



THY KINGDOM COME – WORKPLACE PRAYER JOURNAL

The following are daily workplace reflections that supplement the Thy Kingdom Come Prayer Journal. In a similar way to the Individual, Churches and Families streams, these sections are to help you focus on your workplace, based on the same themes.

You can reflect on these in your own quiet time, or we would encourage you to meet with other work colleagues, maybe online. Here are some guidelines to help you engage with management and invite your colleagues:

www.transformworkuk.org/prayer

Thu 21 May - Day 1 Jesus

- As we meet together to pray for our workplace today, let us focus our thoughts on the great love that God showed in sending His Son Jesus for us, to show us how to live life in all its fullness and to be reconciled to the Father through a painful death and glorious resurrection.
- Jesus was a worker, a craftsman, a self-employed businessman. Consider the dedication he would have shown to his work, to his customers, the quality of his workmanship.
- Let us lift up each of our colleagues in prayer today that they may know the love of God in Jesus. Over the next few days, let us rise to the challenge of following Jesus in our workplace, to care for those we work with and to deliver great service to our customers.

Fri 22 May - Day 2 Praise

- Every day is a new day, full of opportunity. Great is God's faithfulness, new every morning are his mercies. The God who made the universe is with us every day in our workplace, caring for us and wanting to share the work day with us – the frustrations, the challenges, the pain of failure, the thrill of achievement.
- God is with us whether we are working physically together or online, He is our ever-present help in time of trouble.
- Let us pray for a rising awareness of God's presence in our workplace, that we may praise Him and give Him the glory. Let us be increasingly conscious

of the needs of those we work with and get alongside them as we work. Why not ask those you work with whether there is anything they need prayer for.

- If you work a Monday-Friday week, you may want to use the weekend reflections individually and share your experiences next Monday. Alternatively you could join together with your work colleagues online at the same time each day.

Sat 23 May - Day 3 Thanks

- We are called to thank God in all circumstances, and this includes whether we feel our work is going well or not. We have much to thank God for in our workplace – our colleagues, our leaders, our customers, our finances.
- Reflect on how God provides for us with the insight for innovation, the creativity to bring products and services to market, the resilience when we are under pressure, the joys of success.
- Consider how we as followers of Jesus as his body can be a channel of God's love in our workplaces. Whether working hard to finish our work on time and to a high quality, or speaking well rather than ill of colleagues.

Sun 24 May - Day 4 Sorry

- There can be many frustrations in the workplace and we can be tempted to react in negative ways, talking harshly to our colleagues, cutting corners and trying to avoid hard or tedious activities. It is into this environment that the Father sent His only Son Jesus to understand our work challenges and to provide a way back to the Father through a painful death and resurrection.
- Today, let's reflect on the week that has passed at work, confess our failures and receive forgiveness and new life for the new week. Let's commit ourselves to do better in this new week, to look out for those who are finding work difficult and stretch out a hand to help.

Mon 25 May - Day 5 Offer

- Jesus told a number of parables about being lost – the lost coin, the lost sheep, the lost son. People can feel lost at work, whether it is a large workplace where they may feel a small cog in a large machine, or a smaller workplace but where they feel left out, marginalised.
- Consider who in your workplace feels marginalised, unnoticed, ignored? How could you help them feel valued either as an individual or as your prayer group? Choose to spend time with them today and get to know them, let them know you care and offer the love that your Heavenly Father shows you every day.

Tue 26 May - Day 6 Pray for

- As followers of Jesus we are encouraged to bring our needs to God our Father, who loves to supply our needs. There are many things to pray for in our workplaces – peace and tolerance between colleagues, healing where there is division, guidance in making decisions, perseverance in difficult or tedious activities.
- Reflect on the challenges in your workplace and bring them to God in prayer. Resolve to talk to Him through the day and pray for situations as they arise.

Wed 27 May - Day 7 Help

- We are called to help those around us, to be salt in the workplace, improving the flavour of the culture we are in. As we think about our workplace, let's prayerfully review with God who can we help, what opportunities are there for us to support our colleagues. Are we known for our generosity, for our care of all colleagues?
- Are there things we could do as individuals or as a prayer group to help our organisation? Today, let's actively seek to be helpful to our colleagues, to look out for times when they may need or appreciate our support.

Thu 28 May - Day 8 Adore

- Busyness and business are two different things, but so often we confuse them. We can practice being aware of the presence of God in our workplace, learning how to be still inside, regardless of any external pressures.
- Our sense of purpose and worth are most highlighted in an ongoing time of adoration of God which lasts through our working day alongside tight delivery dates or a hectic schedule of meetings
- Let us seek to keep our prayer channel open today in adoration of God, who He is and His love for us. Let the pressures of the day be surrounded by His presence and a knowledge that He delights in us and in our colleagues. Come let us adore Him, throughout our working day.

Fri 29 May - Day 9 Celebrate

- Recall the parable that Jesus told of the prodigal son, how the son went away from the Father and how the father celebrated the return of his son. God is always there, waiting to share with us in our workplace.
- Today let us celebrate with Him as we see how He is working in the life of our organisation. Let us party with Him as we see the transformation that He can bring to our workplaces.

- Commit to continuing this journey of prayer at work, with your prayer group. Please let Transform Work UK know you are meeting in your workplace by registering at www.transformworkuk.org and they can help you continue with meetings.
- If you work a Monday-Friday week, you may want to use the weekend reflections individually and share your experiences next Monday. Alternatively you could join together with your work colleagues online at the same time each day.

Sat 30 May - Day 10 Silence

- Be still and know that I am God. The psalmist knew what it was like to be busy and the importance of silence to refresh our knowledge and wonder of God. It was in the quiet that Elijah felt the presence of God after the wind and the earthquake. Just being silent in the presence of the King of the Universe refreshes our souls and brings a wider perspective.
- Let God bring to mind the experiences of the last week in the workplace. In the good times and the bad times, ask His forgiveness for any failures and praise Him for any wins.
- Listen to what God has to say about your workplace and write down anything that may be helpful in the coming week. Resolve to share these words of life with your prayer group if you are not meeting today.

Sun 31 May - Day 11 Thy Kingdom Come – the first Pentecost

- Jesus promised to send his followers the Holy Spirit as a comforter to us. Today we think about how The Holy Spirit came upon the first disciples at Pentecost, the change that this made to their courage and how the Holy Spirit enabled them to move forward in power.
- Welcome the Holy Spirit to come into your workplace, to transform your workplace and to enable God's kingdom of love and peace to come.
- Commit to continuing this journey of prayer at work, with your prayer group. Please let Transform Work UK know you are meeting in your workplace by registering at www.transformworkuk.org and they can help you continue with meetings.

Other prayer ideas

Transform Work UK have some examples of other ways you can pray for your place of work including great ideas on gathering with others to pray.

www.transformworkuk.org/prayer