

## Released prayer station

The 'Released' strand of the diocesan strategy has many strands to it

Today, we will focus on just one:

Being released into our 7-day calling to be **Lights for Christ** in the world

Please feel free to take away a copy of the L4C booklet



**We RECEIVE the light of Christ** by encountering God in the Bible, in the sacraments & in fellowship with the people of God in Church

**We WALK in the light of Christ** as we live out our faith in work, rest & play, particularly in generosity & forgiveness as we recognise God's grace to us

**We REFLECT the light of Christ** in love & service within our communities but also in sharing the message of the gospel as opportunities arise

### Possible prayer activities at this prayer station

Type of activity	Name	Description
Personal	Praying my week	What will you be doing Mon-Fri? Work or retirement? Looking after family? Leisure activities? Pray through some of the issues you face
In pairs	This Time Tuesday	What will each of you be doing at about 9.30am Tue 11 Nov? Share your needs. Pray for one another, silently or aloud, as you feel comfortable
Personal	My church family	Pray for people in your church family who work in: education, health service, commerce, etc. Don't pray for their roles in church!
Personal or in pairs	Reflecting the light	How can you be good news in your area by your actions? What holds you back from sharing the good news verbally?

As you end your time at this prayer station:

- Remember the words: **Go in peace to love and serve the Lord**
- Respond with positive commitment: **In the name of Christ. Amen.**
- You might want to light a candle to signify this response