

## **24-hour prayer cycle for #RedWednesday**

### **Ideas for a 24-hour prayer cycle at Church**

You could offer the use of the parish church for 24 hours to pray for the success of #Red Wednesday, the work of Aid to the Church in Need and for the communities we serve.

- Below is an example of a timetable you could distribute to parishioners. It does not have to start at midnight, it could start at any suitable time and simply run for 24 hours from then.

<b>Hour</b>	<b>Name(s)</b>
00:00 – 01:00	
01:00 – 02:00	
02:00 – 03:00	
03:00 – 04:00	
04:00 – 05:00	
05:00 – 06:00	
06:00 – 07:00	
07:00 – 08:00	
08:00 – 09:00	
09:00 – 10:00	
10:00 – 11:00	
11:00 – 12:00	
12:00 – 13:00	
13:00 – 14:00	
14:00 – 15:00	
15:00 – 16:00	
16:00 – 17:00	
17:00 – 18:00	
18:00 – 19:00	
19:00 – 20:00	
20:00 – 21:00	
21:00 – 22:00	
22:00 – 23:00	
23:00 – 00:00	

#### **Prayer time could take many forms:**

- You could begin and end the prayer cycle with the Mass
- You could have the Blessed Sacrament exposed for the duration of the prayer cycle
- You could have materials available to assist parishioners in praying the Rosary
- You could have Bibles available also

**Some ideas of how participants could construct their time:**

- A time for worship: lifting our eyes to God
  - A time for forgiveness: a time to examine our conscience and ask God for help
  - A time for reflection: “Be still, and know that I am God!” (Psalm 46:10 [RSV-CE])
  - A time to be thankful: thanking God for all that he has given you
  - A time for intercession: praying for our needs, those of our friends and family and for the suffering Church around the world
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- [Aid to the Church in Need | #RedWednesday Prayer](#) (click on the hyperlink)
  - You could have copies of the ACN #RedWednesday prayer sheet available for parishioners to use during their time of prayer

**Ideas for a 24-hour prayer cycle at home**

- You could still distribute a rota to arrange times for family members or friends to pray
  - You might have to be a little more creative with your time – you could invite them to think beforehand what they might like to pray about. Offer Bibles and Rosaries for people to borrow if they do not have their own?
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  - A time for reflection: “Be still, and know that I am God!” (Psalm 46:10 [RSV-CE])
  - A time to be thankful: thanking God for all that he has given us
  - A time for intercession: praying for our needs, those of our friends and family and for the suffering Church around the world
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- [Aid to the Church in Need | #RedWednesday Prayer](#)
  - you could have copies of the ACN #RedWednesday prayer sheet available for people to use in their time of prayer

### Suggested passages from Scriptures for reflection

- Psalm 143:5-6
- Psalm 145
- Philippians 4:19
- 1 Thessalonians 5:11

### Further suggestions: a selection of Psalms for reflection

1. I lift up my eyes to the mountains— where does my help come from? My help comes from the Lord, the Maker of heaven and earth. – Psalm 120 (121):1-2
2. Yes, my soul, find rest in God; my hope comes from him. – Psalm 61: 6 (62:5)
3. The Lord is near to all who call on him, to all who call on him in truth. – Psalm 144: 18 (145:18)
4. We wait in hope for the Lord; he is our help and our shield. – Psalm 32:20 (33:20)
5. Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life. – Psalm 142:8 (143:8)
6. The Lord is a refuge for the oppressed, a stronghold in times of trouble. – Psalm 9:10 (9: 9)
7. It is God who girded me with strength and made my way safe. – Psalm 17: 33 (18:32)
8. The Lord is my light and my salvation— whom shall I fear? The Lord is the stronghold of my life— of whom shall I be afraid? – Psalm 26: 1 (27:1)
9. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. – Psalm 61: 7 (62:6)
10. You, Lord, hear the desire of the afflicted; you encourage them, and you listen to their cry. – Psalm 9: 38 (10:17)
11. God is our refuge and strength, an ever-present help in trouble. – Psalm 45: 2 (46:1)
12. He is my loving God and my fortress, my stronghold and my deliverer, my shield, in whom I take refuge, who subdues people under me. – Psalm 143: 2 (144:2)

13. “Because he loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honour him. – Psalm 90: 14-15 (91:14-15)
14. I love the Lord, for he heard my voice; he heard my cry for mercy. Because he turned his ear to me, I will call on him as long as I live. – Psalm 114: 1-2 (116:1-2)
15. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. – Psalm 90: 4-5 (91:4)
16. I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; he saved him out of all his troubles. – Psalm 33: 5-7 (34:4-6)
17. I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him. – Psalm 39: 2-4 (40:1-3)
18. When I said, “My foot is slipping,” your unfailing love, Lord, supported me. When anxiety was great within me, your consolation brought me joy. – Psalm 93: 18-19 (94:18-19)
19. Those who know your name trust in you, for you, Lord, have never forsaken those who seek you. – Psalm 9: 11 (9:10)
20. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. – Psalm 61: 8 (62:8)
21. Commit your way to the Lord; trust in him, and he will do this. – Psalm 36: 5 (37:5)
22. Take delight in the LORD, and he will give you the desires of your heart. – Psalm 36: 4 (37:4)
23. The Lord will keep you from all harm— he will watch over your life; the Lord will watch over your coming and going both now and forevermore. – Psalm 120: 7-8 (121:7-8)
24. Those who sow with tears will reap with songs of joy. – Psalm 125: 5 (126:5)

25. He will not let your foot slip– he who watches over you will not slumber. – Psalm 120: 3  
(121:3)
26. For the Lord is good, and his love endures forever; his faithfulness continues through all generations. – Psalm 99:5 (100:5)
27. Cast your cares on the Lord, and he will sustain you. – Psalm 54: 23 (55:22)
28. The Lord is gracious and compassionate, slow to anger, and rich in love. The Lord is good to all; he has compassion for all he has made. – Psalm 144: 8-9 (145:8-9)
29. Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The LORD is trustworthy in all he promises and faithful in all he does. The LORD upholds all who fall and lifts up all who are bowed down. – Psalm 144: 13-14  
(145:13-14)
30. Be still, and know that I am God. – Psalm 45: 11 (46:10)
31. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. – Psalm 22:4 (23:4)
32. Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you, I entrust my life. – Psalm 142: 8 (143:8)
33. The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid? – Psalm 26:1 (27:1)
34. Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. –  
Psalm 61: 8 (62:8)
35. Into your hands I commit my spirit; deliver me, Lord, my faithful God. – Psalm 30: 6 (31:5)
36. Take delight in the Lord, and he will give you the desires of your heart. – Psalm 36:4 (37:4)
37. I call on you, my God, for you will answer me; turn your ear to me and hear my prayer. –  
Psalm 16:6 (17:6)
38. Commit your way to the Lord; trust in him and he will do this: – Psalm 36: 5 (37:5)

39. It is better to take refuge in the Lord than to trust in humans. It is better to take refuge in the Lord than to trust in princes. – Psalm 117: 8-9 (118:8-9)
40. The Lord makes firm the steps of the one who delights in Him; though he may stumble, he will not fall, for the Lord upholds him with His hand. – Psalm 36: 23-24 (37:23-24)
41. But I trust in your unfailing love; my heart rejoices in your salvation. – Psalm 32: 5 (33:5)
42. Keep me safe, my God, for in you I take refuge. – Psalm 15:1 (16:1)
43. When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall. Though an army besieges me, my heart will not fear; though war breaks out against me, even then, I will be confident. – Psalm 26: 2-3 (27:2-3)
44. I was pushed back and about to fall, but the Lord helped me. – Psalm 17: 13 (118:13)
45. The Lord is gracious and righteous; our God is full of compassion. The Lord protects the unwary; when I was brought low, he saved me. – Psalm 115: 3-4 (116:5-6)
- 46.** The LORD makes firm the steps of the one who delights in him; though he may stumble,
47. But I trust in you, Lord; I say, “You are my God.” My times are in your hands. – Psalm 30: 15-16 (31:14-15)
48. Lord my God, I take refuge in you; save and deliver me from all who pursue me. – Psalm 7:2 (7:1)
49. Blessed is the one who trusts in the Lord, who does not look to the proud, to those who turn aside to false gods. – Psalm 39: 5 (40:4)
50. But I trust in your unfailing love; my heart rejoices in your salvation. – Psalm 32: 4-5 (33:5)
51. I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth. – Psalm 121:1-2
52. But you, Lord, are a shield around me, my glory, the One who lifts my head high. – Psalm 3:3

A prayer for #RedWednesday

Loving God, we pray for all people around the world who are taking part in Red Wednesday in any way. We pray for all the parishes, schools and individuals who are taking time to pray, fundraise and advocate for ACN. We pray for those people around the world who suffer discrimination and persecution for their faith.

May we ask for the strength to build Your Kingdom here on earth. Let us make a place where all are welcome, and all are free to practise their faith in peace.

We make our prayer through Christ our Lord.

Amen.