

Suggested structure for the prayer hour.

Below you will find a structure for your prayer time.

Please don't feel you have to use all or even any of the information provide,
It's an aid, you might like to select one or two items from each and use them,
also feel free to add your own personal prayer topics and subjects.

Praise and thanksgiving: (11 mins) Focus on praising God and giving thanks. I have suggested a few psalms, praise songs on You tube. Take time also to thank God for personal prayers that he has answered.

Confession Repentance and forgiveness: (11mins) Permit the Lord to work in your heart and reveal areas of sin, attitudes and motives that are grieving the Holy Spirit, and the Lord wants to change. Again, there are several bible passages focusing on our need to seek the Lord's forgiveness, and the wonderful assurance of salvation in Jesus.

Asking God for personal help: (11mins) all of us have personal burdens, in our personal lives, our families, our work. Burdens that affect us physically, emotionally, spiritually.
Cry out to the Lord for help, again there are some bible passages to help you in this.
Take this time to pray for family members who have never given their life to Jesus or have grown cold in their faith.

Asking God for help in the church: (11mins) There is information on a number of different areas of church life. Chose one or two to read and spend time in prayer for.

Asking God for help in the world: (11mins) Again there is information on a number of different areas of the world, the persecuted church, and people working as missionaries both in Ireland and overseas.

Please Don't try and read all the information during your prayer time, just use what you believe God is putting on your heart.

At the end of the hour, send a text or phone the next person in the chain, this could be a bible verse that you find encouraging or simply the word Amen.

Section 1 Praise and Thanksgiving

I will praise you, O LORD, with all my heart; before the gods I will sing your praise.
I will bow down toward your holy temple and will praise your name for your love and your faithfulness, for you have exalted above all things your name and your word.
When I called, you answered me; you made me bold and stout-hearted.
May all the kings of the earth praise you, O LORD, when they hear the words of your mouth.
May they sing of the ways of the LORD, for the glory of the LORD is great.
Though the LORD is on high, he looks upon the lowly, but the proud he knows from afar.
Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.
The LORD will fulfil [his purpose] for me; your love, O LORD, endures forever—do not abandon the works of your hands. Psalms 138:1-8 (NIV)

Adapted from Ephesians 1:3-18

All glorious God, we give you thanks:
in your Son, Jesus Christ,
you have given us every spiritual blessing.
in the heavenly realms.
You chose us, before the world was made,
to be your holy people, without fault in your sight.
You adopted us as your children in Christ.
You have set us free by his blood.
you have forgiven our sins.
You have made known to us your secret purpose,
to bring heaven and earth into unity in Christ.
You have given us your Holy Spirit,
the seal and pledge of our inheritance.
All praise and glory be yours, O God,
for the richness of your grace,
for the splendour of your gifts,
for the wonder of your love.

Prayer of praise and adoration My heart is filled with adoration When I lift my eyes to you. For you are Lord of all creation, You make all things new. My soul is filled with lasting peace When I close my eyes to sleep. For you are Lord, you're right beside me I'm safe within your keep. My mind is filled with inspiration When I open my eyes anew. For you are hope and love outspoken, Your words are full of truth. My life is full of aspiration When I see through eyes that weep. For you are Lord of the grand and broken, May I be your hands and feet.

Read more at: https://www.lords-prayer-words.com/prayers_before/worship_prayers.html

How great thou art:

[How Great Thou Art - Shane & Shane \(Lyric Video\) - YouTube](https://www.youtube.com/watch?v=RRwW8E5U-iU)

<https://www.youtube.com/watch?v=RRwW8E5U-iU>

How Great thou Art Shane and Shane.

Oh, Lord, my God, when I in awesome wonder
Consider all the worlds Thy hands have made
I see the stars, I hear the rolling thunder
Thy power throughout the universe displayed.

Then sings my soul, my Saviour God to Thee
How great Thou art, how great Thou art
Then sings my soul, my Saviour God to Thee
How great Thou art, how great Thou art.

And when I think that God His Son not sparing
Sent Him to die, I scarce can take it in
That on the cross my burden gladly bearing
He bled and died to take away my sin.

Then sings my soul, my Saviour God to Thee
How great Thou art, how great Thou art
Then sings my soul, my Saviour God to Thee
How great Thou art, how great Thou art.

Then Christ shall come with shouts of acclamation
And lead me home what joy shall fill my heart
Then I shall bow with humble adoration
And then proclaim my God how great Thou art

Then sings my soul, my Saviour God to Thee
How great Thou art, how great Thou art
Then sings my soul, my Saviour God to Thee
How great Thou art, how great Thou art.

Then sings my soul, my Saviour God to Thee
How great Thou art, how great Thou art
Then sings my soul, my Saviour God to Thee
How great Thou art, how great Thou art.

How great Thou art, how great Thou art

[\(239\) It Was Finished Upon That Cross \(Official Lyric Video\) - CityAlight - YouTube](#)

It Was Finished Upon That Cross (Official Lyric Video) - CityAlight

How I love the voice of Jesus
On the cross of Calvary
He declares His work is finished
He has spoken this hope to me
Though the sun had ceased its shining
Though the war appeared as lost
Christ had triumphed over evil
It was finished upon that cross
Now the curse it has been broken
Jesus paid the price for me
Full, the pardon He has offered
Great, the welcome that I receive.
Boldly I approach my Father
Clothed in Jesus' righteousness
There is no more guilt to carry
It was finished upon that cross.
Death was once my great opponent
Fear once had a hold on me

But the Son who died to save us
Rose that we would be free indeed!
Death was once my great opponent
Fear once had a hold on me
But the Son who died to save us
Rose that we would be free indeed!
Yes, He rose that we would be free indeed!
Free from every plan of darkness
Free to live and free to love
Death is dead, and Christ is risen!
It was finished upon that cross.
Onward to eternal glory
To my Saviour and my God
I rejoice in Jesus' victory
It was finished upon that cross
It was finished upon that cross
It was finished upon that cross.

Our lives can get overwhelming, daunting, and challenging. We can quickly get discouraged, frustrated, and burned out by circumstances or relationships beyond our control. In those seasons where we feel hopeless and helpless, the best thing we can do is turn away from the challenges and turn towards Christ. When we remember that God is in control and our lives are not our own, we remember we have a Saviour who gives us strength when we are weak and comforts us in all our times of need.

"Thank You, God" Prayer

Thank you, God, for the life you have blessed me with. Thank you for the opportunities that I have been given and for the strength to make the most of them. Thank you for guiding me through difficult times and for giving me the courage to face whatever comes my way. Most of all, thank you for your unconditional love and support, which has seen me through every challenge and kept me going. You are an ever-present source of comfort and hope, and I am deeply grateful for all that you have done for me.

Thank you for your amazing power and work in our lives, thank you for your goodness and for your blessings over us. Thank you that you are able to bring hope even in the toughest of times, strengthening us for your purposes. Thank you for your great love and care. Thank you for your mercy and grace. Thank you that you are always with us and will never leave us. Thank you for your incredible sacrifice so that we might have freedom and life. Forgive us for when we don't thank you enough, for who you are, for all that you do, for all that you've given. Help us to set our eyes and our hearts on you afresh. Renew our spirits, fill us with your peace and joy. We love you and we need you, this day and every day. We give you praise and thanks, for You alone are worthy!

Section 2 Confession, Repentance and Forgiveness

Psalm 139

For the director of music. Of David. A psalm.

- ¹ You have searched me, LORD,
and you know me.
- ² You know when I sit and when I rise;
you perceive my thoughts from afar.
- ³ You discern my going out and my lying down;
you are familiar with all my ways.
- ⁴ Before a word is on my tongue
you, LORD, know it completely.
- ⁵ You hem me in behind and before,
and you lay your hand upon me.
- ⁶ Such knowledge is too wonderful for me,
too lofty for me to attain.
- ⁷ Where can I go from your Spirit?
Where can I flee from your presence?
- ⁸ If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
- ⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,
- ¹⁰ even there your hand will guide me,
your right hand will hold me fast.
- ¹¹ If I say, "Surely the darkness will hide me
and the light become night around me,"
- ¹² even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

Search me, O God, and know my heart; test me and know my thoughts.

Prayer of Confession

Assurance of Forgiveness

Cast me not away from Thy presence, oh Lord
And take not Thy holy spirit from me

Restore unto me the joy of Thy salvation
And renew a right spirit within me.

Create in me a clean heart, oh God
And renew a right spirit within me
Create in me a clean heart, oh God
And renew a right spirit within me.

Cast me not away from Thy presence, oh Lord
Take not Thy holy spirit from me
Restore unto me the joy of Thy salvation
And renew a right spirit within me.

Create in me a clean heart, oh God
And renew a right spirit within me
Create in me a clean heart, oh God
And renew a right spirit within me.

Cast me not away from Thy presence, oh Lord
Take not Thy holy spirit from me
Restore unto me the joy of Thy salvation
And renew a right spirit within me.

His Mercy is More

[His Mercy Is More - Shane & Shane \(Lyrics + Scripture\) \(youtube.com\)](https://www.youtube.com/watch?v=...)

What love could remember no wrongs we have done
Omniscient, all knowing, He counts not their sum
Thrown into a sea without bottom or shore
Our sins they are many, His mercy is more?

What patience would wait as we constantly roam
What Father, so tender, is calling us home
He welcomes the weakest, the vilest, the poor
Our sins they are many, His mercy is more?

Praise the Lord, His mercy is more
Stronger than darkness, new every morn
Our sins they are many, His mercy is more.

Praise the Lord, His mercy is more
Stronger than darkness, new every morn
Our sins they are many, His mercy is more.

What riches of kindness He lavished on us
His blood was the payment, His life was the cost
We stood 'neath a debt we could never afford
Our sins they are many, His mercy is more

Praise the Lord, His mercy is more
Stronger than darkness, new every morn
Our sins they are many, His mercy is more.

Praise the Lord, His mercy is more
Stronger than darkness, new every morn
Our sins they are many, His mercy is more
Our sins they are many, His mercy is more.

Section 3 (Asking for Personal Help)

Take time to seek the Lord's presence in your personal struggles,

Give thanks for the many blessings the Lord has provided you with.

Take time to pray for relationships.

Take time to pray for any health issues.

The words of Psalm 142 are a prayer of David's when he was alone and isolated in the wilderness. As you maybe experiences some of these emotions pray that the Lord will draw close to you

Psalm 142

A psalm^[a] of David, regarding his experience in the cave. A prayer.

¹ I cry out to the Lord;

I plead for the Lord's mercy.

² I pour out my complaints before him

and tell him all my troubles.

³ When I am overwhelmed,

you alone know the way I should turn.

Wherever I go,

my enemies have set traps for me.

⁴ I look for someone to come and help me,

but no one gives me a passing thought!

No one will help me;

no one cares a bit what happens to me.

⁵ Then I pray to you, O Lord.

I say, "You are my place of refuge.

You are all I really want in life.

⁶ Hear my cry,

for I am very low.

Rescue me from my persecutors,

for they are too strong for me.

⁷ Bring me out of prison

so I can thank you.

The godly will crowd around me,

for you are good to me."

Shane and Shane Psalm 34

[Psalm 34 - Taste and See - by Shane & Shane \(Lyric Video\) | Christian Worship Music](#)

I sought the Lord
And He answered me
And delivered me
From every fear.

Those who look on Him
Are radiant
They'll never be ashamed
They'll never be ashamed.

This poor man cried
And the Lord heard me
And saved me from
My enemies.

The Son of God
Surrounds His saints
He will deliver them
He will deliver them.

Magnify the Lord with me
Come exalt His name together
Glorify the Lord with me
Come exalt His name forever.

Oh, taste and see
That the Lord is good
Oh, bless us here
Who hides in Him.

Oh, fear the Lord
Oh, all you saint
He'll give you everything
He'll give you everything

Magnify the Lord with me
Come exalt His name together
Glorify the Lord with me
Come exalt His name forever

Let us bless the Lord
Every day and night
Neverending praise
May our incense rise

Let us bless the Lord
Every day and night
Neverending praise
May our incense rise

Let us bless the Lord
Every day and night
Neverending praise
May our incense rise

Let us bless the Lord
Every day and night
Neverending praise
May our incense rise

Magnify the Lord with me
Come exalt His name together (lift up His name together)
Glorify the Lord with me
Come exalt His name forever (lift up His name forever)

Magnify the Lord with me
Come exalt His name together (exalt His name together)
Glorify the Lord with me (oh, Lord, with me)
Come exalt His name forever
Ooh

Section 4 (Asking God for Help in the Church)

Harvest Mission events in Trentagh

Trentagh Harvest services are on the 21st September pray for all those who participate in this, that there will be a large engagement from people in the community and those that have not attended church recently.

Pray for the mission weekend, 3rd to 5th Oct.

3rd Oct For the Youth Games, Pizza, and testimony evening.

4th Oct For the Farmers wellbeing evening

5th Oct For the Thanksgiving afternoon

Pray for the elders and congregation who will go out around the area to invite people in for these events

Pray for those who will speak at the events that there will be a clear gospel message, which will speak to many people who attend, bringing much spiritual fruit.

Pray for Andrew Maybin as he brings the Faith Mission Lorry to Trentagh, Safety for his journey, and wisdom for the committee as they provide access into the carpark.

Pray for the elders / committee

Give thanks for those who serve as Elders.

Pray that God would provide them with wisdom, and discernment to know how to lead the church forward.

Pray for the wisdom as the church select new committees in November

Pray for the committee as they seek God's will to help those vulnerable in the community, as they look to maintain and improve the facilities, to enable the church to worship, discipleship and do mission.

Pray for the committee in Trinity as they complete the work in the Lecture hall and Kitchen, give thanks for those who have spent many hours designing and working on this improvement, pray that as we move forward into the new church year, that God would not just give us a vision how to use these new areas but that we would have resources to do this as well .

Pray for Rachel (Trinity) and Stuart (Trentagh) the Church Secretaries

Pray for Thomas (Trinity) and Ann-Marie (Trentagh) Church Treasurers

Pray for Lesley in her role as church Administrator, give thanks for the website which is continuing to be developed.

Pray for the posters that are outside the church and in Trinity hall which proclaim the gospel, and speak to people of Salvation

Work amongst Children in the church:

Give thanks for those who work with the children who come to church

Pray for Sunday school teachers as they build relationships with the children and look not only to tell bible stories, but to teach the Christian principles from these.

Pray for those who work with our children; GB officers and helpers, Kids club leaders, pray that God will give them energy, and creativity to reach the next generation.

Pray for parents, as they look to share their faith with their children.

Pray for the small team who organise our Trinity Toddlers group, that as they get alongside parents there will be opportunities to share their faith.

Pray that God would place it on the hearts of others to serve in our children's work

Pray for resources to provide a Holiday Bible club in the Summer of 2026

Work amongst Young people:

Give thanks for the leaders who are involved in Youth Club.

Give thanks for the significant number of young people who are attending.

Pray that other young people will come and join in Youth Club

Pray for the young people who have been associated with our church.

Pray for the Bible class leaders who work with this age group.

Pray for wisdom to know how to meaningfully disciple this age group and help parents as they share their faith.

Pray that our young people would live in a counterculture way and look to be servants rather than always to be served.

Ministry amongst Men and Women.

Give thanks for the work that has gone on in the past through PW and Men's fellowship evenings.

Pray for PW committee as they look to continue supporting more mature woman, while reaching younger woman.

Pray for a new work amongst our men, to build men of faith

Ministry of the church

Letterkenny has become a multinational town, with people from many different parts of the world making Letterkenny their home. Give thanks that God is permitting us to share the gospel with people from so many different countries.

Pray for Stephen/Eugen and others as teach in the conversational English groups.

Give thanks for the work of the food bank, and the weekly donations that are given to people in need in the area.

Pray for volunteers to help open the lecture hall and church during the week, to provide a safe space, and an opportunity to share Jesus with people in the town.

Pray for the Harvest Thanksgiving Weekend 19th Oct, that God would use the services to draw, those who have become apathetic in their faith back to Himself.

Discipleship/Bible study

Give thanks for the people who have given up 1 hour each to pray this weekend.

Give thanks for those who meet to pray and study God's word, in small groups throughout the week, may these be times of fellowship, and spiritual growth

Pray for Steve and Eugen as they begin a new small group

Pray for the elders as they make decisions as to how to disciple those who love Jesus in our churches

Pray for those who have become communicant members during the past few years, that this will not merely be a rite of passage, but they will look to serve the Lord in every way they can.

Pioneer/Church Planter:

Pray for Eugen as he takes up a placement in Trinity from Sept to Dec 2025.

Pray that Eugen would settle quickly into the church.

Pray for the vision and plans that he and the elders have already began to put in place.

Café Church, Sunday evening in the Lecture Hall from the 28th September each week.

Drop in Centre twice a week in the Lecture Hall

An Event for families during the October Mid-term Break

Events coming up to Christmas

Lunchtime Carol Service on the 12th December (TBC)

Section 5 (Asking God for Help in the World)

Malawi: Capital Lilongwe

Population 21.2 Million

82% Christian,

Malawi is a country that should have little or few problems. Known in the past for rich agricultural land, which produce food not only for its own population but also, to export to neighbouring countries, however in the past few years, Malawi has been plagued with drought, and crop failure. The political situation in Malawi is also tense, the election in 2019 was overturned because of fraud and voting irregularities. Yes there is a large Christian population in Malawi, and the Presbyterian church has witnessed a revival in attendance of younger people in the past few years, yet the country is plagued by corruption.

1. Pray for the upcoming elections on the 16th Sept, that there will be peace and stability when the results are announced
2. Pray for Church leaders at this time, that they will look to lead the people in a Godly way.
3. Pray that the many young people who are attending church would be disciplined, and would grow in their depth of Love for Jesus.
4. Pray for Scripture Union as the work in schools and with young people.
5. Pray for those involved in farming that the Lord would provide rain and sunshine at the right time for the crops to grow.

Iran: Capital Tehran

Population: 92.4 Million

Christians: 800,000 (0.9%)

- Iran is a mainly Muslim country, with a style of Government known as Islamic Republic. Some traditional churches have state protection such as Armenian and Assyrian churches, however they are treated as second class citizens. Iran has witnessed rapid growth in the evangelical church in the past few years.
- The Iranian authorities view Christian converts as a threat – stating that they are influenced by Western countries to undermine Islam and the regime.
- Converts from Islam to Christianity face severe religious freedom violations, primarily from the government and, to a lesser extent, from society and their families.
- Believers from a Muslim background are often arrested and given long prison sentences for ‘crimes against national security’.
- In prison, Christian converts are treated worse than other inmates, denied exercise, phone calls, and subjected to torture and extended interrogation.
- A woman who converts risks arrest and sexual harassment during interrogations, and forced marriage to a Muslim by her family. If she is already married and her husband does not convert, she is likely to face domestic violence and sexual abuse – for which her husband has impunity.
- The Iranian political landscape went through several significant upheavals during the past year. There continues to be significant domestic unrest due to the deaths of several young women. Iran’s ties with terrorist groups Hamas and Hezbollah led to ongoing tensions with Israel, including rocket attacks targeting Israel, and assassinations of Iranian, Hezbollah and Hamas leadership.

- The president of Iran died in a helicopter crash and was replaced by a candidate considered a reformer, with a less hardline view of religious minority. Unfortunately, it's unlikely this will lead to significant change for Christians and other religious minorities.
- Despite all opposition, the church in Iran is growing and the gospel is spreading.

Pray for:

1. The many new Christians in Iran, that they will find bible teaching churches, who will disciple them.
2. Pray for the many Iranians who live around the world, some because they have been persecuted, other because they are working or studying, pray that we will engage with them and teach them the gospel, so when they return to Iran they can evangelist and teach others about Jesus
3. Pray for the many Iranians who come to the International Meeting point in Belfast, many of them have become Christians, being baptised, and are worshipping in churches across Ireland.
4. Pray for Claire and Axxxx who are working with people from Iran in England, that God will produce much fruit through their work. www.hiuk.org