

**How to Run a**  
**24-7**  
**Prayer Space**  
**during**  
**Christian Aid Week**

christian  
**aid**

# Seven days, so many ways to pray together

There are so many ways to pray for freedom from poverty and lasting change in communities around the world this Christian Aid Week. This resource has been designed to help you plan your 24-7 Prayer Space and engage your church community to **'pray continually'**.

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

1 Thessalonians 5: 16-18

There are lots of different ways that you can run a prayer space, so this guide will offer you options and suggestions to help get you started and encourage you to think creatively about prayer. However, all aspects are optional - we want to encourage you to choose what will work best for your community and know that, when we make time to meet with God, He always draws near.

**All you really need are these three things:**

- 1** People who want to pray.
- 2** A shared space in which to pray.
- 3** A way to organise time slots so that prayer is continuous as possible.

# Getting Started with praying together

## **When will it take place?**

Christian Aid Week is the perfect time to run your 24-7 Prayer Space - especially if it's a significant moment in your church calendar. This will also help to communicate the 'why' of your call to prayer.

## **Where will you hold your Prayer Space?**

You can run a Prayer Space anywhere, so don't worry if your options are limited. You want to find a space large enough for small groups of people to gather but not so big that one person feels lost.

## **What is your budget?**

The cost of running a prayer room varies, and you don't need a big budget to make it happen. You can borrow and repurpose materials from your home and church, such as cushions, lighting and fabric, which means you'll just need to buy a few things, like pens, paper and materials for prayer activities.

## **Getting leaders involved**

Invite your church leaders, elders and leaders of organisations to help you promote the Prayer Space. Think about approaching home group leaders, youth leaders and students to get them involved.

## **Communication and sign up**

Make sure you communicate the dates and location of your Prayer Space ahead of time, and as many times as you can! It can help to announce it in a church service and through your church newsletter or announcement sheet.

Creating a physical sign up board with the available time slots listed will allow people to easily choose their hour to pray - leaving their name and email address. If you have a church office, you could locate the board there to make the sign up process even more straightforward.

Make sure to collate the sign up information so that you can send reminders to everyone who has signed up.

# Creating your Prayer Space

Prayer is more than just closing your eyes, and people connect with God in different ways. That's why a 24-7 Prayer Space uses creativity to engage our senses. Prayer Stations are a really effective way to help all kinds of people pray for longer and more deeply than they've ever done before.

## Prayer Station Suggestions

### Worship

Write out **Psalm 103**, extracts from the Psalm or leave copies of the Bible open at this chapter. Using the words of the Psalm to guide you, begin your time in the Prayer Space worshipping God for the love and compassion He has for us all.

### Forgiveness

**Read: Luke 10: 25-37 The Parable of the Good Samaritan**

We can often be so surrounded by injustice and need, that our hearts become hardened to the plight of others. Ask God to forgive the times you have 'passed by on the other side' and to open your heart to the people and places He wants you to show love to.

**On a large piece of card, draw a heart and invite people to write the names of people or countries that are on their hearts due to crisis or conflict inside the heart. Lift up those situations to God and ask that He would help us to love our neighbour.**

### Thankfulness

There is so much to give thanks to God for around the impact of Christian Aid's work around the world.

**Print out a copy of the map on the following page as a prayer prompt. By sticking the map to a cork board, you could provide drawing pins so that people could mark which projects they have prayed for.**

## Foreword

I cannot thank you enough for your prayerful and financial support for Christian Aid Ireland during the past few, often difficult, months. Your donations are bringing hope to those living in poverty and crisis.

The catastrophic humanitarian crisis in Gaza led us to launch an emergency appeal at the end of last year and it's thanks to your generous response that our partners there are able to carry out their lifesaving work even in the most unimaginable circumstances. Every one of our partner staff has been forcibly displaced from their homes. Many have lost friends, family or colleagues, and are dealing with almost unbearable grief and trauma. There are not enough words to describe their heroism as they continue to bring relief to those in desperate need.

On these pages we describe some of the work your support makes possible. Truly your generosity, your activism and your prayers are saving lives and changing lives. Thank you for everything you are doing to bring justice to the poor.

### Rosamond

Chief Executive, Christian Aid Ireland

# The work made possible by your generosity

**Here's what we achieved around the world in 2022-2023, supported by donations from people from across Great Britain and Ireland.**



Your donations reached communities in Ukraine through our partner, Crown Agents, to provide 34 baby incubators, lifesaving drugs for babies born with respiratory issues, 100 oxygen concentrators and patient monitors, 9,000 thermal blankets and 9,000 trauma kits.



In December 2023, Christian Aid Ireland joined with other Irish NGOs to call for a ceasefire in Gaza.

**2.9 million** people (55% women and girls) were reached directly by our long-term work to end poverty, with **17.7 million** people benefitting indirectly

**245** implementing partners



Teresa and Jeremias eat honey from their traditional beehive. Christian Aid partners in Honduras work with farming communities to diversify their livelihoods to address the challenges of the climate crisis.



In DRC, we worked in partnership with the World Food Programme to support families like Zania's (pictured here with Christian Aid staff member, Jackson Sungapay).

**275** projects across Africa, Asia, Europe, Middle East, Latin America and the Caribbean

**3.3 million** people benefitted from emergency humanitarian support



PARC distributing water in Gaza.



Christian Aid Ireland Policy and Advocacy Officer Ross Fitzpatrick (1st left) and NGO colleagues lobby the then Taoiseach Michael Martin ahead of a landmark win on Loss and Damage at the COP27 climate summit in Egypt.

## Christian Aid Week

# Creating your Prayer Space

## Intercession

### **Read: Mark 4 The Parable of the Sower**

Often, the work of Christian Aid takes time, expertise and patience. We may not see immediate results, but that doesn't mean that change isn't happening. Like a seed planted in soil, much of the growth goes unseen until the shoot comes into the light.

**Provide small plant pots or a basin of soil, and invite people to plant a seed in the soil. The small pots could be taken home as a reminder, or displayed in your church after the week of prayer.**

As you plant the seed, pray that God would give wisdom to Christian Aid's teams around the world as they seek out 'good soil'. And for the abundant harvest of people who will lift themselves out of poverty thanks to the care and expertise of those teams.

## Sharing Experiences

It is amazing to hear what God has done through this week of prayer. Make sure you give people a chance to share their testimonies from the time they spent in the Prayer Space.

**Provide a note book or sketch pad and invite them to write down any bible verses, words or pictures that they would like to share. It could be about your church or about the work of Christian Aid or about themselves.**

Share these with your church's leadership team and encourage them to prayerfully consider and carefully test what has been shared; asking God how He wants you to respond.

Our team would also love to hear from you after your Prayer Space has ended. If you have encouragements or prayers you'd like to share with our team, you can contact us on [belfast@christian-aid.org](mailto:belfast@christian-aid.org)