

Quick Guide...

Pray it Forward

"Freely you have received, now freely give" Matthew 10: 8

Background

Pray it Forward is a simple, yet remarkably versatile resource which has been widely used across the globe. It consists of eight different credit card sized cards, each with a blessing inspired by words from the Bible, and an invitation to pray for someone else and pass the blessing on.

The Mission and Discipleship Council initially developed the cards as a way of communicating Christianity prayerfully and positively to those with absolutely no connection to a church, but perhaps with an interest in spirituality. They are therefore simple, life-affirming, and devoid of jargon or 'churchy' language. They have however been warmly received by congregations for use not just in outreach, but in worship, prayer and pastoral care.

The Cards

The cards come in an assorted pack of eight different designs, each design on a different colour of card. On one side of each card there is a simple message: 'A friend prayed for you. Why not pray for another friend and pass this card to them.' On the other side of the card is a short prayer of blessing, inspired by the Bible.



May the Lord bless you and keep you.
May the Lord make His face shine on you,
and be gracious to you.

May the Lord look on you with favour
and give you peace.

Amen

(Inspired by Numbers 6:24-26)

May the God of all comfort,
guide you when you walk,
watch over you when you sleep,
and speak with you when you rise.

Amen

(Inspired by Proverbs 6:22)

May God keep watch between you and me,
when we are apart from one another.

May the love of God be between us
now and forever.

Amen

(Inspired by Genesis 31:49)

Now may Jesus Christ,
and God your Maker,
give you everlasting hope and peace.

May they comfort your heart,
and the hearts of those who love you,
and strengthen you all.

Amen

(Inspired by 2 Thessalonians 16-17)

May God watch over you
and be your shade and shelter,
so that the sun may not strike you by day,
nor the moon by night.

May God guard you from all harm,
and watch over you
all the days of your life,
both now and forever more.

Amen

(Inspired by Psalm 121:5-8)

May the God of hope
fill you with all joy and peace in believing,
that you may flourish in faith, hope and love,
through the power of the Holy Spirit.

May the peace of God,
which passes all understanding,
shelter your hearts and minds
through Christ Jesus.

Amen

(Inspired by Romans 15:13, Philippians 4:7)

May the Lord answer you when you are in distress,
may he give you the desire of your heart,
and make all your plans succeed.

Amen

(Inspired by Psalms 20:1, 4)

May the Lord cause you to flourish,
both you and your children.

May you be blessed by the Lord,
the Maker of heaven and earth.

Amen

(Inspired by Psalms 115:14-15)

How can they be used?

The cards are ideal for use in a number of ways, limited only by your imagination! Here are some simple suggestions that others have tried, which might help you find ways to share blessing and make use of the cards.

- Insert them into Get Well or other greeting cards.
- Use them when on your district visits.
- Say them with people you visit in hospital.
- Use them if you wish to start a prayer meeting for folks who don't like extemporary prayer or praying aloud.
- Ask your local GP if you can leave some in the surgery – you might be surprised.
- Distribute them as part of morning, evening or weekday worship.
- Give one to guests at weddings or baptisms.
- Include in any delivery of Christmas or Easter cards to the parish.
- Use them at the start or close of a meeting, Kirk Session, Guild, Presbytery, etc as a devotional act – this can be done in conjunction with Pray Now, which can be used for this purpose as well as for daily prayer.

- Use them as part of a new house group or Bible study initiative.
- Use them as part of a school assembly or Chaplaincy at schools.
- Display on stands at your church café or drop in— perhaps give one free with every cup of tea or coffee, or leave them on the table beside the sugar and milk.
- Give them to members of the public at community events where your church has a presence.
- Carry in your wallet or purse and offer them to people you meet.

Additionally, if you have been wondering how to encourage people in prayer, a full order for a service of blessing has been written by two local parish ministers specifically for Pray it Forward. This can be found by searching 'Starters for Sunday online' or using this web address:

www.churchofscotland.org.uk/_data/assets/pdf_file/0018/8190/PRAAYITFORWARDSERVICE1.pdf

These are just some of the ways we have thought of, and would love to collect more ideas from others. Please drop an email to mandd@cofscotland.org.uk and we will continue to collate and share with others how different people are using them.

Where can I get them?

The cards are available from Mission and Discipleship Council, and can be bought from the online shop on the Resourcing Mission Website www.resourcingmission.org.uk/shop.



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