



At Home – Prayer Resources



You will find here ways to engage prayerfully with All We Can's Change Begins with a Bicycle campaign. There are three prayer ideas to try from the comfort of your own home.

Wheels of Change

For communities like Butagaya in Uganda, a bicycle represents so much more than a mode of transportation. It allows young girls to travel safely to school to access education; it provides a family with the means to travel to the markets to buy and sell produce; it provides transportation to access health care. The wheels of change are turning and your prayers are an important part of that.

Resources: paper, scissors, colouring pens/pencils or paint.

Cut a wheel shape and divide it into six equal segments. E.g. red, yellow, blue, orange, green, purple.

Each colour can represent a theme or issue you want to pray for, for example:

Red = justice

Yellow = hope

Blue = peace

Orange = freedom

Green = growth

Purple = equality

As you turn the wheel, place your finger on each segment and pray for that topic. Before you turn to the next colour say these words from Psalm 121:

*Gracious God,
I lift up my eyes to the mountains—
where does my help come from?
My help comes from the LORD,
the Maker of heaven and earth.
Hear my prayer.*

Lectio Divina

Resources: A Bible

Drawing on Monastic traditions, Lectio Divina is a form of reading a short passage from the Bible and allowing yourself silence and space to reflect on it.

Before you begin, you may want to pray using these words:

Lord, open my ears to hear your words.

Open my eyes to see my place in your story.

Open my heart to allow your words to take root there.

Amen.

Read John 6:1-15 aloud.

Pause afterwards and allow yourself some time to reflect on any words or phrases which particularly stood out for you.

Read John 6:1-15 aloud again.

Pause again and give yourself space to let the words and phrases which are most striking to you sink in. This may be a time for you to talk to God and explore the meaning behind what has grabbed your attention in the passage.

Spend time in quiet contemplation. You may want to hold a few moments of silence to allow this passage to inspire you. What is God saying to you through this story?



Light in the Darkness



Resources: Three candles, matches

Light the first candle

Pray for yourself. What parts of your life do you want God's light to shine into? Who are the people in your life that you want to bring to God in prayer?

Light the second candle

Pray for your community. What is happening locally that you would like to pray for? Are there stories in the local news which have been on your heart? Who are the local leaders you can pray for as they serve the community? What issues are concerning you?

Light the third candle

You may want to close with this prayer:

Amos 5: 24 says

*But let justice roll on like a river,
righteousness like a never-failing stream!*

Lord God,
You bring light into darkness.
I lift up the people and places on my heart.
Hold them in your hands.
I pray that you will bring hope where there is despair,
Bring peace where there is conflict,
Bring growth where there is destruction,
And break the chains of poverty and injustice which bind.



Do You Want to Pray Some More?

You can find additional prayer resources at allwecan.org.uk/prayer or join us on Facebook, Instagram and Twitter, where we regularly share prayer ideas:

[@allwecanuk](https://www.instagram.com/allwecanuk)

Visit allwecan.org.uk/cycle to find out more information and how you can join in and see change begin with a bicycle.