

# Shift #2 - Prayers & Intercessions 2024

## Session Goals:

1. To invite participants to reflect upon the focus of their church's prayers and intercessions.
2. To encourage participants to consider how prayers and intercessions can better relate to their everyday lives and the world beyond church on Sundays.
3. To signpost parishes to relevant resources and consider trying some new things to develop their prayers and intercessions.

Time	Session	Leader's Notes
10 mins	<b>Welcome and opening prayer</b> TTT	
5	<b>Feedback and updates from last session</b> Have you tried anything new?	
10	<b>Intro to shift/setting the scene - read the handbook</b> <b>Icebreaker Question: What 3 words describe the prayer life of your church?</b> Write these on post-it notes and pens if there's time. <b>Feedback/stick the post-its on a sheet.</b>	
10	<b>Video: How and why do we pray for everyday life?</b>	
5	<b>Breakout Session #1</b> <b>What are the main focusses of our Sunday prayers and intercessions?</b>	
5	<b>Feedback</b>	
10	<b>Break</b>	
10	<b>Video: Prayer Walking</b>	

Time	Session	Leader's Notes
15	<b>Breakout Session #2</b>  <b>How can we enrich our prayers and intercessions to be more focussed on everyday life and faith?</b>	
5	<b>Feedback</b>	
10	<b>Highlight some resources - from main booklet and others known by the leader/group.</b>  <b>DNA Reflection:</b>  <b>Give participants the opportunity on their own or together to reflect on the three final questions on the handout. These focus on what has been Discovered, what may need to be Nurtured and any potential Actions to put in place moving forwards.</b>	
5	<b>Transforming Prayer Community - Video and Diocesan Prayer</b>	

This document is to be used along side the #MoreThanSunday Handbook available on the Diocese of Manchester website, at: [www.manchester.anglican.org/more-than-sunday](http://www.manchester.anglican.org/more-than-sunday)

If you are in need of addition support please contact Kim Morgan-Jones, Head of Lay Development and Discipleship, at [kimmorgan-jones@manchester.anglican.org](mailto:kimmorgan-jones@manchester.anglican.org)