

CANTICLE

Christ, as alight
Illumine and guide me.
Christ, as shield
Overshadow me.
Christ under me;
Christ over me;
Christ beside me
on my left and my right.

This day be within and without me,
lowly and meek, yet all powerful.
Be in the heart of each
to whom I speak;
In the mouth of each
who speaks unto me.
This day be within and without me
Lowly and meek, yet all-powerful.

Christ as a light;
Christ as a shield;
Christ beside me
On my left and my right.



In the shadow of your wings
I will sing your praises, O Lord
The Lord is the light, my salvation;
Whom shall I fear?
The Lord is the refuge of my life;
Of whom shall I be afraid?

In the shadow of your wings
I will sing your praises, O Lord
One thing I ask of the Lord,
One thing I seek;
To dwell in the presences of my God,
To gaze on your holy place.

In the shadow of your wings
I will sing your praises, O Lord
I believe I shall see the goodness
Of the Lord in the land of the living.
O wait for the Lord!
Have courage and wait,
Wait for the Lord.

In the shadow of your wings
I will sing your praises, O Lord

A blessing to you:

May the peace of the Lord Christ go with you,
Wherever He may send you.
May He guide you through the wilderness,
Protect you through the storm.
May He bring you home rejoicing
At the wonders He has shown you.
May He bring you home rejoicing
Once again into our doors.
In the name of the Father,
and of the Son, and of the Holy Spirit. Amen

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www.arisecheshireeast.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).

Arise Cheshire East

2012

A year of unbroken prayer for Cheshire East

Neighbourhood Prayer Guide

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

Welcome

Thank you very much for joining in this this venture of prayer in this momentous year.

Cheshire East may be a fairly new political entity but it is an area rich in heritage and culture, much of it deeply Christian. We have some beautiful countryside, both hills and plain, with a strong farming community and history. We have old and unique market towns with distinctive architecture and stories to tell as well as larger towns with an industrial heritage and presence.

We also have a rapidly changing landscape; socially, politically, physically and spiritually and face some very, very challenging times ahead of us.

We recognise it is not always easy to feel a part of this place called Cheshire East but if we live, work, play or rest here then we are all affected by the decisions and choices made by those in authority over this area, or by those who choose to run businesses here and so on. And as God's people here we all have a responsibility for all those near by us in this area - for our neighbours.

The aim of this guide is to help us keep in mind something of the whole area and also to pray for those people and issues closer to home in our streets, villages and towns.

Some prayer goals for the year will also be publicised. These will be those things which leaders in our community have identified as key targets that they would like to see accomplished for the good of the people in our area.

We will aim to update you on progress towards these as well as other answers to prayer and news as we go through the year. We'd love to hear your feedback too.

Once again, thank you very much for joining us in this important task.

Carolyn, Robert & Paul



“Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise prophecies.” (1 Thes 5 v 16—20)

7 Arts, media, culture and leisure Society is often driven by the media. The Kingdom is full of vibrant creativity. Pray for vision, integrity & healthy, life-giving communication expressed through the media and arts.	Newspaper editor	6 Social Justice and Order Social Justice is at the heart of the Kingdom. Pray for wisdom, integrity, strength & resources for those working in these areas and for safety on streets, in homes and workplaces and protection for creation.	Head of Police
Journalists	Neighbourhood police team	Local Radio & presenters	Local magistrates
Web & internet forum providers	Citizens Advice Bureau & other advocacy groups	Library Manager & staff	Probation Service
Club, pub & bar managers	Youth Offending teams	Museum & Gallery Manager & staff	Housing Associations
Leisure Centre Manager & staff	Victim Support	Leisure & tourist facilities	Prison visiting & rehabilitation
Café's, Restaurants	Head of Fire Service	Drama, theatre, cinema	Fire Fighters
Sports Clubs & Societies	Homeless & housing projects	Agricultural Show Leaders	Street-based projects
Festival Organisers	The Land & Environment	"But let justice roll down like rivers, and righteousness like an ever flowing stream." Amos 5 v 24. And now dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honourable, and right and pure and lovely and admirable. Think about things that are excellent and worthy of praise." Philipians 4 v 8.	

4 Health and Welfare Pray for all those involved in providing care and for those involved in healing ministries.	5 Education and Training Pray for those involved in education including with Bible teaching in one way or another, and for children and young people
Cheshire East Health & Wellbeing Board	Head & staff of Primary School
Local medical centre/ practice and staff	Head & staff of Secondary School
Health Visitors	Head & staff of Colleges
Counselling & support services	Governors
Addiction support & rehabilitation services	Nursery & Pre-school Groups
Family Help Organisations	Carer & Toddler Groups
Mental health support	Vocational Training Programmes
Head of Ambulance Service	Adult Education
Ambulance & paramedic staff	Young people not in employment, education or training
Residential care homes	Assemblies etc.
Hospices	Children's Groups
Chaplaincies	Youth Groups

“And the King will say, ‘I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!’ Matt 25 v 40. “If you indeed cry out for insight and raise your voice for understanding, if you seek after it like silver and search for it as for hidden treasures—then you will understand the fear of the Lord, and find the knowledge of God. For the Lord gives wisdom.” Prov 2 v 3-6.

Introduction



To help us cover all the different aspects of our family and communities the following pages highlight key groups or sections of local life and society for which to pray.

Some will probably grab your attention more than others.

There is space for you to write names of individuals close to you or those who fulfil different roles locally. You may choose to pray about a different topic each day of the week.

Please use this guide in any way helpful to you; it is a tool not a straight jacket. You can use it on your own, in existing small groups, house groups or in your local congregations.

Praying with your neighbours.

However, we would really like to encourage you to join with your Christian neighbours and adopt your street in prayer. You may wish to do this for example on a weekly or monthly basis, maybe over coffee or over supper. However it is done, it would be great to see as many streets as possible covered in our area.

Pray a Blessing

For all those for whom you are praying, please pray that Our Heavenly Father's name would be honoured, that His kingdom, rule and reign would come and that His will would be done.

You may find it helpful to use the following acronym

Body—pray for physical strength, health, healing & material & financial provision

Labour—pray for work, employment, school, and positive activities with which to be involved

Emotions—pray for heart, mind and soul, for emotional stability in circumstances; for good mental health and relief from anything causing stress, fear, anxiety or despair.

Social—for relationships with others, including family members, friends; for social inclusion and against isolation and loneliness

Spiritual—for growth in relationship with God, true freedom in the Holy Spirit and for spiritual strength and wisdom.

This guide is based on the Community Prayer Diary from Neighbourhood Prayer Network. www.neighbourhoodprayer.net

1 Family, friends and neighbours (including church family and friends)

My street / place		My village / town
Friend/Family Member		Neighbour
Friend/Family Member		Neighbour
Friend/Family Member		Neighbour
Friend/Family Member		Local shop/business
Friend/Family Member		Local clubs, societies, groups
Friend/Family Member		Community centre
Friend/Family Member		Children's Centre
Ministry		Other
Ministry		Other

In this section you could add all those you are praying for as a neighbourhood group so you can pray for each others friends and families. Name some local Christian ministries you want to support.

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2 Government and politics

Pray for wisdom & righteous decision making and for an understanding of need to steward the resources and responsibility they hold under God.

Your Member of Parliament		Work colleagues
Leader Cheshire East Council		Local businesses
Chief Executive Cheshire East Council		Local shops
Director of Children and Adult Services		Farmers & rural economy
Director of Places		Agricultural workers
Local Cheshire East Councillor(s)		Land & environment
Parish/ Town Councillor		Job Centre
Parish / Town Councillor		Leisure industry
Parish / Town Clerk		Credit Union / Debt Support
Other staff		Banks—manager & staff
Others known to you		Post Office—manager & staff
		Job seekers

3 Business, work and finance

Pray for work colleagues, for provision of employment & ethical business & working practices & strength in difficult circumstances.

"Righteousness lifts up a nation, but sin is a disgrace in any society." (Pr 14 v 34) "The fear of the Lord is the beginning of wisdom; all who follow his precepts have a good understanding. To him belongs eternal praise." (Ps 111 v 10).

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