

CHOOSE TO LOSE

PRAYER IDEAS

Use these ideas to help you spend time during your Choose to Lose challenge to pray for those who have lost out because of their choice to follow Jesus.

STORIES PRAYERS AND REFLECTIONS BOOKLET

Read through the booklet we've sent you in the post ([or check it out here](#)) and use the stories, prayer points and thoughts to help you connect with those who have lost everything because of their choice to follow Jesus.

TOP 10 PRAYER TEXT CHAIN

Doing the Choose to Lose Challenge with some friends? Give each person a country from the current World Watch List top 10 to research and write a prayer for (if there's less than 10 of you, then take on more than one country so all ten countries are covered). Set up a group text chat and every hour, between 1pm and 10pm, on the hour, send a prayer for the appropriate country (e.g. at 1PM send a prayer text for the country that is No.1 on the World Watch List). Encourage people to respond with their own short prayers throughout the hour, until it's time for the next country - and keep going until you've covered all the countries in the top 10! You can find out quick prayer points for each country by checking the world watch list map we've sent you in the post, or looking at opendoorsyouth.org/wwl

PRAYER WALK - NB: Remember social distancing restrictions

Go on a simple prayer walk around your local area. You could act how North Koreans do - walk in two's and three's and whisper a quick prayer to each other when you're sure no-one will see you! Take the World Watch List with you and when you see something that reminds you of a country on the list, look up that country and pray for Christians there (examples could be a Turkish barbers, Chinese or Indian restaurant or a Mosque - which could be any majority Islamic country).

PRAYER WALL / SPACE IDEAS:

Due to Covid restrictions you may not be able to set up a prayer space in your church. However your prayers are not in lockdown, so here are some great ideas to turn any room into a prayer space during your challenge.

Lose the light: Many Christians around the world have to hide their faith. In some countries there are no legal churches and Christians meet in secret locations - in cellars, dark rooms or behind closed doors. So, make your space dark - close the curtains, draw the blinds, shut the doors. Stop all the light from coming in. Imagine it's a secret, hidden prayer space. Get some candles, tea lights or fairy lights and brighten up areas of the room so you can draw, read and get creative on the walls. Connect with the stories of those who are living out their faith in secret, or in prison, and put yourself in their shoes for a few hours. Focus your prayers on them.

Prayer wall: Use the World Watch List map we've sent you and stick it up on your wall. Pray through the prayer points for the top ten countries and use the stickers to fill in countries on the map that you've prayed for. Write out your prayers, Bible verses and thoughts and stick them around the map. Spend a while decorating the wall with your own artwork and keep adding to it over the course of your Choose to Lose Challenge. Use the stories and pictures in the guide we've sent you to inspire your prayers.

String map: Get a big notice board and stick up a map of the world. Add pins around the outline of the countries to make a pin map. One you've pinned all the outlines, get some string and start winding it round the pins, going round the outlines of the countries and then connecting the spaces between the countries. As you do this, pray for the countries as you tighten the string around the regions. Once you've outlined and filled in your map with the string, get some pegs and pieces of paper. Write prayers on the bits of paper and peg them to the map in appropriate places.



String map



Thumb-print prayer map



Lose it poetry / prayer

Finger print map: Get a big piece of paper and draw around a map of the world, marking out the countries on the World Watch List. Then get some different coloured paints in some little pots. Pray for the countries on the map and the people and situations those countries represent. As you do so, dip a finger in some paint and leave their fingerprint on the section of the map you've been praying for. Repeat as many times as you want until your map is totally filled in! (This works great in a group setting with loads of different fingerprints making up the whole map).

Lose it poetry wall: Grab some old newspapers or magazines and a Sharpie. Write prayers or pieces of poetry by crossing out all the words in the article except the ones you want to use. Alternatively you could cut out the words you want to use and create a prayer, poem or Bible verse with your found clippings.

Kingdom come*: Get some maps, globes and newspapers together and use them to inspire your prayers for countries where Christians are persecuted. Not sure what to pray? Simply pray 'Father, may Your kingdom come, Your will be done' over specific countries. Use the World Watch List Map we've sent you to help make your prayers more specific!

*Ideas adapted from our friends at 24/7 Prayer