

Praying together at All Saints'

In addition to the regular Sunday services there are other opportunities for prayer:

- The church is open everyday during daylight hours and we invite you to sit in the prayer corner at the front of the church. Whilst there, you can participate in quiet reflection and/or use some of the prayer resources available to help you pray.



- If you would like, do fill out a prayer card and attach it to the Prayer Tree.
- Celtic Morning Prayer is said in church every Saturday morning from 9am where the requests on the cards are prayed for.
- Evening prayer is held every Sunday via zoom which you can join by emailing Cheryl@cynewulf.co.uk

How to contact us

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Lord, teach us to pray



**All Saints Church
Cottenham
with Rampton**

*A church for everyone
and open to all*

About prayer

Prayer is talking and listening to God.

We can pray:

- anytime
- anywhere
- about anything.

As we pray, our relationship with God deepens. Jesus prayed often, and when his disciples asked him to teach them to pray, he gave them the Lord's Prayer:

*Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come,
thy will be done on earth
as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those
who trespass against us.
Lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
For ever and ever.
Amen*

The different aspects of prayer

The word ACTS gives us a useful pattern for our times of prayer.

- Adoration- worshipping God for who he is
- Confession- telling God we are sorry.
- Thanksgiving- thanking God for all his gifts to us
- Supplication- making requests for others and ourselves

Silent prayer

Prayer does not necessarily involve words. Being still before God, open to God's presence and voice is also prayer.

What can help

Closing our eyes can be helpful as it removes distractions, but sometimes focussing on a Christian symbol can also be helpful.

For example, in this church you may find inspiration from one of the stained glass windows or the cross made of nails in the prayer corner, or perhaps the large wooden cross behind the high altar. You might like to light a candle or write a prayer for the prayer tree.

Prayer cards are available on the table in the prayer corner at the front of the church.

There are prayer resources available in the area of the church where you found this leaflet.

Some useful short prayers

*"Lord Jesus Christ, Son of the living God,
have mercy on me, a sinner."*

*"Lord Jesus Christ, you have been through
everything. Stay with me through
everything."*

"Guide me now, O gracious Lord."

Listening to God is prayer.

God speaks in many ways: through our conscience, through other people, through beauty, art or music, through literature, to name but a few.

We can also hear his voice through Scripture. For example: listen to the promise of God's forgiveness:

*"But if we confess our sins to God, he will
keep his promise and do what is right: he
will forgive us our sins and purify us from
all wrongdoing."*

1 John 1:9

...and here is the promise of Jesus to all his followers:

*"Whoever follows me will never walk in
the darkness but will have light of life."*

John 8:12

