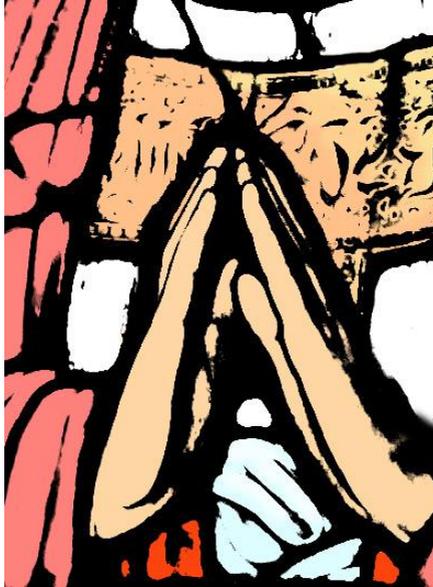




THY KINGDOM COME

Thy Kingdom Come



A Guide to 60 minutes of prayer
PRAYING FOR YOURSELF

www.thykingdom.co.uk

www.birminghamcathedral.com

Approach (15 minutes)

Read Matthew 6:9

⁹ 'Pray then in this way:

Our Father in heaven,

hallowed be your name.

¹⁰ Your kingdom come.

Your will be done,

on earth as it is in heaven.

¹¹ Give us this day our daily bread.

¹² And forgive us our debts,

as we also have forgiven our debtors.

¹³ And do not bring us to the time of trial,

but rescue us from the evil one.

¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you; ¹⁵ but if you do not forgive others, neither will your Father forgive your trespasses.

- Think of all the names you've heard God called
- Which name do you most use when speaking to God?
- "What comes into our minds when we think about God is the most important thing about us" A.W. Tozer. How often do you use the name 'Father'?

Read Matthew 7:9-11

⁹ Is there anyone among you who, if your child asks for bread, will give a stone?

¹⁰ Or if the child asks for a fish, will give a snake? ¹¹ If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him!

- How does your identity as God's child affect the way you approach Him now?

Ask (15 minutes)

Read Matthew 6:10-11

¹⁰ Your kingdom come.

Your will be done,
on earth as it is in heaven.

¹¹ Give us this day our daily bread.

- Think about yourself and all the people, situations and places that surround you. Think especially of anything that has been worrying you
- Ask God to teach you to pray in His will for His kingdom in each of these situations
- Thank God that He has your whole life and all your requests in His hands

Reflect (15 minutes)

Read Matthew 6:12

¹² And forgive us our debts,
as we also have forgiven our debtors.

- Think back through your last 24 hours, the things you've done the people you've met
- Ask the Holy Spirit to highlight things you've done wrong
- Next ask the Holy Spirit to show you times you should have acted and did not
- Say sorry and imagine tearing up the things you've done wrong, or feeding them through the shredder. Thank God for forgiving you.
- Is there someone you need to forgive today? Ask God to show you who

Praise (15 minutes)

Read Revelation 1:6

6 and made us to be a kingdom, priests serving his God and Father, to him be glory and dominion for ever and ever. Amen.

- Think of the names of God. After each one, add why this is true in your life (for example I know you're my Provider because you provided for the debts I needed to pay)
- You might like to write a song or poem that expresses your love to the Father. If you need to find inspiration from the book of Psalms and modern day worship songs

As you leave pray St Patrick's prayer:

"I arise today through the strength of heaven...

Christ with me, Christ before me, Christ behind me, Christ in me,
Christ beneath me, Christ above me, Christ on my right, Christ on
my left, Christ when I lie down, Christ when I sit down, Christ
when I arise

Christ in the heart of every man who thinks of me Christ in the
mouth of everyone who speaks of me Christ in every eye that sees
me

Christ in every ear that hears me"