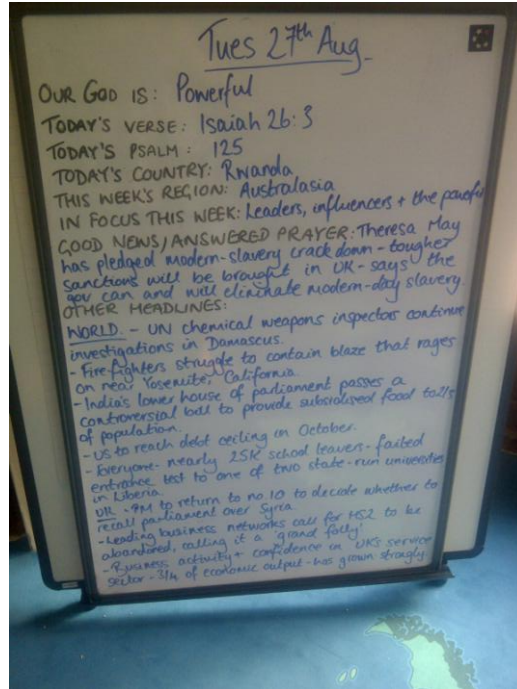


Our rhythm of prayer and worship – stimulus for the cycle



This photo shows our white-board – the stimulus which fuels our daily rhythm of prayer and worship. It is written up each morning and feeds into the various times of worship and prayer we have at the Sanctuary's centre.

The categories remain the same – *name/characteristic of God; Bible verse; Psalm; country; region; issue in focus; good news/answered prayer; headlines (world and UK)* – but what is written against each one is changed daily or weekly according to the stimulus, rotating lists and cycles outlined below.

We then seek to use or create songs, liturgy, open and creative prayer that respond to, or voice some or all of the elements for each day at our corporate times of 9-10am, 1-1.15pm and 5-5.15pm.

Our rhythm provides structure and intentional thoroughness, and seeks to balance input of truth and testimony with input of need. There is a great deal of freshness created by the fact that combination of elements is never the same even when they cycle round again, because all the lists fuelling the different categories are different lengths.

The rhythm and stimulus behind it are both flexible – we are frequently adding to the lists or changing orders so that it continues to serve what we are doing rather than us serving it. Similarly, though we love its structure, and the learning that comes from the different emphases it creates, we are just as happy to put it down to pray for a person in need who comes in, respond to an emergency or simply the sense that God is laying something else on our hearts.

All this means we cannot – as has sometimes been requested! – publish a set focus for each day on our website ahead of time, nor guarantee we would follow exactly what we had predicted in advance. We know that this results in members of our dispersed community not being able to exactly follow our centre's daily focus, but we have made our lists of stimuli available below so that if you would like to pray in line with the Sanctuary's heart and emphases you can – by using our categories, cycles and lists to fuel your own rhythm.

Sources for headlines and outward focus (checked daily/ received through updates)

- Our primary source for news headlines tends to be www.bbc.co.uk/news
- Local papers, websites, churches and community projects
- Key issue organisations – especially:
 - Global poverty - www.christianaid.org.uk and www.tearfund.org
 - Trafficking – www.stopthetraffik.org and www.thea21campaign.org
 - UK poor and vulnerable – www.shelter.org.uk and www.thechildrenssociety.org.uk and www.ageuk.org and www.trusselltrust.org
 - The persecuted church – www.csw.org.uk and www.opendoorsuk.org and Canon Andrew White via www.frrme.org
 - The environment – www.arochoa.org and www.foe.co.uk
- Twitter – you can see who we follow at <http://twitter.com/sanctuarycentre>
- The Sanctuary’s core team’s personal links on the mission/justice field including especially Basha (Bangladesh), Iris Ministries (Cambodia), PASCA (Central African Republic), Phakamisa (South Africa) and The Revival Centre (Uganda).

Sources for good news/answered prayer (changed daily)

- Transformation experienced in the lives of the praying community at the Sanctuary.
- Transformation in circumstances experienced by people coming to the Sanctuary to chat, pray and/or seek practical help.
- Shifts in situations the community are praying for – whether personal, local, national or international.
- Good news/breakthroughs that we want to celebrate even if we have not been specifically praying into them.

Rotating lists and cycles

A. Daily verse (changes daily)

We take this from www.biblegateway.com – you can find it on their homepage or sign up to receive it in different translations via email.

B. Name/attribute/image/characteristic of God (changes daily)

This is not an exhaustive or scholarly list – it is created, and updated, using well-known names from the Bible, character attributes explored in the scripture, and at times in helpful, modern imagery designed to provide new ways of describing God or his characteristics that bring freshness while still reflecting solid Biblical truth.

1. Abba	2. Able
3. Active	4. Advocate
5. Ageless one	6. Anchor
7. Ancient of days	8. Alive
9. Almighty God	10. Alpha and Omega (The first and the last)
11. Artisan	12. Authentic

13. Author	14. Avenger
15. Awesome	16. Back-stop
17. Banner (Jehovah Nissi)	18. Beacon
19. Beautiful	20. Beautifies
21. Bedrock	22. Beyond imagining
23. Blesses	24. Burden-bearer
25. Caring	26. Carpenter
27. Carries us	28. The Catalyst of all that is good
29. Centrepiece of civilization	30. Centre of it all
31. Champion	32. Close
33. Cleanses	34. Comforter
35. Commander	36. Compass
37. Compassionate	38. Complete
39. Completer Finisher	40. Conquered death forever
41. Constant	42. Cornerstone
43. Counsellor	44. Creative
45. Crucified	46. Crowned with many crowns
47. Dances	48. Dangerous
49. Dazzling	50. Defender
51. Deliverer	52. Doting Dad
53. Down To Earth	54. Dwelling Place
55. Earth-shaper	56. Emmanuel
57. Empathic	58. Encircling us
59. Encourager	60. Enough
61. Eternal	62. Everlasting
63. Extravagant	64. Exuberant Life
65. Faithful	66. Father
67. Finisher and completer	68. Freedom
69. Friend of sinners	70. Gardener
71. Guards	72. Generous
73. Genius	74. Gentle
75. Gift-giver	76. Glorious
77. God Of The Angel Armies	78. Good
79. Governs	80. Gracious
81. The Greatest gift	82. Guardian
83. Guide	84. Healer (Jehovah Rapha)
85. Heaven-maker	86. Helper
87. Hiding Place	88. High King Of Heaven
89. High Priest	90. High strong tower
91. Holy	92. Holy Spirit
93. Honest	94. Hope
95. Humble	96. I AM (Yaweh)
97. Incomparable	98. In control
99. Incomprehensible	100. In our midst
101. Indescribable	102. Infinite
103. Intercedes for us	104. Interested
105. Involved (in the past, present and future)	106. Irresistible

107. Jealous	108. Jesus
109. Joyful	110. Judge
111. Just	112. Key of knowledge
113. Kind	114. King of kings
115. Lamb	116. Leader
117. Life-giver	118. Lifter of our heads
119. Light of the world	120. Lighthouse
121. Lily of the valley	122. Lion
123. Living water	124. Lord of lords
125. Love	126. Majestic
127. Master	128. Master-Builder
129. Merciful	130. Meets with us wherever we are
131. Mighty one	132. Mighty to save
133. Miracle Maker	134. Morning Star
135. Mysterious	136. Omnipotent (All-powerful)
137. Omnipresent (All-present)	138. Omniscient (All-knowing)
139. Omni-competent	140. The Only one able to supply all of our needs simultaneously
141. Original	142. Overcomes
143. Partner	144. Patient
145. Peace (Jehovah Shalom)	146. Peacemaker
147. Pearl of great price	148. Perfect
149. Pioneer	150. Powerful
151. Pre-eminent	152. Prince of peace
153. Present	154. Protector (Jehovah Shabaath)
155. Provider (Jehovah Jireh)	156. Punished for our peace
157. Pure	158. Quiets us with his love
159. Radiant	160. Real
161. Reckless forgiver	162. Reconciler
163. Re-creator	164. Redeemer
165. Refiner	166. Refuge
167. Reigns	168. Rejoicing over us with joy
169. Relational	170. Reliable
171. Rescuer	172. Rest
173. Restorer	174. Retreat
175. Righteousness (Jehovah Tsid-Kenu)	176. Safeguard
177. Safe Place	178. Saviour
179. Servant	180. Shalom
181. Shelter	182. Shepherd (Jehovah Raah)
183. Shield	184. Shines like the sun
185. Sincere	186. Singing over us
187. Sky-painter	188. Slow to anger
189. Source of all life	190. Sovereign
191. Steadfast	192. Still scarred
193. The greatest Story-teller	194. Strong
195. Suffers	196. Sufficient
197. Supernatural	198. Superlative of every good thing you choose to call him

199. Supply	200. Sustainer
201. Teacher	202. The bread of life
203. The door	204. The gate
205. The God who saves	206. The Life
207. The potter	208. The Resurrection
209. The Truth	210. The vine
211. The Way	212. Trinity
213. Wounded for our healing	214. Timeless
215. Treasure	216. Tree of life
217. True North	218. Trustworthy
219. Unapproachable light	220. Uncontainable
221. Unchanging	222. Understanding
223. Unfathomable	224. Unlimited
225. Unparalleled	226. Unique
227. Untameable	228. Unprecedented
229. Victorious	230. Upholder
231. Was, Is and is to come	232. Well-spring
233. Wing overshadowing us	234. Wild
235. With us everywhere (Jehovah Shammah)	236. Wise and the source of all true wisdom
237. Wonder-weaver	238. Wonder-full
239. The Word	240. Worshipped in the heavens throughout the earth
241. Worthy of all our praise	242. Worth giving everything for

C. Psalms (changes daily)

We cycle through the whole list of psalms numerically, 1-150 – breaking up the longer ones over more than one day if necessary.

D. Countries (changes daily)

We use WECC’s book Operation World and cycle through the nations alphabetically – it’s our longest cycle... this book provides us with some context for nations we are less familiar with, though we often supplement it with additional poverty and justice issues... You could use this or any other listing and Operation World’s website has an index too: <http://www.operationworld.org/countries-alphabetically>

If you’re joining us to pray for a different nation each day, we’d also like to recommend www.prayercast.com to you too – this contains a country page and a prayer film (usually led by someone from the nation being prayed for) for almost every nation in the world.