



Pause for Prayer

My Bible reading this morning was taken from Song of Songs Chapter 2.

There was reference to verse 15 *'Catch for us the foxes the little foxes that ruin the vineyards'*.

Then this comment which I found both helpful and challenging. 'For Christians, in our relationship with Jesus the foxes represent anything that threatens our enjoyment of Christ by drawing us away from our true love'.

- What stops you from coming to Christ each day?
- What distracts you when you spend time enjoying Christ in prayer?



Pause for Prayer

Some Prayer points for this week from PCI
Let's Pray

Wednesday 27 May | Standing Commission of the General Assembly

- Pray for preparations for the meeting of the Standing Commission of the General Assembly from 1-3 June 2020, asking that God would enable the smooth delivery of all aspects of the work to allow this body to progress necessary pieces of business in the absence of this year's regular format of General Assembly.
- Give thanks for the ministry of the outgoing Moderator, the Right Rev Dr William Henry and pray God's blessing for incoming Moderator, Rev David Bruce, as he continues to prepare for his year of office in this unusual season of church life.

Thursday 28 May | Creative thinking and flexible planning

- Pray for creative thinking as church and society find themselves having to do so many things differently, asking God that this might be a season of fresh insight and ability to respond imaginatively to obstacles to be overcome.
- Pray for everyone charged with making plans for the future in these days of uncertainty, asking that God would give understanding and the necessary flexibility in response to both feelings of progress being paused and the need to react to constantly changing messages.



Pause for Prayer

Friday 29 May | Mental health and wellbeing

- Pray for those with mental health challenges who feel isolated and anxious, asking that God will bring peace and calm and that they will receive every possible support.
- Pray for other aspects of the wellbeing of society, such as healthy relationships, neighbourliness and care for the most vulnerable, asking that God would enable the flourishing of our life together despite lockdown and social distancing restrictions.

Saturday 30 May | Collaboration in decision making

- Pray for good relationships between governments on the island of Ireland and within the United Kingdom, asking that God would enable wise and healthy balance between overall coordination and the need for regional variation.
- Give thanks for continued engagement between government ministers, officials and church leaders as movement on easing the lockdown progresses. Pray that these constructive working relationships forged through crisis would continue into the future.

Sunday 31 May | Life in hospitals and care homes

- Pray for patients in hospital and residents of care homes at this time when the need for additional measures to ensure safety from spread of infection can be upsetting, asking that God would bring a sense of his peace and a freedom from fear and anxiety.
- Pray for hospital and care home staff who feel tired and stressed by confronting the challenges of coronavirus, asking that God would renew them in body and mind.



Pause for Prayer

Monday 1 June | Growing confidence in society

- Pray that as the conversation in society turns from lockdown to lifting restrictions, God would give necessary confidence to us all to begin to take the tentative steps permitted towards resuming more regular patterns of life.
- Pray for a gathering sense of looking forward in hope as overall figures of deaths and the rate of infection from coronavirus begin to subside across the world.