

# Living Hope Prayer Resource

Dear friend, we are so glad you have chosen our resource for your Lent focus. The action and prayer resource can be used side by side or separately. You can use it to begin the day, end the day, or even as grace for lunch time. Use it as a family, a house group, whole church or individually. The most important thing is that you take the time to absorb the prayer, and focus on those who have less than we do.

***Enjoy!***

***Grace and peace at Lent,***

***The team at Living Hope***



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We're on Twitter too! As 'LivingHproject'



Picture from Vertical World Solutions

Every Friday we will be asking you to find out what is happening in Pakistan and pray for that situation. If you do not have access to the internet, please use a news article or a story from TV.

The prayers have been written by different people of different ages for use with this resource. Please feel free to use the prayers for any non-profit use, quoting 'Living Hope Prayer & Action Resource 2015' with the URL of our website. Please note that this resource has been written with committed Christians in mind, if you are not yet a committed Christian and want to find out more, speak to your minister or visit [www.rejesus.co.uk](http://www.rejesus.co.uk)

## Shrove Tuesday (17<sup>th</sup>)

Lord, be with us as we celebrate giving up.  
As we give up the wide-range of food we have, we remember your sacrifice.  
Lord, remind us of those who don't have the luxury of giving up luxuries in their life, but simply have to go without.  
Use us, throughout lent, to bring joy to those we meet, and hope to the community of Baddomalhi, in Pakistan.  
Amen

## Ash Wednesday (18<sup>th</sup>)

Father, I know that I have not lived the way you want for me. I am truly sorry, and now I want to turn toward you.  
Please forgive me, and help me avoid turning away from you again. I believe that your son, Jesus Christ died for my sins, was resurrected from the dead, is alive, and hears my prayers. I invite Jesus to become the Lord of my life, to rule and reign in my heart from this day forward. Please send your Holy Spirit to help me obey You, and to do Your will for the rest of my life.  
In Jesus' name I pray, Amen.



Thurs 19<sup>th</sup>

When newspapers draw our attention to league tables, let us be thankful for a free education. When we strive to get places at the best local school, let us be thankful for all those who work with our children. Help us not to take our experience for granted, Lord. Enable us to pray for others who continue to yearn for the opportunity to go to school. Amen

Saturday 21<sup>st</sup>

Creator God, we thank you for our financial system in this country. We are thankful that we are able to have mortgages, credit and loans to make our lives easier. We pray for those who are in debt and for those who cannot access credit, may you ease their financial worries. In your name, Amen.

Tuesday 24<sup>th</sup>

Dear God, I would like to pray for those who can't afford to buy clothes. We are very grateful for what we get because we get more than others in different countries. We are also grateful for the money we have to spend in shops as people in Pakistan and other countries don't have what we have. We pray for those in the poor countries who do not get a decent wage to feed and clothe themselves and their families. Amen

Thurs 26<sup>th</sup>

Dear God, we thank you that we can have a balanced diet and choose freely what we eat. We thank you that we can choose from a wide range of meat, including pork. We pray for those who have a restricted diet, restricted by poverty or culture. Amen

Fri 20<sup>th</sup>

Visit [www.pakistanchristianpost.com](http://www.pakistanchristianpost.com) and pick a news article to pray about

Mon 23<sup>rd</sup>

Lord, we have people to collect our rubbish from our houses, and people employed to pick it up from the streets.

We have clean water to drink, to cook with, to wash our pots, wash our clothes and wash our bodies. We even have clean water to flush our toilets. We are so lucky.

We pray for those who become ill due to a lack of sanitation. We hope that people are able to increase their sanitation, thereby improving lives and health. Amen

Wed 25<sup>th</sup>

Lord Jesus we praise you that we have access to electricity. We are able to stay up after dark, to use appliances to aid our daily lives and have more choice over leisure. We pray for those who are restricted in their choices because they simply don't have electricity. May you bless them. Amen

Fri 27<sup>th</sup>

Visit [www.pakistanchristianpost.com](http://www.pakistanchristianpost.com) and pick a news article to pray about



Sat 28<sup>th</sup>

Dear God we pray for the children. Please keep them safe and protect them from pain and suffering. We give them into your care. You created them and you love them. We pray that they all come to know your Son, Jesus Christ. Amen

Tues 3<sup>rd</sup>

Prince of peace, I praise you for the abundance of shoes in my life. I have shoes for walking, shoes for work, shoes for running and shoes for dancing! I pray for those who don't have this luxury. May you bless their feet. Amen

Thurs 5<sup>th</sup>

Lord Jesus, I thank you that in the UK there is freedom and opportunities to learn. Resources and people can be made available to aid our learning and help us to grow in knowledge. May you fill and provide for those who yearn for the opportunity to learn and grow in knowledge. Amen

Sat 7<sup>th</sup>

Father God we pray for those entrusted with the responsibility of fathering, all who have the duty and privilege of raising children, fashioning their lives, offering a stable and loving environment in which they can grow, leading them along the exciting yet demanding path to adulthood. We pray that you may grant them love, insight and devotion. Amen

Mon 2<sup>nd</sup>

King of Kings, we thank you that we have access to the healthcare we need. We can get specialist care and services that many people in Pakistan need but simply cant afford. May you bring your healing and the help they need. Amen

Wed 4<sup>th</sup>

Father God, we pray for the children in Pakistan who are suffering from malnutrition. We pray that things will change in Pakistan for the better and that its politicians will open their eyes to the plight of their people, especially the innocent children. Amen

Fri 6<sup>th</sup>

Visit [www.pakistanchristianpost.com](http://www.pakistanchristianpost.com) and pick a news article to pray about



### Zarda (Sweet rice)

Zarda is made for special occasions, and is surprisingly yummy! Enough for 6 portions

2 cups of rice, 1/2 tbsp raisins (Kishmish), 1/2 tbsp. walnuts,(Akhrot) (chopped), 1/2 tbsp. almonds (Baadaam) (chopped) ,1 tsp. grated orange zest, 6 small cardamom pods (Choti Ilaichi), 2 tbsp. double cream, 2 cups sugar, 1 tbsp. vegetable oil

- 1) Soak rice in water for 10 to 15 minutes.
- 2) In a large pot combine: water & 3 cardamom pods; bring to a boil. Slowly stir in rice, reduce heat, cover and simmer until rice is tender, (about 20 minutes)
- 3) In a large skillet over low heat, fry the remaining 3 cardamom pods in oil for about 2 minutes
- 4) Stir in the cooked, drained rice, and sugar. Cover and cook for another 5 minutes.
- 5) Remove from heat and stir in the cream, raisins, walnuts, almonds and orange zest

Mon 9<sup>th</sup>

Christ Jesus, I praise you that I am able to profess my faith freely and can go wherever I choose. Quell the fears of the Christian children of Pakistan as they travel to school and help them trust in your protection.

Amen

Wed 11<sup>th</sup>

Saviour, Thank you for doctors. Thank you that I can go and see a doctor any time I need to for free. I pray for those who cant access doctors and get more ill as a result. Amen

Fri 13<sup>th</sup>

Visit [www.pakistanchristianpost.com](http://www.pakistanchristianpost.com) and pick a news article to pray about

Saturday 14<sup>th</sup>

Tomorrow is Mothering Sunday—Many mothers worry about the future of their children, like Aishal. She worries that she wont be able to provide good education for her daughter, or shield her from the harsh realities of poverty in Pakistan.

Pray for the women in your family, about their hopes, dreams and struggles.



Tues 10<sup>th</sup>

Thank you God for spare time. I have time to fill with relaxation, sports, hobbies and friends. I pray for those who don't have the luxury of spare time, may you fill their lives with your peace. Amen

Thursday 12<sup>th</sup>

Lord, we thank you that we have access to lots of books. We can buy, take-out, borrow, lend and swap. We know our favourites, and that's not a result of a lack of choice. Help us to be thankful for the books in our libraries, schools and personal collections. Help us to use and share our resources wisely. We pray for all those who do not have the opportunity to 'enjoy a good book'. Amen

### Chana (Chickpea) Curry - Serves 8 — freezable

800g tinned chickpeas, 2 chopped onions, (You can use 3 tsp medium curry powder instead of individual spices, but whole spices taste so much better!) 1/4 inch piece of ginger chopped, 2 cloves of garlic chopped, 1 tin chopped tomatoes, 1 tbs cooking oil, 1 tsp cumin, 1/2 tsp turmeric, 1 tsp coriander, 1/2 tsp garam masala, 1 chilli, fresh coriander leaves (If you can get hold of fresh coriander, it is definitely worth it!)

- 1) Rinse chickpeas and set aside. Crush some of the chickpeas to make the sauce nice and thick.
- 2) Heat the oil in a medium sized pan, add whole spices (if using) and wait until they begin to spit.
- 3) Add onions, garlic, ginger & powdered spices. Fry until golden. Add tomatoes and chickpeas and 1 cup water.
- 4) Add salt & chilli to your own taste.
- 5) Cook covered for 20 mins.
- 6) Add fresh coriander to garnish.
- 7) Serve with Chappati and rice

Mon 16<sup>th</sup>

Heavenly Father, I praise you that I don't have to worry about whether I can feed my family tomorrow. I thank you that I am able to put money aside for a rainy day. I thank you for the peace of mind that this gives. I pray that those who struggle will have your peace to calm them. Amen

Shahzad works in the brick factory from 4am until 8am when it gets too hot to work outside, then again from 5pm until 8pm. After this work he is too tired to go to school and he only earns just enough to feed himself and his baby sister. Without an education he will never learn to read or write and looks forward to a future of poverty, working permanently in the brick factory



Tues 17<sup>th</sup>

Thank you Jesus that I am able to choose what I do to earn money. Even if I only have a small choice, I do have one. I pray for those who have no choice, especially for those who work in Baddomalhi's brick factory with little hope for the future. Amen

Wed 18<sup>th</sup>

Good shepherd, we thank you that the majority of children in Britain are protected from diseases and illness. We pray for the children in Pakistan that don't have access to vaccinations and the medicines which could save their life. Amen

Thurs 19<sup>th</sup>

Lord I thank you that here in UK both poor and rich children have access to free basic education. I pray for those who do not have access to life changing education due to their poverty. I thank you for the organisations like living hope who dedicate their efforts to reach out to the underprivileged offering them opportunities to learn. Amen

Fri 20<sup>th</sup>

Visit [www.pakistanchristianpost.com](http://www.pakistanchristianpost.com) and pick a news article to pray about



Sat 21<sup>st</sup>

Abba Father, I thank you for the gift of writing. I thank you that I can choose from a different variety and quality of pens and papers. I understand that without pen and paper it would have been very difficult to learn to write. I pray for those children who cannot afford to have enough pens and papers to aid their learning. Forgive me if I have used pens and papers unthankfully. In Jesus' name I pray, Amen

## Mon 23<sup>rd</sup>

God of Grace, I thank you that I have access to medicine to help me recover from illness and pain. I thank you that when I am not feeling well and I need medication I can afford it or it is given to me for free. I pray for those who are ill and cannot afford even basic medication. Heal those who suffer for their whole lives from easily curable illness. In the name of Jesus I pray, Amen.

## Wed 25<sup>th</sup>

God, we praise you that we have so much choice in this country, choice over the food we eat, the clothes we wear and how we travel. We are thankful that we don't have to spend whole days travelling, or that we don't need to walk miles for simple things like water, but we remember those who do.

In your name, Amen

## Tues 24<sup>th</sup>

Mother God we bring you our prayers for all who are entrusted with the responsibility of motherhood. We pray for all the mothers figures in the world, recognising both the joy and responsibility they experience. The privilege and pressures, hopes and fears, pleasure and pain that motherhood entails. Father God we pray that you may equip all mother figures with the love, wisdom and strength they need. In your name we pray, Amen.

## Thurs 26<sup>th</sup>

Immanuel, I thank you for schools which are fully resourced. I pray for those schools who are badly affected by the economic crisis. I also pray for those schools in the world that do not have enough room and resources at all. I pray that you intervene and help us to deal with the situation that is affecting the education of the next generation. Amen

## Fri 27<sup>th</sup>

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## Sat 28<sup>th</sup> Psalm Sunday

Christ who liberates the world, you rode into history in humble form. As palm leaves were laid as a pathway for You, so You became a pathway for all creation to be reconciled with God our Creator.

Your journey moved to a cruel end which became a glorious new beginning for all.

So as our lives cry Hosanna, we know you came to liberate all to the truth of your love. Christ our redeemer, you are the way the truth and the life. Amen



Picture from Vertical world solutions

Mon 30<sup>th</sup>

Thank you Christ for family occasions like Birthdays. I praise you that I am able to celebrate occasions with parties, food and presents. I pray for those who don't mark occasions like I do because they simply cannot afford it. May your love fill them year by year. Amen

Wed 1<sup>st</sup>

Almighty God, I thank that most of our schools are equipped with heating and air conditioning systems to keep students comfortable and ready to learn . I pray for schools in Pakistan where rooms are overcrowded and they have poor ventilation. I pray that this kind of environment does not affect their learning too badly. In the name of Jesus I pray, Amen

Fri 3<sup>rd</sup>

Good Friday

Lord Jesus Christ, willingly You went to Calvary, willingly You went to the cross, willingly You suffered and hung in our place.

As darkness descended and You called out in pain, You cried out in love, 'Father forgive them'.

Lord Jesus Christ You have come to us through death and conquered our sin. It died upon the cross, the cross that moved the world and its people to a new life in You. Amen

Sat 4<sup>th</sup>

Abba, thank you that we are able to extend our knowledge by reading books. We have access to libraries, bookshops and the internet. We think of those who don't have this luxury and suffer as a result. Amen

Tues 31<sup>st</sup>

Lord, I thank you for supermarkets. I thank you that I can walk around and choose from a range of food to eat. I thank you for the fresh fruits and vegetables. I know that not everyone in the world has access to these foods. I pray that you would give them their daily basic foods. Lord, please would you provide for them just as you have provided for me? Amen

Thurs 2<sup>nd</sup> — Maundy Thursday

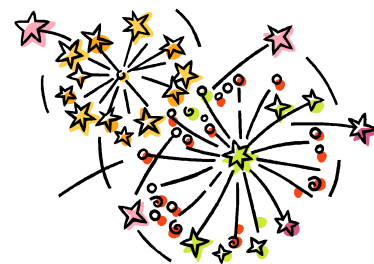
Take some time today to think of your feet and go for a walk if you are able. On Maundy Thursday the last supper is remembered, and at this Jesus washed his disciples' feet.

Servant God, you washed your followers feet, in the same way you cleanse us on our journeys with you today. We pray for those who's journey is long, those who don't have the protection of shoes, who walk because they have to; for water, food, work and education. We pray that we too can be servants to our world. It says in the Bible blessed are the feet of those that bring good news. We pray that our feet may be blessed as we share your love this Easter time. Amen



# Sunday 5<sup>th</sup> - Easter Sunday

Hosanna, Christ is risen! Like sunrise every morning you bring us out of the darkness and into the light. For the emptiness of the tomb, and the surprise of the rolled away stone, we praise you O Lord our Redeemer. For the disciples who believed and passed on the message we thank You, O God. Our Light and our Saviour is alive. What a glorious day. We praise You Lord Jesus. Amen



Many churches let off fireworks today to celebrate! What will you do today? Remember that you can celebrate without fear of persecution; many Pakistani Christians can't.

A traditional Easter greeting in Pakistan is; 'Yasu Zinda Khuda Wind Hai' (Written as it spoken)

Which means 'Jesus is the Living Lord'



A special thanks to Vertical World Solutions, a non-profit organisation working in Pakistan, based in USA, who allowed us use of their photos. Find out more about them at [www.verticalworldsolutions.com](http://www.verticalworldsolutions.com)

Thank you for  
using this resource

Please return this form to;

Living Hope, C/O Imran Malik, 37 Eversley road, Upper Norwood, London, SE19 3PY

Living Hope will not pass your details onto any other organisation. If you do **not** want to be a part of our mailing list, please tick here

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

I enclose a cheque for £\_\_\_\_\_ Please make it payable to 'Living Hope'

*If you have been inspired to make a donation, please fill in the above form, or if you would like to volunteer for us, please visit to website to find out more!*

Inspired to give more? Go to our website to find out how you can set up a direct debit to give every month; [www.livinghopeproject.org](http://www.livinghopeproject.org)



Living Hope's mission is to build a school and community centre for children and their families in poverty in Baddomalhi, Punjab. We want to enable families and the local community to be released from poverty and help them build their own future.

Visit [www.livinghopeproject.org](http://www.livinghopeproject.org) to find out more