

Arise, shine, for your light has come,
And the glory of the Lord has risen upon you.

For darkness shall cover the earth, And thick darkness the peoples; But the Lord will arise upon you, And His glory will appear over you." Isaiah 60 v 1-2

Praying the Lord's Prayer at Midday

This has been part of the Christian tradition for many centuries. Take 5 minutes each day at midday, or as near as you are able and pray and proclaim the prayer that Jesus taught us over the place that you are in. You could set the alarm on your mobile to remind you.



Prayer Walking

Preferably in groups walk and pray through your streets and ask the Lord to bless the good that you see, the homes, the businesses, community centres etc. Ask the Holy Spirit to guide you and show you things to pray for. You could walk your neighbourhood or perhaps the parish boundary.

Wear a wrist band

Show your commitment to the vision by wearing an "Arise Cheshire East—Your Kingdom Come" wrist band. These will be available from Arise prayer coordinators and through the churches.

Prayer Goals and feedback

We are asking leaders in our community to tell us specific things that they want us to pray for in 2012. We'll keep you informed.

Please let us know of answers to prayer and responses as we go through the year. We will try and keep you updated too.

Other resources and ideas

www.globaldayofprayer.co.uk
www.morethangold.org.uk
www.hopetogether.org.uk
www.24-7.com

Prayer for Today produced free of charge from UCB Radio.

Heal the Land, Robert Mountford.
ISBN 978-1-901670-69-1

www.arisesheshireeast.org.uk

Arise Cheshire East is a growing movement of prayer for our area facilitated by:
Robert Mountford (CrossRoads Community),
Revd. Paul Wilson (Knutsford Methodist Church),
Carolyn McQuaker (Go Project, Hidden Treasure in Cheshire East).

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Arise Cheshire East

A year of unbroken prayer for Cheshire East

"The borough, and the nation, stands at the crossroads in so many ways—social, political, financial and spiritual. At this moment therefore it is imperative that we come to the Lord for his help and healing, his forgiveness and release. Our hope for the future rests in his hands. It is time to seek the Lord." Robert Mountford, CrossRoads Community, ARISE Cheshire East, Author, *Heal the Land*.

As the New Year approaches, we invite and encourage as many as possible to join a vision to make 2012 a year of unbroken prayer for Cheshire East.

Small teams are being established to spearhead this vision in their locality so that what is already happening can be honoured and embraced in fulfilling this vision. The aim is to build upon what is already taking place, not duplicate or supplant. We are blessed to be able to draw upon ancient traditions of prayer as well as some newer ideas and movements.

Following are some of the things that we invite you, whether as individuals, as leaders, small groups or congregations, to join with and to help make possible in your towns and villages. Some may be new, others you may simply integrate into prayer gatherings and services you hold already. We don't ask you to do them all!

We do, however, thank all of you for joining with us in this exciting, and important venture at this crucial time in our nation.

"I commend the churches across Cheshire East for working together on this initiative and for the invaluable work which so many do in support of our local communities."

Fiona Bruce, Member of Parliament for Congleton.

Wake up the mighty men,
let all the men of war draw near, let them come up.
Beat your plowshares into swords,
and your pruning hooks in to spears.
Let the weak say "I am strong!". Joel 3 v 9 & 10

Cheshire East Prayer Watch

We are establishing a rota to see continuous prayer across the area through each day and night. This could be done individually or with friends and on a weekly, fortnightly or monthly basis. *Can you be one of 200 people needed to commit an extra hour or half an hour on a regular basis to help see continuous prayer across the area through each day and night?* This does include through the night for insomniacs!



24 hours x 7 days x 52 weeks of prayer

From Sunday evening to Sunday evening we'd love to see a relay of 52 weeks of prayer as one town or groups of churches completes a week of unbroken prayer and passes the baton to the next, keeping the flame of prayer moving across Cheshire East.

The different weeks are being planned with local leaders to spread the load, involve as many as we can and where possible link the weeks with key events or occasions within localities.

This may sound ambitious. But *on average* this means each church completing just *4 half days* of prayer in the year. By no means impossible!

(Larger groups may wish to take more of the load. You are not restricted to this number!) We encourage you to be as creative as you like, and include all ages. *Can you help organise, host and join with others to take part in one or more week to bring Christians together for prayer in our towns and villages of Cheshire East?*

Arise Praise and Prayer Gatherings

In 2011 we held a number of evening and afternoon gatherings in different towns of Cheshire East. Throughout 2012 we'd like to hold more, if possible coinciding with significant events and the weeks of prayer.

Watch out for dates and locations. *Can you host a meeting? Would you like us to join you?*

Adopt a street in prayer

Many people live around us with no one to talk to and turn to in a crisis. Many experience loneliness and isolation. If you don't know them already, meet with other Christians on your street to pray for your neighbours. *Could you commit to praying regularly for one or two neighbouring families or those living alone?*



Prayer request cards

Cards offering people the opportunity to ask for prayer, anonymously if preferred. You could deliver these to neighbours' homes, colleagues, make them available in churches and so on. These may be returned to a designated home on a street, or a local church or other collection point.

In your prayer group or church decide how you wish to use these; write the chosen return address on the card and give to friends, neighbours or colleagues. Let people know how long you will pray for them. These could be used with organised weeks of prayer.

Neighbourhood Prayer Guides

The prayer guides allow you to record the names of local people, community leaders and organisations so that you can pray for them throughout the year. The guides are based on the Community Prayer Diary from Neighbourhood Prayer Network. If you adopt a street please encourage them by letting them know www.neighbourhoodprayer.net

England's green and pleasant land

We are keen to ensure that rural areas and communities are fully involved. Please let us know if you would like us to join you and how we can support you.

The River of Life

"And he showed me a pure river of water of life, clear as crystal, proceeding from the throne of God and of the Lamb. In the middle of its street, and on either side of the river, was the tree of life, which bore twelve fruits, each tree yielding its fruit every month. The leaves of the tree were for the healing of the nations."

Revelation 22 v 1 & 2