

# Thy Kingdom Come



PRAYER HANDBOOK



anglican+  
movement  
DIOCESE OF WELLINGTON



# Welcome

Kia ora! Welcome to Thy Kingdom Come! Each year our Movement joins in with this global call to prayer over the 10 days before Pentecost. With Christians all around the world we pray for God's will to be done, specifically praying for 5 people each to come to know the love of God in Jesus. As a Movement, we joined in recently to welcome our new Assistant Bishop, Anashuya Fletcher. At her ordination, we heard how the hand of God is stretched out to us, and in turn we stretch ours out to God and to others. So we've themed this resource around the different postures our hands take as we pray for others. We pray this is a precious and fruitful time of prayer for you.

*Ngā mihi nui, nā Diana Abercrombie and Rev Rebecca Apperley,  
your friendly Thy Kingdom Come 2024 resource compilers!*

## Using your handbook

### Step 1: Identifying your 5

Before we begin our 10 days of prayer, you can start asking God now who are the 5 people you are going to pray for. You are of course welcome to pray for more than 5! They might be people who don't yet know Jesus, or perhaps people who are struggling in their faith. Spend time listening to God. To help you identify your people, you might like to ask yourself:

- Who are the people who are friendly and curious about how I live my faith?
- Who are the people who just keep popping into my head?
- Have I had any surprise encounters with people recently?
- Who in my family could I pray for?

### Step 2: Identify who to do this prayer journey with

You might do this prayer journey alone, and that's OK, but there's something about praying with and alongside others. Consider gathering with others to do this time of prayer with. This might be your family, household, some friends, or maybe your small group. There are activities to do if you have smaller people in your life - we can all pray for 5.

You don't need to share your names with others if that's not appropriate. But as we pray alongside each other we are encouraged, and can celebrate when we see the power of God at work.

### Step 3: Pray!

Each day you'll find an introduction, scripture, activities, and a shared intercessory prayer. Read on, and get to it!

# Day 1. Whakawhetai: raising our hands in celebration

Pray that God brings to mind the qualities that God loves about your five people. Write these below. Can you share these with your five as an encouragement?

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*I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy...*

*E whakawhetai ana ahau ki tōku Atua i ōku maharatanga katoa ki a koutou, i āku inoinga katoa, e puta ana tāku inoi mō koutou i ngā wā katoa i runga i te hari...*

Philippians 1:3-4



## high-fives, applause, hugs

Starting with thanksgiving is a great way to begin any prayer, and a great way to begin our 10-day journey of praying for five people to come to know Jesus.

We use our hands to affirm others in many ways: applause, hugs, high-fives, fist-bumps, hand-shakes, Mexican waves. And we read of God's delight over all of creation, including every person, uniquely and wonderfully made (Psalm 139). So today as we pray we bring our gratitude and celebration of the people God has placed on our hearts to pray for.

## ka inoi tātou | let's pray

*O God, we lift our hands in gratitude and praise for the splendour of your creation, where every corner shines with the brilliance of your handiwork. We pray that \_\_\_\_\_ be enveloped in your Holy Spirit, overflowing with joy and delight. May they bask in the awareness of your boundless love, and your utter delight in them, igniting moments of celebration in our midst. With hearts brimming with thankfulness and hands raised in reverence, let us declare your magnificence and extol your glory, for in you, we find the true essence of joy. Amen.*

## for smaller hands...

Choose one of your five people and think about what you like about them. Draw a picture or write a short note to let them know what you're grateful to God for about them. Then share it with them!



# Day 2. Manaakitanga Hands of welcome and hospitality

**Ask God to reveal opportunities to extend the welcome, the manaaki of God, to your 5 people. This might be through acts of hospitality, thoughtful care, or something else. Write these below (and act on them!)**

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*Ko tāku kupu anō tēnei ki a koutou; ĭnoi, ā, ka hoatu ki a koutou; e rapu, ā, ka kite koutou; pātukia, ā, ka uakina ki a koutou.*

*So I say to you: ask and it will be given to you; seek and you will find; knock and the door will be opened to you.*

Luke 11:9

”

## come on in...

Our God invites us into radical acceptance as beloved children of the kingdom through the death and resurrection of Jesus. We see foretastes of this generous hospitality in Jesus' life as he welcomes, sits, and eats with people, just as they are. We can knock at Jesus' door any time and know we are welcomed home. Today, let's pray that our 5 people will know the welcome of God, just as they are.

## ka ĭnoi tātou | Let's pray

*Lord Jesus, with open hands you embraced all who sought your presence. May our homes and hearts echo your welcoming embrace, becoming sanctuaries where every soul finds solace and community. We ask that \_\_\_\_\_ may experience the warmth of your manaakitanga, knowing that your welcome is for them, just as they are. May our hands, guided by our unique gifts and talents, extend outward to embrace them, eagerly offering comfort, assistance, and companionship. May those who encounter you through us recognise that the door of God's kingdom is always open to welcome them in. Amen.*

## for smaller hands...

With a parent or caregiver, make some baking for one of your 5 people.



# Day 3. Mahi Hands which work

**If possible, find pictures of the work places of your five people. Use the pictures as a lectio divina exercise. What do you notice about those places which is an invitation to deeper prayer?**

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## ka inoi tātou | let's pray

*Heavenly Father, will you bless  
 \_\_\_\_\_ abundantly in the endeavours  
 of their hands. May their occupations, paid  
 or voluntary, yield fruitfulness and  
 satisfaction and bring vitality and purpose.  
 Grant them enduring strength and  
 unwavering perseverance to fulfil their  
 responsibilities with diligence and joy.  
 We pray especially for those of our 5 who  
 toil tirelessly and thanklessly, and those  
 who seek employment in vain. Inspire us to  
 create a world where extending a helping  
 hand to our neighbours and supporting  
 them in their chosen vocations is not  
 merely a duty but a joyous calling. Amen.*



*Ā, i tētahi atu hāpati ka tomo ia ki te  
 whare karakia, ka whakaako: i reira anō  
 tētahi tangata, ko tōna ringa matau kua  
 memenge...Nā, ka tiroiro ia ki a rātou  
 katoa, ka mea ki taua tangata, Totoro mai  
 tōu ringa. Ā, pērā ana ia: nā, kua ora anō  
 tōna ringa.*

*On another Sabbath he went into the  
 synagogue and was teaching, and a man was  
 there whose right hand was shriveled...He  
 looked around at them all, and then said to  
 the man, "Stretch out your hand." He did so,  
 and his hand was completely restored.*

Luke 6: 6 and 10



## meaningful mahi

We are created for the joyful mahi of kaitiakitanga by a Creator who also works. In the gospels we see Jesus restoring hands (and legs, bodies, minds and more) so that people can take their place as members of their community. What do each of your 5 do for work - whether that's paid or unpaid, or perhaps in education? Are their roles secure? Do they experience joy and fulfilment in their work? Do they have what they need to thrive? Spend time today praying God's blessing over these spaces of your 5 people.

## for smaller hands...

Offer to help with a job today for one of your five people if you can. Maybe at school, or around the house, such as helping to tidy up?



# Day 4. Okioki Hands which rest

**Picture each of your people walking with God in the garden in the cool of the day. Hold that image before God and ask for refreshment and re-creation for each of your people. If any words or pictures come to mind, write them below.**

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*Ā, nō te whitu o ngā rā i oti ai i te Atua tāna mahi i mahi ai; nā, ka okioki ia i te rā whitu i āna mahi katoa i mahia e ia.*

*Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.*

Genesis 2:2

”

## hangouts with God

Yesterday we prayed for the flourishing of the work that our 5 people do. Today, Sunday we pray for them as they lay their hands down; for their rhythms of rest and re-creation in body, mind and spirit.

Pray that they might be able to have the space to do the things that refresh them today - whether that be connection with others, nature, hobbies and interests, exercise. Pray also that they grow in understanding that rest is a gift from their loving Creator and an invitation for deeper relationship.

## ka inoi tātou | Let's pray

*Almighty King, will you guide our 5 people to embrace the sacred balance of rest and labour, recognising that in rest, we honour your design for us. Grant them precious moments of stillness where they can release the burdens that weigh upon them. We plead that \_\_\_\_\_ be unburdened from the weight of physical, mental, and spiritual struggles, walking uplifted in the light of your joy. May all of our hands be open to receive the Sabbath's gift, and may our spirits find rejuvenation in your boundless grace. May we all discover sanctuary beneath your sheltering wings and know the splendour of your holiness. Amen.*

## for smaller hands...

Do you have a set of scales at home? Choose 5 heavy things and put them on the scales. You might like to choose things that start with the same letter of the alphabet as your 5 people. Take those things off the scales, one by one, and pray for each person as you do that God might lift of the things they find heavy in their lives.



# Day 5. Amohia Hands in submission

**Find 5 small stones or other small objects to represent your 5 people. Carry them with you for the rest of Thy Kingdom Come, praying that your people will begin to allow themselves to be carried by the Good Shepherd.**

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## ka inoi tātou | Let's pray

*Merciful Lord, with hearts overflowing with gratitude, we acknowledge the depth of your forgiveness, and the boundless mercy you extend to us. Grant us, and our five people, the courage to surrender ourselves completely to you. May our submission be a testament to the transforming power of your love in our lives. We lift \_\_\_\_\_ before you and pray that they will understand their need of you, and hear the voice of Jesus, the Good Shepherd. Amen.*



*Suppose one of you has a 100 sheep and loses one of them. Doesn't he leave the 99 in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home.*

*Ko tēhea tangata o koutou he rau āna hīpi, ā, ka ngaro tētahi o rātou, e kore ianei e waiho e ia ngā mea e iwa tekau ma iwa i te kohara, a, ka haere ki taua mea i ngaro, kia kitea rā anō? Ā, ka kitea, ka waha i runga i ōna pokohiwi, ka koa.*

Luke 15:4-6



## pick me up!

As small children we raise our hands to be picked up. We understand our need for our caregivers, even if sometimes they fall short. But we have a loving Father who never falls short; who pursues us relentlessly. But asking God to pick us up is a choice we make which puts body to our understanding that we need God and cannot do it on our own.

Pray today that your five people would grow in their understanding of their need for God, the parts of their lives where they place themselves above God, and would begin to reach out to their Creator.

## for smaller hands...

Ask your parent or caregiver to set up this prayer activity for you! Get them to hide 5 small things (like lego pieces), representing your 5 people, in a box of flour or sand.

Now use a spoon to carefully find your 5 people! When you find each one, pray that they will know that Jesus is their shepherd who knows them by name.





# Day 6. Raruraru Hands in conflict

Carrying on the theme of writing from today's scripture, listen to 'Tuhia' from Link Church (available on music platforms or YouTube). As you listen, pray that love will be written over the conflicts which exist in the lives of your 5.

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*Ka piko a Īhu, ā, tuhituhi ana tōna ringa ki te whenua. Ā, ka tohe tonu rātou ki te ui ki a ia, ka whakatika ake ia, ka mea ki a rātou, 'Ko te tangata o koutou kāhore ōna hara, māna te kōhatu mātāmua e āki ki a ia.'*

*But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, he straightened up and said to them, 'Let any one of you who is without sin be the first to throw a stone at her.'*

John 8: 6b-7

”

## author of peace?

What was Jesus writing in the dust, as he defused the crowd who sought to stone the woman caught in adultery? Our hands have power to help or heal, to add to conflict or to pursue peace. Pray today for the relationships which are difficult in the lives of your 5 people. Pray that in each relationship they will know the presence of the Holy Spirit to bring wisdom, peace and reconciliation.

## ka inoi tātou | let's pray

*Gracious God, we acknowledge the complexities of life, where hands are often poised for conflict, causing turmoil and pain. Grant us the wisdom to seek understanding and the courage to extend compassionate hands in the face of adversity. Let \_\_\_\_\_ feel the weight of Your longing for peace and unity, guiding their hands to embrace mercy towards others. As we all navigate through familial, communal, and global discord, may we be vessels of patience and agents of reconciliation. May every conflict we encounter be met with Your divine guidance, leading to resolutions that foster goodness and harmony. Amen.*

## for smaller hands...

Do you have chalk at home? If it's OK with your caregivers, why not write the names of each of your 5 people on the ground outside, along with "peace be with you", or perhaps draw 5 doves, representing peace. If you don't have chalk, what other natural material could you use - maybe mud, like Jesus?



# Day 7. Kumanu Hands which cherish

**What small act of kindness can you do today which blesses one of your 5 and lets them know they are cherished as they care for others?**

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*[Jesus] poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.*

*Me i reira ka ringihia e ia he wai ki te peihana, ā, ka anga ka horoi i ngā waewae o ngā ākonga, ka muru hoki ki te tauera i whītikiria ai ia.*

John 13:5

”

## towel, basin, water

The hands of our 5 people care for others in many ways. They are connected to others as family, friends, colleagues or clients; often joyful and rewarding, sometimes a heavy weight, tinged with expectation and guilt. Some are wired to care so deeply they burn out; others sometimes find it hard to live into the responsibilities of relationship or common humanity.

However your people are wired, and however and whomever they serve, pray today that they would experience the profound care of the self-emptying One who stoops to wash the dust from the dirty feet of humanity.

## ka inoi tātou | Let's pray

*God with us, grace the hands of our 5 people with tender care. As the ultimate caregiver, you comprehend both the trials and triumphs of nurturing others. Let \_\_\_\_\_ sense your steadfast companionship, a guiding light in their efforts to serve. Embrace them with your unique compassion, revealing your unwavering presence in every circumstance. Grant us all the capacity to embody kindness and compassion daily, affirming to the world that the ministry of caring endures within us all. Amen.*

## for smaller hands...

We've used our hands a lot recently, so let's change to our feet! Draw around your foot and write one person's name on each toe. Cut out that foot, and place it in a bowl of water. As it floats, pray that they would know that Jesus cares for them (and us!) as we care for others.



# Day 8. Āwhina mai Hands which ask for help

Simply light a candle today for each of your 5 as you hold them before God. Pray that whatever they find hard is brought into the light of God's presence.

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## ka inoi tātou | Let's pray

*Our Saviour, guide our hands to reach out to receive You, acknowledging our need for Your presence. May we humble ourselves, recognizing that we cannot navigate every challenge alone. Grant \_\_\_\_\_ the courage to seek assistance when necessary and the humility to accept it graciously. Help us to remain attentive not only to our own needs but also to the struggles of others, so that through compassionate action, we may support each other in times of difficulty. Let us be beacons of Your love in the world, continually extending our hands to You in faith. Amen.*

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*Ā, nō te kitenga o te wahine kīhai ia i ngaro, haere wiri ana, takoto ana i tona aroaro, kōrerotia ana e ia ki a ia i te aroaro o te iwi katoa te take i pā ai ia ki a ia, me te hohoro o tōna oranga. Nā, ka mea ia ki a ia, “E kō, nā tōu whakapono koe i ora ai; haere mārie.”*

*Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. Then he said to her, “Daughter, your faith has healed you. Go in peace.”*

Luke 8: 47-48

”

## Let there be light

Yesterday we prayed for the relationships of care towards others that our 5 people have. Today we pray for something which is often so hard for many of us: stretching out our hands to ask for help.

Pray today for the situations, known and unknown, in which your 5 might need particular assistance. Pray that they will know the truth that admitting vulnerability is not a sign of weakness, and that they will have the strength to reach out. And pray that when they do, they are met by the open hands of God and God's people.

## for smaller hands...

Sometimes, people hold things in the dark inside them, things that they are worried or embarrassed about. But God sees, and loves them just the same. Today, grab yourself a big sheet or cloth. Get under it, and pray for your 5! Pray for them by name, and after each one, whoosh your sheet into the air, praying loudly: “let there be light!”



# Day 9. Whakaora Hands which heal

**Get in touch with at least one of your 5 today for a catch up. If they mention an illness, injury or other problem, offer to pray for that right then and there, in the name of Jesus.**

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*[Jesus] asked him, "Do you want to get well?"...Then Jesus said to him, "Get up! Pick up your mat and walk." At once the man was cured; he picked up his mat and walked.*

*...ka mea ki a ia, E pai ana rānei koe ki whakaorangia? Ka mea a Īhu ki a ia, "Whakatika, tangohia ake tōu moenga, haere. Ā, ora tonu ake taua tangata, ā, tangohia ake ana e ia tōna moenga, haere ana.*

John 5:6b and 8-9a



## do you want to be healed?

We long for the lives of our 5 people to be transformed through the healing touch of Jesus, whether the wounds that they carry are mental, physical or otherwise. Today, pray that God will work in their lives in miraculous ways that reveal God's glory. Pray too for situations of suffering which are hard to understand; that God's goodness will still be revealed to them.

Pray for boldness for ourselves to step out in faith to pray with them for healing, wholeness and transformation in the name of Jesus. May those we pray for respond in faith to Jesus' question: "do you want to be healed?"

## ka inoi tātou | let's pray

*Divine Healer, your outstretched hands offer solace to our wounded hearts, bathing them in your divine grace. Let your restoring touch course through \_\_\_\_\_, renewing them with wholeness and peace. In their moments of illness or distress, may they intimately encounter your profound healing. May our hands too remain instruments of your wisdom and compassion, extending towards others in search of your transformative healing. Amen.*

## for smaller hands...

Does one of your 5 people have an illness or injury? Today, why not put a plaster on the part of the body that they are affected by? Even if they might not have an injury, pop a plaster on anyway, because sometimes people carry wounds inside them. Every time today that you see the plaster or remember it's there, pray for that person to experience healing.



# Day 10. Whakawahi Hands of anointing and blessing

**You might like to pray today with water or oil; symbols of new life and anointing. As you pray for each person, pour water or oil from a jug into another glass. As the glass fills, pray that your 5 will experience Jesus, the living water, and be anointed in the power of the Holy Spirit.**

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## ka inoi tātou | Let's pray

*Gracious God, in this sacred moment of prayer, we invite your abundant blessing and anointing over our 5 people. May your hands, filled with love and mercy, tenderly rest upon them, anointing them with the oil of your Spirit. Grant them a profound sense of spiritual wholeness and help them to entrust their lives into your loving care. As we continue to pray for them, will you bless and anoint our hands, O God, that they may be empowered with strength and purpose to serve you faithfully. Amen.*



*Ripenetā, kia iriiria tēnā tangata, tēnā tangata o koutou i runga i te ingoa o Īhu Karaiti, hei murunga hara; ā, ka riro i a koutou te mea hōmai, arā te Wairua Tapu.*

*Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.*

Acts 2: 38



## Come, Holy Spirit

In our tradition, when we are baptised, as well as receiving baptism by water we often receive the oil of anointing. Those whose hands that bless us with oil say: "We sign you with the cross, the sign of Christ / Ka tohia koe ki te rīpeka a te Karaiti."

Over the last 9 days we have prayed in all sorts of ways over the 5 people we have felt particularly called to hold before God. On our last day of Thy Kingdom Come, we sum up all our prayers, praying that in the name of Jesus our people would take the next steps in their faith journey.

Whether this looks like a journey towards commitment to Jesus in baptism, or just a next step towards an understanding of Jesus and their identity as beloved children of God, over each person we pray 'Come, Holy Spirit'.

## for smaller hands...

Pray at the sink! Write each person's name on your hands in felt tip (or something that washes off easily).

As you wash your hands, pray that each person will come to know Jesus, who calls himself the 'living water'.



# Day...forever? What comes next?

**Our prayers for our 5 people don't stop just because we've reached the end of Thy Kingdom Come for this year! Here's some ways we can keep praying for, and encouraging, our 5 people, and each other as we pray.**

- **keep your people visible to you**

How do you usually pray or keep track of your prayers? Maybe a journal, or inside your Bible. Or where do you hang out a lot (in the car? In front of the mirror? Or the fridge?! Write your people's names or initials down in a prominent place that you see regularly, and pray every time you notice them. Another good idea is to tie a piece of string around your wrist, with 5 knots in it, each representing one of your people.

- **keep in touch with your people**

It doesn't need to be weird. Chances are these are people you are already in relationship with. Check in with them regularly; find out what's going on in their lives. Invite them to things that you do. Ask them what you can pray for them for. Share what you think God might be saying to them (though if you're not confident in this you might want to test what you're hearing with other Christians you trust).

- **encourage each other and celebrate good news**

When God answers prayer in the lives of those we are praying for, it's so good to share this with others who are also praying for 5. It helps encourage us and strengthens our faith. Even just hearing "I've been praying for one of my five and they got in touch and asked about my faith" is so encouraging. And those stories will happen! Just remember to share at an appropriate level so that you're not revealing names or personal details about people.