



#PrayerAndCare

Thy Kingdom Come

Resources for prayer during the
Coronavirus crisis

Why not try...



Here are five suggestions for how we can care for those we know, even when we are socially distanced, and, below, space to write some of your own ideas.

1. **Keep up contact.** Make a phone call, send an email, letter or card saying that you are praying for them at this time.
2. **Keep an eye out for the anniversaries of life events.** Make that phone call to let people know you care.
3. **Send a small gift or book purchased online.** You could add some encouraging words of your own.
4. Serve where you can in **delivering groceries or medications.**
5. **Make sure the people you pray for know how much you value them** by whatever means you can find.

Care for those
you are praying for,
pray for those
you are caring for



Introduction

Ah, Lord God! It is you who made the heavens and the earth by your great power and by your outstretched arm! Nothing is too hard for you.

Jeremiah 32:17

This year's Thy Kingdom Come takes place in a very different world, yet the need for prayer in this time of crisis has never been greater. We have an incredible opportunity to show the love and peace of Jesus Christ, not just in our own lives but in our communities, too.

That is why Thy Kingdom Come is focusing on both prayer and care: encouraging people to pray for others to come to know Jesus' love in their own lives, and also to demonstrate that love in action.

On these pages, we share ideas and resources for prayer activities that can be done at home or in a socially distanced way, and ways to serve others even while we are physically apart from each other.

We hope that this resource will help you to engage in prayerful action focused on mission and evangelism during this exciting season.

The Revd Canon Jay Colwill
Canon Missioner, Diocese of Southwark



Thy Kingdom Come resources

The National Church has a number of materials that work equally well at home. Find them at thykingdomcome.global/corona-virus

Packs containing prayers, journals and other activities (right) can be ordered for delivery. Find more details at cpo.org.uk/TKC-2020

Prayer and discipleship

The Diocese has collected a wealth of materials to inspire prayer and discipleship, from daily prayers and reflections to Bible readings and audio recordings. Find them here: southwark.anglican.org/prayer

You can also download the Diocese's specially adapted order of service for morning and evening prayer from Ascension to Pentecost here, along with other Thy Kingdom Come related resources: southwark.anglican.org/tkc

Prayer walks

Our daily exercise can be a fantastic opportunity to reconnect with God. Even close to home we can find plenty of places to pause briefly and say a prayer for people in our communities, while those self-isolating indoors could do a virtual pilgrimage. See www.tobeapilgrim.info

Children and youth

Now might be the perfect opportunity to try a new activity. For ideas from Bible chat mats to pastoral care for teens, see southwark.anglican.org/cypmm/faith-at-home or southwark.anglican.org/tkc

Building community online

Social media is a great resource for helping us to feel connected. We are encouraging everyone in the Diocese to share images, ideas and prayers on Twitter [@SouthwarkCofE](https://twitter.com/SouthwarkCofE) using the hashtags #TKC and #PrayerAndCare.

Why not try...

The official Thy Kingdom Come app is available on Android as well as iOS. It offers daily morning, evening and night prayer services which can be used alone or in small groups, and is free to download.



Need help getting online?



Tips for streaming services, prayer groups, and cyber security can be found on the Diocesan website at: southwark.anglican.org/churchonline/

The National Church also runs courses: bit.ly/DigitalLabsLearning