



Printable Prayer Stations



Seek



THE METHODIST CHURCH
IN IRELAND

SEEK: LENT 2024

Seek

Prayer Space

*'Sow for yourselves righteousness;
reap steadfast love; break up your
fallow ground; for it is time to seek
the Lord, that he may come and rain
righteousness upon you.'*

(Hosea 10:12)

As you enter this space be mindful of His presence and the peace that comes from spending time with our Creator. The season of Lent invites us into a place of confession, renewal, and growth.

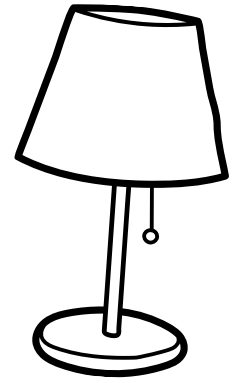
As you spend some time here, we want to seek Him in all things, we want to confess before God the things that need transformed in us, or that we have held too tightly too, and ask him to come, by His Spirit, to renew our faith and passion to serve him in this world.

There is so much hope available to us and spending some intentional time in His presence will help to open our eyes and hearts to the invitation to seek Him.



1

SEEK PRESENCE



Switch on the lamp and sit for a while.

Think about how easy it is to bring light into a space by the flick of a switch. Where God is there is no darkness – He is the creator and the light of His presence shines through even the heaviest of darkness.

Spend some time thanking God for His presence. He promises to never leave us or forsake us. Even on days that are long and leave us feeling weary and empty, we know that He has not left us. On the days when our circumstances have consumed us, God holds us.

God is with us and will not let us go.

Read: Psalm 139: 1-18

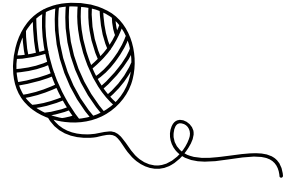
Why not write prayers of thankfulness for God who is with us. Welcome his peace and presence. Pin them on the board so that those who follow after you can read them and together, we can be inspired and encouraged. Read for yourself some of the prayers that have already been pinned to the noticeboard.

*Before you move on, pray for those who may need the assurance of God's presence.

Father, may those in our community who are tired and overwhelmed find you to be a close comfort. Show them that you are walking beside them, carrying them through today and every day. Lift their heads to see the ways that You are present. Thank you for being Emmanuel, God with us. Amen.

2

SEEK FORGIVENESS



The gospel is this:

“We are more sinful and flawed in ourselves than we ever dared believe, yet at the very same time we are more loved and accepted in Jesus Christ than we ever dared hope.” (Tim Keller)

Have you lost your temper today, forgotten your identity, worried about tomorrow, or walked in the flesh? Remember that Jesus is faithful to forgive. “But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.” (Rom. 5:8).

He poured out his blood, scrubbed us clean, and won the victory. He exchanged our worthless, tattered rags for abundance and purity. This is the Good News of Christ for you! Once the gospel has captivated your heart, it grows and flourishes, transforming us from the inside out.

Pick up a piece of string/wool. As you hold it in your hand, consider what you seek forgiveness for. As these come to mind, simply make a knot in your string. Continue this process until you have 4-5 knots.

Go back to the first knot, holding the confession that knot represents. Hear God’s assurance that you are forgiven. You are loved. As you feel each knot, hear God’s assurance, your sins are forgiven.

Don’t walk away taking the thoughts of those knots with you, instead tie your string to the end of another knotted string. Together we can’t undo those knots but together we can seek forgiveness and find it in Christ.

*Before you move on, pray this prayer of confession for the church. We are, after a gathering of imperfect people, but yet perfectly loved by God.

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2

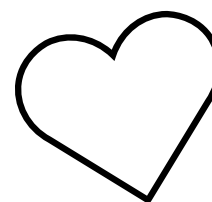
SEEK FORGIVENESS

Almighty Father, forgive our sins. Forgive the wrong doings that we remember and the ones we have forgotten. We confess that we approach you with our mouths and our lips, yet our hearts are far from worship. We confess that sometimes what we offer costs us little, we often bring to you the leftovers of our time, gifts, energy and worship. Forgive us.

Forgive our failures in the face of temptation, and those times when we have been stubborn in the face of correction. Forgive the times we have boasted our church achievements rather than acknowledge your work. Forgive the harsh judgements we make of others, and the leniency we show ourselves. Forgive the pain we cause and the self-indulgence we favour. Forgive us when we have disregarded our neighbours' needs, yet wondered why other people don't meet ours. Cleanse us as church and give us the mind and heart of Jesus, who came not to be served but to serve. Amen.

3

SEEK LOVE



God wants you to see yourself the way he sees you, and then in turn to see others through His lens of love.

What is filling your heart?

There are many things that can fill our hearts, some good things and some not.

Do you ever find yourself resenting your family or friends, or any one, perhaps for something they may or may not have done; if unforgiveness and bitterness have taken hold of your heart; if the stress and burdens of life have you so weighed down that you find it hard to enjoy simple pleasures with those who love and care about you; if you have lost sight of your purpose, and are just living from day to day, then it's time to see with new eyes.

God wants you to see yourself the way He sees you, and then in turn see others through His lens of love. Yes, it's a difficult task if you try to do it on your own, but with His help, you can.

Looking at ourselves through our human lens does not give us a full view. When we look at ourselves though the lens of God's love, we are able to see as he sees, love as he loves and serve as he serves.

Take some time to remind yourself how much you are special and loved by God. He sees you! He wants to renew your heart with His special and unique love so that it grows and overflows from you.

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SEEK LOVE

God's written Word holds wonderful reminders of how He sees us and loves us. Sit for a while and read from the pages of His precious book. Reflect on these words and ask God to write them on your heart. If one of these verses stands out to you as you read them, write it on a paper heart and take it with you.

1 John 3:1	Ephesians 2:10	1 Peter 2:9	Psalms 138:8
Psalms 139:13-16	Romans 5:8	Romans 8:38-39	Psalms 33:18
Colossians 3:12	1 Corinthians 3:16	Romans 15:13	1 John 4:16

*God wants the church to see itself the way that He sees it, and then in turn for the church to see the world through his lens of love. When God's love overflows in us it is so that His love can reach others. Together let's seek God's love for others.

Think about how your church already shows God's love to others.

Pray thankfulness over those things that come to mind and ask God to continue to be at work.

Now take a moment of silence and ask God to speak to you about what more He wants to do in and through your church.

Then pray:

Loving God, you are a God of abundance, we pray for you to be abundantly at work here. Within this church let your love overflow. Beyond this church let your love transform. Renew us. Grow in us. Let your Kingdom come. Amen

SEEK PEACE

“To safeguard your contentment in Christ is to ask the Holy Spirit to whisper Psalm 119 into your ear every now and then: ‘Turn my eyes away from worthless things.’”

(Joni Eareckson-Tada)

The world is shiny and glittery - full of all kinds of ‘stuff’ that competes for our attention on a daily basis. Without even thinking, we often pursue peace and contentment in our lives through these things. We turn our eyes to the world and let it alter our expectations and dictate our moods. We so often place our value and contentment in ‘things,’ and often we are let down. It happens the most when we let the world creep in where Jesus should reside instead.

“Incline my heart to your testimonies, and not to selfish gain!

Turn my eyes from looking at worthless things; and give me life in your ways.”

Psalm 119:36-37

If we spend a lifetime looking for peace, happiness and contentment in the things of the world it will amount to nothing. Why?

True and full contentment is only achievable through seeking God. To seek God’s will, desires and plans for our lives will lead to a God focused peace and contentment which is immeasurable to the things the world offers.

When culture declares contentment in self, let’s be a people who declare contentment in Christ.

continued...

SEEK PEACE

Are you looking for contentment in the wrong places?

As you read these words, did your mind flicker to things that take your focus off God? Do you sometimes feel like there is something missing in your life? Or are there things that you are trying, that aren't working?

Seek peace by focusing on God, cast aside those things that distract you!

Write a list of the things that you need to focus less on, things that are worthless to gaining true contentment. As you write, pray that your loving Father will help to keep these things from you. Continue praying as you write, that your focus will remain on Him and that contentment will come and remain in you.

Once you have finished, simply tear up the paper and place it in the bin provided.

These things are rubbish and worthless, they hold no value for you, let God renew you in His peace.

As you finish pray, **Psalm 119:36-37** over yourself.

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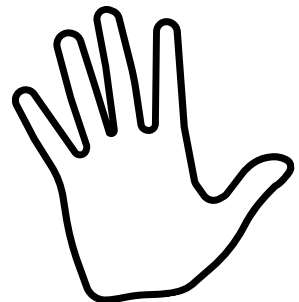
4

SEEK PEACE

*As followers of Jesus, we find peace and safety in the knowledge of Christ. However, this knowledge is not shared by everyone. Our world is filled with anxiety, worry, oppression and fear, peace feels distant. God invites us to be a people of peace, a non-anxious presence, just like Christ.

Using your hand, use your fingers to help you to pray:

- Hold your thumb and pray for people who are unwell and need to find peace within waiting, illness and recovery.
- Hold your index finger and pray for leaders around the world that they may seek peace for the people they lead.
- Hold your tallest finger and pray for people to come to know the peace of Christ across our world.
- Hold your ring finger and pray for those that are vulnerable and need peace against oppression or addiction.
- Hold your baby finger and pray for children and young people asking for peace in their many worries and stresses.
- Thank God that He hears and answers our prayers.



5

SEEK JOY



“The joy of the Lord is my strength.” (Nehemiah 8:10)

It is His Joy that enables us to thrive not just survive!

The joy of the Lord is our strength. Not a second cup of coffee, not our own abilities, time at the gym, or a full night rest.

It is His joy that surpasses any trial, any feeling, and any emotion. His joy is a fortress of rest, a shelter from the sun, and a shield from the enemy’s attacks. It keeps us going when we want to quit, strengthens weary bodies and souls, and transforms our perspectives.

God’s plan for mankind has been to bring us joy and peace, we read this throughout the Bible. It teaches us that joy is a gift from God, and that it is something to be celebrated and shared with others.

Joy is rooted in who God is. It is not fleeting or based on circumstances, it is sturdy and unbreakable. This type of joy isn’t primarily a feeling. If it was, then it would be impossible to experience it in moments of grief or in the depths of trials.

When life is good and stable, we seek joy and find it easily. How easily do we lift our heads and speak prayers of joy when trials loom large and stormy seas threaten to overwhelm us?

Ultimately, this joy comes from Jesus himself. We experience the joy of the Lord specifically because we are united to Jesus Christ.

continued...

5

SEEK JOY

Sit for a time and reflect on all that you are thankful for, contemplate the joy you feel and that is available to you every day because of what Christ has done for you.

Pray:

Heavenly Father, thank You for the unending joy that comes from lingering in Your presence, this joy is available to me every day. Please draw my heart ever closer to Yours. Help me always to seek joy in all circumstances of my life, whether in overwhelming and difficult times or in good news and celebration. Renew in me the joy that comes in the knowledge of your love and sacrifice. Amen.

Showing real and heartfelt joy is necessary and significant in our lives and that of the church. It is a sign of our salvation. This unending joy should be shared and shown by the church to everyone.

As we seek joy we are trusting God in all circumstances. If we think of our opening verse from Nehemiah, he is teaching us that joy is found in persistence and the relentless pursuit of God.

continued...

5

SEEK JOY

It can be easy to be disheartened when we look at the world and see many people who turn away from God. For many the church feels irrelevant, yet we hold the good news of Christ that speaks freedom and joy.

Spend time now praying for the impact of the church in your community. That in joy it would show Christ to many.

Pray:

Heavenly Father, as a church may we show your joy to others in our words and actions. May we be a church that represents your joy to the fullest, that those who see it and feel it may seek the same joy for themselves. Grow and renew us for your Kingdom's sake. Amen

6

SEEK RENEWAL



This prayer space has brought you through some stages; confession, renewal, and growth, praying for these things on a personal level, in a relational way and as church. Our prayers have helped us think and reflect on how to action out being followers of Jesus and knowing and feeling His transformative power for ourselves, the church and the world.

God's expectation of us as individuals and as church is not perfection but rather of doing our best under His guidance. Having an awareness of our limitations and in recognising them, seeking Him so we can discern His will.

Pause now and take a look at a community prayer for waiting by Dan White. As you read, invite God to be at work in your own life, bringing renewal and prompting growth.

*When we are heavy with sorrow,
let us cling to a whispering hope.
When we are deep in the night,
let us not forget the light we've once seen.
When we are exhausted from waiting,
let us find strength in each other.*

*When we are hardened by conflict,
let love interrupt our bitterness.
When we are frightened by scenarios,
let us receive wisdom from each other.
When we are haunted by failures,
let grace heal our self-inflicted wounds.
When we are dismal and defeated,
let faith be our nourishment.*

*When we are weary and complaining,
let our hearts discover perspective.
When we are apathetic and clumsy,
let deep apologies flow from our lips.
When we are dashed by disappointments,
let us find footing to press forward.*

*We are sheep who wander in the waiting,
but the Shepherd knows our names.
We are strangers without a country,
but the Kingdom of God is our true home.*

*In this time of great meaning,
In the stillness of Lent,
Give us grace for the days before us.*

Amen

(adapted)

6

SEEK RENEWAL

As you prepare to leave this space focus your mind to pray specifically for the Methodist Church in Ireland. How would you want God to renew and grow His people on the island of Ireland?

Write your prayer on a piece of paper and leave it for others visiting this space to read and join in your prayer.

Take a picture of your prayer and send it to: seek@irishmethodist.org

Together let's pray boldly and expectantly for God to be at work in the Methodist Church in Ireland. Amen.

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LIVING WHOLEHEARTEDLY AS FOLLOWERS OF JESUS FOR THE TRANSFORMATION OF THE WORLD



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