

PAUSE FOR PRAYER

WEEK 4

Peace



How to use music in your prayer time

- 1 Choose a song to pray with. There are lots of Christian artists out there with a wide variety of music.
We've put together an Advent playlist on the Shrewsbury Youth Mission Team YouTube channel to help you.
 - 2 Minimise distractions by picking a quiet place to sit and pray.
 - 3 Slow down and steady your breathing. Try to have a prayerful mindset of being open to God in this experience.
 - 4 Press play and listen to the lyrics. What stands out to you? What connects with your own life?
 - 5 Once the song has finished, spend a few moments in silence. Then take a minute to reflect on your experience and talk to Jesus.
- We've put together a few songs here for you to pray with and some questions for you to reflect on.

Prayerfully listen to the song, then reflect on and answer these questions



Light of the World

LAUREN DAIGLE

- * Is there a miracle you are waiting for? What is it that you pray for often? Know that God hears and listens to all our prayers.
- * Jesus is the Light of the World. What areas of darkness are there in our world today? Say a prayer that Jesus will ring light to those places and situations.
- * Emmanuel means 'God with us.' How can you allow Jesus to be with you each day? How will you make time for Him?
- * 'Glory to the light of the world.' How have you seen God's glory this season? What good have you seen God do through His people?
- * We are also called to be the light of the world. How can you shine the light of Jesus this Christmas? How can you do good and make Him known?

Prayerfully listen to the song, then reflect on and answer these questions



Come as you are

CROWDER

- * Are there any areas of darkness or sadness that you want to leave behind this Advent?
- * Jesus invites us to lay our burdens on Him. Is there anything you need Jesus' support to 'carry'?
- * The song is called 'Come as you are'. This Advent we are invited to approach Jesus in the crib just as we are. God created us and knows everything about us. Spend a few moments imagining yourself visiting the Baby Jesus in the Manger, full of love and peace, what would that be like?

Prayerfully listen to the song, then reflect on and answer these questions



Come thou Fount

**KING'S
KALEIDOSCOPE**

- * 'Every good and perfect gift comes from above' (James 1:7) What blessings have you received this Advent? Make a list and thank God as you write each one down.
- * We can all be 'prone to wander' away from God, especially when we sin. What is it that you want to say 'sorry' to God for? Is there anyone you need to seek forgiveness from in person too?
- * We can all sing God's praises, although it doesn't always have to be through music. Create a prayer to give your heart to God and thank Him for the gift of His Son. It could be a simple written prayer, a poem, a song, use your creativity!