# Coffee Shop Sunday

"Meeting God in an Ordinary Place"



19 Prayers in Lockdown
...during Covid-19
2020

"For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them." Romans 12:4-6

This project of collaboration was inspired by God during lockdown and the energy and enthusiasm of so many people has been blessed and encouraged by the Holy Spirit.

I'm sure it was God gently nudging me when I had a sudden thought that we could use creatively the extra time we had, to write prayers in collaboration that may offer solace, support and hope during the time of lockdown.

Through the **Coffee Shop Sunday** Facebook Group, we produced this booklet containing the symbolically significant number of **19** prayers, each with a one-word theme – chosen by the collaborators. **We did the writing and printing in less than a month.** 

The collaborators are a mixture of the experienced and the novice in the art of writing prayers. Co-authors have come from many parts of the UK and two from the United States and most of us have never met physically. We got to know each other 'virtually' during lockdown through the **Coffee Shop Sunday** online presence in prayer sessions and an active Facebook Group. All who wrote part of the prayers are listed in the booklet and my personal heartfelt gratitude and admiration of you all is hereby recorded. **You are inspirational.** 

'19 Prayers in Lockdown' is available, for anyone who may find it useful. We ask that if you use the booklet, you credit Coffee Shop Sunday as the church that devised the project and drove its production.

May God continue to bless your individual ministries and thank you for all that you do in God's name. There are contact details on the next page and I would love to hear your feedback.

Jesus Christ - My Living Hope

Trevor Gay, Coffee Shop Sunday - June 2020

## WHAT IS COFFEE SHOP SUNDAY?

- A new expression of 'church' that is based in Costa Coffee, Gallagher Retail Park, Stoney Stanton Road, Coventry CV6 5QL
- Coffee Shop Sunday is part of the Coventry and Nuneaton Methodist Circuit
- We meet on alternate Sundays at 4.30pm until 5.45pm to enjoy contemporary worship that includes music, songs, talks, interviews, poetry, drama, interactive activities and prayer.
- We have an active social media presence through our Facebook
   Group, Twitter Account, Instagram account and Blog see links below
- If you have any questions, comments or would just like to know more about **Coffee Shop Sunday** please contact Trevor Gay either by email: **coffeeshopsunday@gmail.com** or telephone 07879 769166

Facebook Group: www.facebook.com/groups/2589604707787300

Twitter: www.twitter.com/CoffeeSunday I

**Blog:** www.instagram.com/coffeeshopsunday l www.coffeeshopsunday.blogspot.com

"And be sure of this; I am with you always, even to the end of the age"

Matthew 28:20

# **PRAYFRS**

1	Норе	П	Blessings
2	Praise	12	Majesty
3	Isolation	13	Growth
4	Encouragement	14	Sharing
5	Truth	15	Water
6	Compassion	16	Light
7	Honesty	17	Forgiveness
8	Transformation	18	Time
9	Peace	19	Lockdown
10	Security	Refle	ection: Prayer in Lockdown

# HOPE

Written by Jean Newland, Sue Fry, Eileen Clarkson, Ruth Rowan, Trevor Gay

Loving Father, we thank you for all the good things you bring us at this time of lockdown and social distancing. We pray that you will be with us as we come to terms with a new way of living.

Help us Lord not to see the darkness as a time when we are buried, rather let us see it as a time of being planted. Show us new opportunities, new ideas and new life which can grow and flourish at this time.

Give us your vision, Lord, for sharing your love and hope with others in such changed circumstances, especially those without the technology we rely on. May there be a reawakening of openness and seeking for our living, loving God.

Thank you for friends and family, and the different ways we have to communicate. For healing relationships and new friendships made.

Lord you are our guiding light in this unprecedented time, you know the way and we ask for you to show us the light so we can follow. We thank you for your unconditional love.

We know you bring hope Lord, even in the most difficult of times. We ask that you be with us as we come to terms with our new reality.

#### **Amen**



"May the god of all hope fill you with all joy and peace as you trust in him"

Romans 15:13

# 2 PRAISE

Written by Jonathan Coles, Christine Cumber, Alison Lawn, Ruth Rowan, Trevor Gay

Loving, giving, God our mere words are not adequate enough to praise you. You give so much to us and ask for so little in return.

We praise you for the wonderful world that we live in and for all the living things that you made including ourselves. We praise you for your great faithfulness and that we can depend on You for all things in our lives.

We praise you for giving us the encouragement and hope to get through each day. We are never alone as you are always with us, you are our light at the end of this tunnel of great uncertainty.

We give our hearts to you Lord, as we raise our praise. You rejoice in our praise of your Holy Name.

You are a glorious father and we praise your wonderful name. We make a joyful noise unto the Lord.

Father accept our praise. We offer you all that we are in Jesus name.

#### **Amen**



I will praise you, Lord my God, with all my heart; I will glorify your name forever. Psalm 86:12

# ISOLATION

Written by Alison Lawn, Eileen Clarkson, Mary Hobbs, Christine Cumber, Trevor Gay

Father, we adore you and we ask that your loving arms reach out and embrace those who are alone at this time. Be with them Lord as they miss the regular contact they would normally enjoy with neighbours, friends and family.



May your Holy Spirit enable the isolated to know that you are always here. Let this time allow us to reach out to others by prayer, word or post so that the isolated know your compassion and heart of love.

Protect them in their isolation and may they know that they are never truly alone as you are always there with them. Comfort them Lord by your presence in their darkest hours.

May they sense your presence in a very real & new way. May your blessings abound to them even in their times of feeling "low".

Loving God, even though we are separated from those we love we are never separated from you. You hold us close. Jesus you promised never to leave us. Thank you, faithful God.

Lord as we look to the future with uncertainty, we thank you for being with those people who are alone. Your comfort and love at this time will surely strengthen them.

#### **Amen**

Come, my people, enter your chambers, and shut your doors behind you; hide yourselves for a little while until the fury has passed by.

Isaiah 26:20

# **ENCOURAGEMENT**

Written by Eileen Clarkson, Christine Cumber, Marilyn E Jess, Abi Berry, Trevor Gay

Heavenly Father, you always encourage us. Help us to encourage others and let us be inspired by the way Jesus encouraged everyone regardless of ability or status.

Be bold and be strong for the Lord your God is with you! Thank you loving God that we can do all things through you who strengthens us.

You made us as we are, wonderful and unique. You often guide us into new territory, to do new things, but you are always there with us, guiding and helping us.

Give us the right words to say in all situations to help and inspire those around us. Lift our spirits Lord in these difficult times.

Help us to see the light where others see darkness. Help us use the light we see as encouragement to all.



Thank you, Father, for your unending encouragement and we pray that, inspired through your word, we will offer encouragement to all those we meet. We pray in the name of the greatest encourager, our saviour, Jesus.

## **Amen**

For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.

\*\*Jeremiah 29:11\*\*

# TRUTH

Written by Bill Holdforth, Christine Cumber, Jonathan Coles, Joan Wilkins, Trevor Gay

Loving God, your beloved son, Jesus, told those who believed Him 'You shall know the truth and the truth shall set you free.' Help us Lord to keep our focus on Jesus who is the truth.

Lord you are the way and the truth. Enable us through the power of your Holy Spirit to live our lives in these new circumstances in ways that reflect your love and your truth to all and help us to reflect upon your will for us as your people.

Help us believe the truth of your word given to us by the prophets and the writers of the gospels. Help us to lead our lives following the true way and bringing others to your kingdom.

Help us to seek the truth through your written word in our bibles and other written reflections. Let the world see the truth in action through your kingdom.



Lord when we return to so called normal let us enrich it with all we have experienced spiritually during the time of lock down. Help us to commit ourselves more fully to you.

Father, you are the truth. We humbly ask you now to lead us in your truth because you are the God of our salvation.

#### **Amen**



Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.

John 14:6

# COMPASSION

Written by Sue Fry, Ruth Rowan, Jonathan Coles, Trevor Gay

Heavenly Father, you are kind and tender hearted. Teach us to be forgiving to one another in the same way as you forgive us.

Father we thank you for always being there when we need your guidance. May your compassion always be known to us and may we never forget to be thankful for this.

Your compassion is immeasurable and unstoppable. Yet we fail to show the same for others that you show to us.

We praise you for your constant love and faithfulness to us. All praise and thanks to you, dear Lord.

Compassionate God, thank you that you do not treat us the way we deserve, but with never-failing compassion. Teach us your ways that we might share that depth of love and grace with others.

Lord, teach us to be more like Jesus by showing compassion to all. We offer ourselves to you in humility knowing that we have the best role model possible in your son and our Saviour, Jesus Christ in whose name we pray.

#### **Amen**



Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32

# 7 HONESTY

Written by Dave Wheeler, Peter Kimberley, Katrina Clifford, Christine Cumber, Trevor Gay

Loving God we know through your word that untruths are an abomination to you. Help us Lord to ensure honesty is always our friend keeping false witness at bay.

May we be alert to dishonesty in others. Help us to know when and how to act when we see it.

Help us to be a source of inspiration and change to those who are dishonest. To be a force to spread the truth in your name.

Give us the courage to stand up for justice and truth. Even if that means we risk becoming unpopular because sometimes the truth is the narrow path.

May we always be truthful in our dealings with others and honest with ourselves. Give us the right words and help us to deliver them in a loving and caring way.

Father, we look to you to lead us to a life of honesty. Jesus provided us with inspirational role model behaviour and we pray for honesty in his name.

#### **Amen**



Honest people are safe and secure, but the dishonest will be caught.

Proverbs 10:9

# **TRANSFORMATION**

Written by Eileen Clarkson, Alison Lawn, Jonathan Coles, Christine Cumber, Trevor Gay



Father we know that when we are in Christ, we are a new creation. You take away the old and we are transformed into something new.

Loving God, thank you that you are transforming the old ways of church into new ways of being church. Help us

to respond and bring revival through your Holy Spirit.

During Covid 19, let the power of your transforming Holy Spirit change our thoughts and actions. Enable us to emerge into a truly caring and compassionate world that has been transformed by your love.

You brought to us a change from the Old to the New Covenant. We have failed often to respond to change, to unlock the gate to your promised kingdom.

May those around us see that we are different because we are Christians. May our words and our deeds show that the spirit of Christ dwells in us.

The love of Jesus transforms lives. We look to you Lord to inspire us to find ways to transform the way we can meet during Covid 19 in love and fellowship, in Jesus name.

#### Amen

Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God—what is good and is pleasing to him and is perfect.

\*\*Romans 12:2\*\*

# 9 PEACE

Written by Paul Whiteley, Christine Cumber, Marilyn E Jess, Joy Welford, Trevor Gay

Loving God you offer us your peace in an often-troubled world. You tell us not to let our hearts be troubled, or be afraid.

You alone are our strength and peace which we call upon when we need help. The peace that passes all understanding, never loses its strength.

Let peace be a state of mind, rather than an ideal we never reach. When the mind is at peace, the world will be more peaceful.

We are human and fear comes not just for ourselves but for those we know and love. We feel helpless, alone, isolated and this is when it's important we let our fears go and give them to you.

May we not only find peace ourselves but help others to do so by prayer and meditation on your word. This is the peace that passes all understanding that the world cannot give us.

Lord, we pray that you inspire us to work for peace in your world. The peace we crave is that brought to this world by your Son Jesus in whose name we pray.

#### **Amen**



May the Lord himself, who is our source of peace, give you peace at all times and in every way. The Lord be with you all.

2 Thessalonians 3:16

# 10 SECURITY

Written by Jonathan Coles, Sue Fry, Ruth Rowan, Christine Cumber, Trevor Gay

Heavenly Father, in your love we can feel secure because you provide us with hope. In these times when we crave safety and security, we know that you are embracing us and protecting us.

We forget so easily that with your spirit around us, you are protecting us. Open our eyes to see that we only need to trust you.

In uncertain times many are searching for something, someone to cling to. May they find their hope in you Lord God, their Rock.

Lord you give us the security we need in these difficult times. You are our strength and we look to you for guidance and trust in you.

We thank you for the security of our homes especially at this time, and we pray for all who are homeless. We thank all who are providing us with protection in any way and ask for your blessing upon them.

Heavenly Father you are with us and we will not be shaken. The security we feel from you is enough for us to face each day with hope and strength, whatever we are going through.

#### **Amen**



And you will feel secure, because there is hope; you will look around and take your rest in security.

Job 11:18

# **BLESSINGS**

Written by Christine Cumber, Ruth Thomason, Jonathan Coles, Sue Fry, Trevor Gay

Lord we know that your blessings make richness in us. We pray that you continue to work in us to provide you the joy that a loving Father deserves.

Help us to count our blessings every day and to thank you for all your goodness to us. We pray for all those who are not as fortunate as we are, especially in these difficult times.

Count your blessings, name them one by one and you will be surprised at what the Lord has done. Give thanks always.

As we give thanks, we reflect on how blessed we are yet how we are poor at thanking you. We are also poor at passing on your blessings to others when you are there to guide us.

You bless us with so much day by day; you give us the gift of life itself. Most of all you give us Jesus who blesses us with his love, forgiveness and grace; thank you Lord.

We know that you have plans for us that are only good and they help us grow in your love. The blessings of you, loving Lord, will make us strong and worthy of the example of our saviour, Jesus.

#### **Amen**



The LORD bless you and keep you;
 the LORD make his face to shine upon you and be gracious to you;
 the LORD lift up his countenance upon you and give you peace.
 Numbers 6: 24-26

# 12 MAJESTY

Written by Jez Hackett, Joy Welford, Ruth Thomason, Christine Cumber, Trevor Gay



Lord, your splendour and your majesty are inspiring. Help us to always remain humble in your majestic presence.

All our greatest words fall short of describing even a fraction of your glory. All we know is but a whisper of the thunder that is to come.

We too reflect that glory, for you have shared the work of creation with us. Art and music are blessings that enable us to reflect your creation.

Majesty, in awe and wonder we come into your presence. We bow before you, thy will be done

Lord we acknowledge your supremacy over us. You are the Eternal Father of us all and we bow down in worship before you.

Father you are a God of majesty and power, and yet you know us all personally. You love us more than we deserve so we bring you now, our praise in Jesus's name.

#### **Amen**

Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O LORD, and you are exalted as head above all.

1 Chronicles 29:11

# 13 GROWTH

Written by Christine Cumber, Jonathan Coles, Ruth Thomason, Janine Patterson, Trevor Gay

Loving, motivating Father, you ask us to seek first, your kingdom and many things will be added to us. Our beginning is small but because of you our growth in latter days will be great.

Lord we pray that your kingdom on earth will be extended. We pray that people will turn to you in this situation and that you will be given the honour you deserve.

Whilst we ask that more people will find your kingdom, we look to ourselves as we do not always act in the way that you taught us. We pray for guidance that you will really grow us as your servants and help us truly look beyond the walls of worship.

May we grow in love, grow in grace and grow close to you. Our redeemer and our friend.

Lord help us grow as people and in knowledge, through your love by thanking you daily in prayer, worship and reading your word. May we also grow in numbers in this group in doing your work.

Loving Father, we bow humbly as you inspire us to grow to become more like Jesus. Your beloved Son, Jesus showed the world how your church can grow and we pray that growth continues in your world today.

#### **Amen**

But grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever!

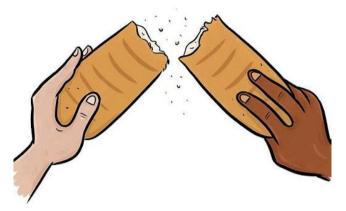
2 Peter 3:18

# 14 SHARING

Written by Janine Patterson, Paul Whiteley, Christine Cumber, Eileen Clarkson, Trevor Gay

Loving God, we know that when we share, it is pleasing to you. Help us to be generous to the poor because in doing so we are lending to you Lord.

Lord God you show us the way to share by what is written in your word. Sharing is caring as shown in so many verses of scripture.



We must never forget that you God sent your only son to walk alongside us. We must use Jesus's example of how he shared his love with us and we should do the same with all whom we meet.

Help us to teach our children that it is good to share, and may we show them how to be selfless. We pray for our materialistic society, and hope that if any good comes from our present situation that it teaches us that possessions are not as important as people.

Gracious God your love and forgiveness is available to everyone. Help us to share your love and salvation with all those we meet so that they will know your joy and peace in their hearts and lives.

Father, as we try to become more like Jesus, we learn to share even more widely. Help us to share your love with all who wish to know your glorious wonder.

#### **Amen**

Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

Hebrews 13:16

## WATER

Written by Annie Gay, Jonathan Coles, Marilyn Slowe, Natalie Hackett, Trevor Gay

Inspiring God, your son Jesus taught us that whoever drinks the water he gives us will never be thirsty again. The water we receive from Jesus gives us a spring of water leading to eternal life.

Loving Father, when I was thirsty you gave me something to drink. We ask for safe, clean drinking water for all around the globe, without the need to walk [often backbreaking] long distances.

We so often waste what you give us and clean, plentiful water is a big example of what we fail to share with all who are in need. When we need refreshing, we fail to turn to you, the only one who can truly quench our thirst.

Life giving Jesus, giver of living water to all who thirst; we ask you to give us your life-giving water in this arid time of our lives. Lord we need you at such a time as this and we are thankful that you always come to our aid when we call on you.

God of the slow, calming streams of water and yet the crashing thrashing waves, may we journey with you through the rivers of life. Through the rough, stormy seas and through the gentle streams may we know your presence with us, transforming, healing and making all things new.

Loving Father, when we pass through deep waters, you are with us. You let justice roll down like waters, and righteousness is your everflowing stream.

# Amen

But whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."

John 4:14

# 16

# LIGHT

Written by Sue Fry, Janine Patterson, Marilyn Slowe, Mary Hobbs, Eileen Clarkson, Jonathan Coles

Jesus, you are light for the whole world, shining into the darkness of our lives, bringing hope, wholeness and joy into our hearts. Shine through us that we might shed the light of Christ into our homes, our communities and across your world.



Pascal light you have lit us, empowered and sent us out to shine our Pentecostal light to your high praise and glory. May our lights continue burning up darkness, principalities and power and give hope to your children.

You light up the way so we can all see and we are not in darkness, especially in the unknown and scary time of Covid 19 lockdown. You are the light of our lives.

Our trust is in you to light the way every day of our lives. May your light shine through us for the whole world to see.

It only takes a spark to get a fire going. Holy Spirit, ignite the spark of your love in our hearts so we shine brightly for you.

Keep that spark going for as long as you give us time on earth. Let the light shine through us as it did through your son, in whose name we pray.

#### **Amen**

Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."

John 8:12

# 17 FORGIVENESS

Written by Janine Patterson, Marilyn E Jess, Eileen Clarkson, Marilyn Slowe, Ruth Rowan, Liz Shaw

Father we received forgiveness for our sins when your beloved Son died on the cross and was resurrected for us all. We are forgiven by being your richly loved child.

While we seek forgiveness from outside, a place we can start to heal is inside. Forgiving ourselves brings release and inner peace.

Loving God, thank you for your forgiveness when we do wrong and say we are sorry. Just as you forgive us, help us to forgive others.

Amazing Father, your forgiveness is beyond compare and we come to you in our hour of need. You don't judge us; you are always willing to forgive us, and give us strength to move on, preparing us to do your will.

Father, it's only because of your amazing grace and the sacrifice of your Son that our slates are wiped clean, and we thank you.

Forgiving God, come alongside us so we may discover our true selves as we forgive as you have forgiven us. May we hear the good news that Christ brings to us and be thankful 'Our sins are forgiven.'

#### **Amen**



Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

Ephesians 4:32

### TIME

Written by Marilyn E Jess, Sue Fry, Eileen Clarkson, Mary Hobbs, Jonathan Coles, Janine Patterson



Lord, it seems that time is going so slowly for some in lockdown, but for you a day is as 1000 years and 1000 years is as a day. Help us to be patient and to receive this time as a gift from you to rest in your unfailing love.

Time Is Life. As the seconds tick by, so does life, and how we use that time is inspired by the power above.

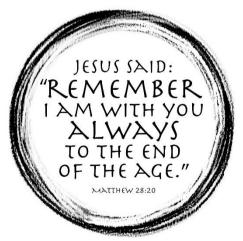
Time is a great healer. All things happen in God's time, not our time, so we must remain patient.

Loving God you invite us to spend time with you personally and alone. During this 'extra' time we find we have, help us to draw closer to you, to sit at your feet not rushing away, spending time in your presence and sensing your wonderful peace,

Whether time seems to have slowed down or increased, help us to put you first at the start of each day and rest in your presence at the end of each day. May the ticking of a clock be our constant reminder to bring all our worries and joys to you.

Your time is our time, Lord, and our time is all yours. We don't know how much time we have on Earth but let us spend that time as a family together in faithful love.

#### **Amen**



For everything there is a season, and a time for every matter under heaven: Ecclesiastes 3:1

# 19

# LOCKDOWN

Written by Marilyn Slowe, Jonathan Coles, Ruth Thomason, Janine Patterson, Eileen Clarkson, Sue Fry

Loving God who comes to us and watches over us even in lockdown, we pray that you breathe new life into us. Faithful one, as we are thankful for past mercies and blessings, so we trust you for what the future holds.

When we went into lockdown, we were afraid, even though we knew your spirit is with us. We have lost some faithful servants but we have been given the opportunity to meet others to join together in prayerful fellowship.

Loving God we went into lockdown in obedience may we show the same obedience when we hear your call. Enable us to trust in you to lead and direct us.

Lockdown was different with no church buildings or groups and new normal became 'online' - not cancelled but stronger together. Lockdown enabled us to change; gave us more time at home; made positives out of negative to read your word, pray, make new friends and get through it by God's love, grace and protection.

Loving God, you have used lockdown to remind us that the church is the people. Buildings have been closed and yet your Word has continued to be preached and the praises of your people have never ceased.

Loving God, we thank you for the many blessings we have received through lockdown, especially for the greater time we have to draw closer to you. We give thanks, too, for Coffee Shop Sunday prayers, an unexpected fellowship which has become so important in our lives and a wonderful gift to your church and the world.

#### **Amen**



for God gave us a spirit not of fear but of power and love and self-control. 2 Timothy 1:7

# Reflection: Prayer in Lockdown

by Jonathan Coles

When **lockdown** happened there was a sense of fear, either before or during as people took on the reality of what was happening.

Yet despite the **isolation** there has been a new sense of togetherness as Christians have come to meet each other through groups such as Coffee Shop Sunday. By joining in prayer and **praise** through virtual means, new friendships have been made though the power of prayer.

Through **encouragement** and collaboration, through faith and trust in each other and our Lord, two lines have multiplied into twelve, sharing our thoughts and commitment. Our **hope** for our future lies in our Lord, our Saviour; the one who sent his son to show us the **truth**, the **light** and the way.

The pandemic has given us the time to think and act. Many people have shown what our Lord shows us every day - **compassion**, **forgiveness** and mercy. It makes us think about how we use resources including new technology but not wasting our basic resources, such as **water**. It has given us the chance to give more commitment to **sharing** our faith with others.

Through **honesty** and a world in **peace**, we continue to work for a real **transformation** in our relationship with our Lord, and the support of each other. So that there can be real **growth** in those who are entering the Kingdom of God and will revel in the **majesty** of their Lord. They will come to learn that in a world of turbulence only in our Lord do we have real **security**.

Let us continue in our prayer with each other striving to do more to bestow the **blessings** that our Lord gave to us, to those we meet every day in our lives in the mortal **time** that we have on earth.



#### ACKNOWLEDGEMENTS AND THANKS

"When I pray you answer me; you encourage me by giving me the strength I need" *Psalm 138:3* 

God, of course, for His constant inspiration, encouragement and love.

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Image on Prayer 3 (Isolation): Painting by Greg Olsen

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One of our Coffee Shop Sunday gatherings in January 2020

"Meeting God in an ordinary place"