



Inspired by the first Jerusalem Church who prayed between the Ascension of Jesus and Pentecost, this is a worldwide call to prayer for the Holy Spirit to equip His church to share the Good News of Jesus with our friends and families and in our work and leisure networks. Thus together we pray for the transformation of our communities and the renewal of our nations. “Thy will be done on earth as it is in Heaven”

See [www.thykingdomcome.global](http://www.thykingdomcome.global) for background.

Will you choose one day between **Thursday 30th May** (Ascension Day) and **Sunday 9th June** (Pentecost) and devote some quality time (you choose what’s manageable) to pray for:

## #PLEDGE2PRAY

Check your diary and pick a “light” day (if you can!).

Pledge to devote additional time that day to prayer.

Write your name against the day chosen on the church calendar at FCBC. As a reminder, tick the day you have chosen on the chart below.

- Opportunities and courage to share the Gospel with family and friends;
- FCBC to be more effective in forging links with people in our communities in order to declare and demonstrate the Gospel;
- Unity and love within FCBC and within Framlingham Churches Together so that, as Jesus himself prayed, “the world may know that you sent me and loved them even as you love me.” (John 17: 23)
- FCBC and other churches will be empowered as agents of God’s Kingdom to bring about transformation in individual lives and in the communities of East Suffolk—and beyond—to bring renewal to our nation and to the world.

Thu	30th May	
Fri	31st May	
Sat	1st June	
Sun	2nd June	
Mon	3rd June	
Tue	4th June	
Wed	5th June	
Thu	6th June	
Fri	7th June	
Sat	8th June	
Sun	9th June	

### Some suggestions for effective prayer

Use Pete Grieg’s acronym to help you **order your prayer time**:

**P:** Pause—be still before God and enjoy His presence. Listen

**R:** Rejoice—be grateful for God and His awesome grace.

**A:** Ask—for transformation of self, our church, and our community

**Y:** Yield—“your will be done in my life”. Begin the transformation with me.

#### More ideas:

- Set your watch or phone alarm to remind you to pray at appropriate times during the day.
- Can you “fast” - go without food or entertainment in order to devote extra time to prayer?
- Try a “prayer walk”—walk around your community and pray as you go. Or a “retreat” - visit a quiet location and spend time in prayer.
- Check the church calendar and see if there are others in the church who have chosen the same day as you. Can you arrange some time that day to pray together?
- On the last day—Sunday 9th June—perhaps we can share our experiences, insights and challenges during our morning meeting in order to encourage continued prayer in the future.