Let us kneel before the Lord our maker
The night has passed, and the day lies open before us;
Let us pray with one heart and mind

PAUSE

As we rejoice in the gift of this new day, so may the light of your presence, O God
Set our hearts on fire with love for you; now and for ever
Amen.

READINGS – A PSALM AND ANOTHER PASSAGE

BLESSING OVER OUR COMMUNITY

We proclaim the blessing of God our neighbourhood.
God of creation, maker of earth, we pray your blessing on the ground beneath our feet that life would flourish here with all the colours of resurrection.
God of redemption, would Christ be present to transform this place, drive far from here all that would bring harm and let imaginative hope arise.
God of Pentecost breathe on this place by the wind of your spirit, would joy and laughter fill the air as parties tell of heaven drawing near.
May the blessing of God; Father, Son and Holy Spirit rest over Three Mills, over our communities and beyond, that our place might find its place in the generous life of God.
Amen

FINAL BLESSING

May the peace of the Lord Christ go with you, wherever He may send you.
May He guide you through the wilderness, protect you through the storm.
May He bring you home rejoicing at the wonders He has shown you.
May He bring you home rejoicing once again into our doors.
Amen



Night Prayer

**SOME SIMPLE STEPS TO REFLECT AND PRAY AT THE END OF THE DAY.
EITHER ALONE OR WITH OTHERS**

1. BE THANKFUL

Look back over today, what was good, what went well, what are you thankful for? Thank God for these things, pray with these words or your own:

*Father, all good gifts come from you.
Thank you for this day that has passed,
and for being with me through it.*

2. REFLECT/SAY SORRY

Where today have you been hurt? Where have you hurt others? Where have you done what you wish hadn't, or not done what you think you should have?

*Father, today has not been perfect. I have hurt and been hurt.
Forgive me where I have gone wrong, help me to change.
Thank you that Jesus offers me a fresh start for tomorrow.*

3. BRING YOUR CARES TO GOD

What and who is on your mind? What do you need God to do? Tell God honestly and in your own words, out loud or silently.

*Father, I bring you those I care about and all their needs.
God you know just what they need.
Be close to them I pray, heal them and bring them hope through your son Jesus.*



A PRAYER BEFORE YOU SLEEP

*In peace we will lie down and sleep
for you alone, Lord, make us dwell
in safety.*

*Abide with us Lord Jesus,
for the night is at hand and the day
is now past.*

*As the night watch looks for the
morning,*

so do we look for you O Christ.

*The Lord bless us and watch over us;
the Lord make his face shine upon
us and be gracious to us*

*The Lord look kindly on us and give
us peace*

Amen



Christchurch Three Mills meets every Sunday at 11 in the House Mill, just above the cafe. Everyone is welcome to join us.

We're simply a community of people from all kinds of backgrounds trying to share life, support one another and spread the hope and love of God in our neighbourhood.

For us, church should be like a table; a long, wide, piled high table where there is a seat for everyone. We want to make space for you, whether you're a believer, a doubter or a sceptic, an addict, angry or lonely. From 1 to 101, and everything in between.