



## **WORD OF THE WEEK**

### **Matthew 6:5-15**

When you pray, don't be like those show-offs who love to stand up and pray in the meeting places and on the street corners. They do this just to look good. I can assure you that they already have their reward.

When you pray, go into a room alone and close the door. Pray to your Father in private. He knows what is done in private, and he will reward you.

When you pray, don't talk on and on as people do who don't know God. They think God likes to hear long prayers. Don't be like them. Your Father knows what you need before you ask.

You should pray like this:

Our Father in heaven,  
help us to honour your name.

Come and set up your  
kingdom,

so that everyone on earth will  
obey you,

as you are obeyed in heaven.

Give us our food for today.

Forgive us for doing wrong,

as we forgive others.

Keep us from being tempted

and protect us from evil.

If you forgive others for  
the wrongs they do to  
you, your Father in  
heaven will forgive you.  
But if you don't forgive  
others, your Father will  
not forgive your sins.



## SOMETHING TO THINK ABOUT

### PRAYER FOR THE WEEK

This year we are going siLENT for Million Minutes! Use your prayer time to be still and silent, using the daily form time reflection.



God is not a good habit, a useful Sunday exercise, one interest among others, a fascinating hobby.

God is life itself.

He is someone not to be analysed, examined, proved, but to be met.

And when that happens  
life unfolds,  
meanings matter,  
love is deeper.

Be still. Relax. Unwind.  
Open those inner doors.

(Howard Booth)

## SOMETHING TO TALK ABOUT

Watch the YouTube video Bear Grylls prays with Barack Obama <https://youtu.be/ncA8sDMUHJM>

- What words does Bear Grylls use in his prayer for the president? Have you ever said a similar prayer for someone you love and admire?
- How would you feel if someone asked if they could pray with you? Freaked out? Awkward? Happy?
- Who was the last person you prayed for? Did you tell them you were praying for them?



## SOMETHING TO DO

If you have given up using social media this Lent, then your thumbs are probably twitching by now! You've probably got a bit more storage after deleting those apps! Then, why not download a new app that will help you with prayer? "Pray-as-you-go" is a daily prayer app, designed to go with you wherever you go, to help you pray whenever you find time, but particularly whilst travelling to and from work, school, etc. Give it a go this week...it's available for both Android and iOS!

## WHAT'S ON THIS WEEK?

### FRIDAY

Come along to Chapel Cafe at break time for Hot Chocolate!

