

RESOURCES

Fr John will provide prayer resources to help you plus you can add your own prayers. He will also pass onto you special prayer requests to add to your prayers.

MEMBERSHIP TO THE PRAYER CELL OF St PAUL

Membership is opened to anyone although we are targeting Church members who would like to come to Church but find it difficult but would still like to link into the Church.

Members need to be registered with Fr John, the Parish Priest, who will provide resources and assistance.

Its hoped that once a year all members of the Prayer Cell might gather for fellowship, prayer and afternoon tea.



PRAYER CELL OF St PAUL

**For more information please talk to Fr John Mathes
at Holy Trinity Anglican Church, Ararat
Rectory Phone 5352 1109 Mobile Phone 0417 407 768**

An activity for those who cannot come to church
A fresh expression program of the Anglican Parish of Ararat



PRAYER CELL OF St PAUL

St Paul said in 1 Thessalonians 5:17 “.....pray without ceasing...”

Jesus said in Matthew 6:6 “.....whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you...”

WHAT IS PRAYER?

Prayer is talking to God. But prayer is more than words and it is more than talking to God. Prayer is really the presence of God in our lives. Each one of us prays in our own way to our own God in the way that we understand God, so no one's prayer is ever the same as another's.

Prayer is something that anyone can do.
God listens to all who pray

The main reason we don't pray is that we don't understand the purpose of prayer. Instead of viewing prayer as a conversation with God, we often see it as a performance. We have a tendency to think that we will be graded on how "liturgically correct" our prayers are

Prayer is a privilege. Can you imagine how wonderful it is that the creator of the universe is willing to meet with us and hear what we have to say? This is something we should take advantage of every day. Prayer is a privilege because God allows us to share our heart with him.

PRAYER CELL OF St PAUL

There are some in our Church who cannot worship regularly in our Churches because of some physical ailment or old age. The Church often visits these people and may give them Holy Communion. Although they can no longer physically be involved with the Church they can still link themselves with the Church through prayer and can have a special ministry in praying for the Church and those in need.

The Prayer Cell of St Paul is an opportunity for people to be linked together in prayer.

WHERE & WHEN?

It is important to establish a regular place, time and duration - perhaps you could commit yourselves to pray once a day for 15 minutes either early in the morning or after lunch or some other time that suits you.

Do you have a place for prayer in your home? Is there a spare room or a corner in your lounge room, or a comfortable spot that could be converted into a place for prayer?

You might like to use appropriate music? Light a candle? Use icons or pictures? Use silence to listen... Who knows, perhaps God may just want to say something. God is always more anxious to speak than we are to listen.

Pray as you can, not as you can't. Don't try and run a marathon if you've never tried to complete a one hundred metre dash.