

Prayer stations

Walk with the world hour by hour – pray in the zone



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pray in the zone

This resource works slightly differently to our other 'Walk with the world' prayer stations resources as it is based on a special event we ran to pray for blessing on every nation in 24 hours. It is therefore designed to follow the time zones to give you the chance to pray for every nation in the world over a 24 hour period using whatever form(s) of prayer you find most helpful to do this. And for that reason it is made up of two elements that can be used separately or together:

- a) a **list of time zoned country groupings** (which includes a global prayer topic for each hour to place alongside general prayers for the needs of each nation and praying for people there to come to know Jesus).
- b) a **series of different suggestions for 'stations' or approaches** to use to pray.

You can still use it in a number of different ways:

- As a small group or church you can divide up the 24 hours between you – or commit to walk the whole thing through – praying together or dispersed for the nations as they are listed.
- And you might want to simply use the time zone listings and groupings that are given for this (with or without their topics) under section a, or to arrange several 'stations' to enable you and others to pray in the different ways listed under section b.
- You might also simply want to use the 'stations' and choose your own designated time period to allow people to pray for the nations of the world – perhaps from a simple alphabetical list – as they feel led.
- Additionally, as an individual or a group, you might want to keep a copy of the time zone list to hand for ongoing use as a helpful way to intentionally pray for different nations at the different times you are free.



a) Time zones and topics

We chose to run this resource 9pm Friday to 9pm Saturday and to focus our prayers on the time zone that was at 9am at any given point – in order to think of them getting up and starting their day. But you can adjust the list to suit your timings:

TIME HERE	TIME ZONE	TIME THERE	COUNTRIES/REGIONS/TOPICS
9pm Fri	UTC/ GMT+12	9am Sat	Kiribati, Samoa, New Zealand, South Pole, Tonga, Fiji, Marshall Islands, Nauru, Russia: <i>Chukotka, Kamchatka</i> , Tuvalu, Wake Island, Wallis and Futuna Topic: Climate change – rising sea levels
10pm Fri	UTC/ GMT+11	9am Sat	Federated States of Micronesia: <i>Kosrae, Pohnpei</i> , New Caledonia, Russia: <i>Kuril Islands</i> , Magadan Oblast, Sakha, Solomon Islands, Vanuatu Topic: Climate change – increased risk of extreme weather and disasters
11pm Fri	UTC/ GMT+10	9am Sat	Australia: <i>Australian Capital Territory, New South Wales, Queensland, Tasmania, Victoria</i> , Federated States of Micronesia: Chuuk, Yap, Guam, Northern Mariana Islands, Papua New Guinea, Russia: <i>Primorsky Krai, Khabarovsk Krai, Yakutia, Sakhalin Island</i> Topic: Indigenous people and their rights
12am Sat	UTC/ GMT+9	9am Sat	Australia: <i>Northern Territory, South Australia</i> , East Timor, Indonesia: <i>Maluku, Western New Guinea</i> , Japan, North Korea, South Korea, Palau, Russia: <i>Amur Oblast, Zabaykalsky Krai, Yakutia</i> Topic: Dictatorial regimes and persecution
1am Sat	UTC/ GMT+8	9am Sat	Australia: <i>Western Australia</i> , Brunei, China, Hong Kong, Indonesia: <i>Bali, Borneo</i> , Macau, Malaysia, Mongolia, Philippines, Singapore, Taiwan, Russia: <i>Buryatia, Irkutsk Oblast</i> Topic: Trafficking and forced labour
2am Sat	UTC/ GMT+7	9am Sat	Bangladesh, Cambodia, Christmas Island, Indonesia: <i>Java, Sumatra</i> , Laos, Russia: <i>Kemerovo, Khakassia, Krasnoyarsk Krai, Tomsk, Tuva</i> , Thailand, Vietnam Topic: Global poverty and its relationship with unjust trade and working conditions
3am Sat	UTC/ GMT+6	9am Sat	Cocos Islands, Myanmar, Bhutan, British Indian Ocean Territory, Kazakhstan (<i>Eastern</i>), Kyrgyzstan, Russia: <i>Altai Krai, Altai Republic, Novosibirsk Oblast, Omsk Oblast, Tomsk Oblast</i> Topic: Ethnic tensions within countries and oppression of minority groups
4am Sat	UTC/ GMT+5	9am Sat	Nepal, India, Sri Lanka, French Southern and Antarctic Lands, Heard Island and McDonald Islands, Kazakhstan (<i>Western</i>), Maldives, Pakistan, Russia: <i>Astrakhan, Bashkortostan, Chelyabinsk, Kurgan, Orenburg, Perm, Saratov, Sverdlovsk, Tyumen, Ulyanovsk, Volgograd</i> , Tajikistan, Turkmenistan, Uzbekistan Topic: Global poverty and inequality – especially the sense of rich getting richer while poor get poorer
5am Sat	UTC/ GMT+4	9am Sat	Afghanistan, Armenia, Azerbaijan, Georgia, Mauritius, Oman, Réunion Russia: <i>Samara, Udmurtia</i> , Seychelles, United Arab Emirates Topic: Global poverty and its relationship with tax injustices

6am Sat	UTC/ GMT+3	9am Sat	Iran, Bahrain, Comoros, Djibouti, Eritrea, Ethiopia, Iraq, Kenya, Kuwait, Madagascar, Mayotte, Qatar, Russia: <i>most of European portion, including Moscow, Saint Petersburg, Rostov on Don, Novaya Zemlya, Franz Josef Land, and all railroads throughout Russia</i> , Saudi Arabia, Somalia, Sudan, Tanzania, Uganda, Yemen Topic: Climate change and desertification
7am Sat	UTC/ GMT+2	9am Sat	Belarus, Botswana, Bulgaria, Burundi, Democratic Republic of the Congo (<i>eastern</i>), Cyprus, Egypt, Estonia, Finland, Greece, Israel, Jordan, Latvia, Lebanon, Lesotho, Libya, Lithuania, Malawi, Moldova, Mozambique, Romania, Russia: <i>Kaliningrad Oblast</i> , Rwanda, South Africa, Swaziland, Syria, Turkey, Ukraine, Zambia, Zimbabwe Topic: Conflict and peace
8am Sat	UTC/ GMT+1	9am Sat	Albania, Andorra, Algeria, Angola, Austria, Belgium, Benin, Bosnia and Herzegovina, Cameroon, Central African Republic, Chad, Republic of the Congo, Democratic Republic of the Congo (<i>western</i>), Croatia, Czech Republic, Denmark, Equatorial Guinea, France, Gabon, Germany, Gibraltar, Hungary, Italy Liechtenstein, Luxembourg, Republic of Macedonia, Malta, Monaco, Montenegro, Namibia, Netherlands, Niger, Nigeria, Norway, Poland, San Marino, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Tunisia, Vatican City Topic: Conflict and peace and particularly extremist, rebel and terrorist groups
9am Sat	UTC/ GMT	9am Sat	Burkina Faso, Bouvet Island, Canary Islands, Cote d'Ivoire, Faroe Islands, Gambia, Ghana, Greenland (<i>north eastern</i>), Guernsey, Guinea, Guinea-Bissau Iceland, Ireland, Isle of Man, Jersey, Liberia, Mali, Mauritania, Morocco, Northern Ireland, Portugal, Saint Helena, Senegal, Sierra Leone, Sao Tome and Principe, Togo, United Kingdom, Western Sahara Topic: Trafficking and chocolate and the positive impact of certified products
10am Sat	UTC/ GMT-1	9am Sat	Azores, Cape Verde, Greenland (<i>east</i>) Topic: Climate change, melting of polar ice caps
11am Sat	UTC/ GMT-2	9am Sat	Brazil: <i>Fernando de Noronha, Trindade and Martim Vaz</i> , South Georgia and the South Sandwich Islands Topic: Land rights for indigenous communities and deforestation (especially in the rainforest)
12pm Sat	UTC/ GMT-3	9am Sat	Argentina, Brazil: <i>Brasilia, Rio, São Paulo, Fortaleza, Maceio, Recife, Salvador</i> , French Guiana, Greenland (<i>central</i>), Guyana, Saint Pierre and Miquelon, Suriname, Uruguay, Canada (" <i>Newfoundland Time</i> "): <i>Newfoundland and Labrador</i> Topic: Street children
1pm Sat	UTC/ GMT-4	9am Sat	Anguilla, Antigua and Barbuda, Aruba, Barbados, Bermuda, Bolivia, Brazil: <i>Boa Vista, Campo Grande, Manaus</i> , Canada (" <i>Atlantic Time</i> "): <i>Labrador, New Brunswick, Nova Scotia, Prince Edward Island, eastern Quebec</i> , Chile, Dominica, Dominican Republic, Falkland Islands, Greenland (<i>west</i>), Grenada, Guadeloupe, Guyana, Martinique, Montserrat, Netherlands Antilles, Paraguay, Puerto Rico, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, Trinidad and Tobago, U.S. Virgin Islands, Venezuela Topic: International organisations, peace-keeping forces and institutions working for justice or peace.
2pm Sat	UTC/ GMT-5	9am Sat	Bahamas, Brazil: <i>Acre</i> , Canada (" <i>Eastern Time</i> "): <i>Nunavut, most of Ontario, most of Quebec</i> , Cayman Islands, Colombia, Cuba, Ecuador, Haiti, Jamaica,

			Navassa Island, Panama, Peru, Turks and Caicos Islands, United States of America ("Eastern Time"): Maine, New Hampshire, Vermont, New York, Massachusetts, Connecticut, Rhode Island, Michigan except extreme northwestern counties, Indiana except the southwest and northwest corners, Ohio, Pennsylvania, New Jersey, eastern Kentucky, West Virginia, Virginia, Washington, D.C., Maryland, Delaware, eastern Tennessee, North Carolina, Georgia, South Carolina, Florida except western part of panhandle. Topic: Global poverty and outstanding debt cancellation for poor countries
3pm Sat	UTC/ GMT-6	9am Sat	Belize, Canada ("Central Time"): Manitoba, Saskatchewan except for Lloydminster, northwestern Ontario, Costa Rica, Easter Island, El Salvador, Galapagos Islands, Guatemala, Honduras, Mexico, Nicaragua, United States of America ("Central Time"): Wisconsin, Illinois, the southwest and northwest corners of Indiana, western Kentucky, western and middle Tennessee, Mississippi, Alabama, Minnesota, Iowa, Missouri, Arkansas, Louisiana, north and east North Dakota, eastern South Dakota, middle and eastern Nebraska, most of Kansas, Oklahoma, most of Texas, part of western Florida (panhandle) Topic: Gang fighting and crime, including links to drug and alcohol abuse
4pm Sat	UTC/ GMT-7	9am Sat	Canada ("Mountain Time"): Alberta, small eastern portion of British Columbia, the Saskatchewan side of Lloydminster, Mexico: Baja California Sur, Chihuahua, Nayarit, Sinaloa, Sonora, United States of America ("Mountain Time"): southwest North Dakota, western South Dakota, western Nebraska, a sliver of Kansas, Montana, a sliver of Oregon, southern Idaho, Wyoming, Utah, Colorado, Arizona, New Mexico, the El Paso area in Texas Topic: All forms of domestic and sexual abuse
5pm Sat	UTC/ GMT-8	9am Sat	Canada ("Pacific Time"): most of British Columbia, Yukon, Clipperton Island, Mexico: Baja California Norte, Pitcairn Islands, United States of America ("Pacific Time"): Washington, northern Idaho, most of Oregon, California, Nevada Topic: Oppressive treatment of women, especially where FGM, early or forced marriage or sexual violence are being perpetrated
6pm Sat	UTC/ GMT-9	9am Sat	French Polynesia: Gambier Islands, United States of America: most of Alaska, French Polynesia: Marquesa Islands Topic: International power play and politicking
7pm Sat	UTC/ GMT-10	9am Sat	Cook Islands, French Polynesia: Society Islands, Tuamotu Islands, Austral Islands, Johnston Atoll, Tokelau, United States of America: Hawaii, and Aleutian Islands in Alaska Topic: Disputed territories and rival alliances
8pm Sat	UTC/ GMT-11 & UTC/ GMT-12	9am Sat	American Samoa, Jarvis Island, Kingman Reef, Palmyra Atoll, Midway Islands, Niue, Baker Island, Howland Island Topic: Forgotten and overlooked places which don't get much media/international attention

b) Suggestions for different 'stations' you could lay out or 'approaches' for prayer to use

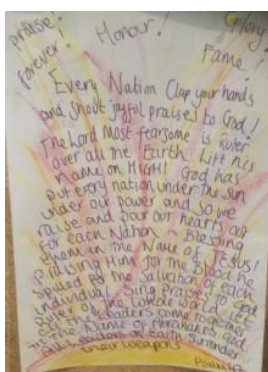
You can use as many or few of these ideas as you like and/or use your own. If you are setting up a space to use over an extended period of time, you might like to make signs to label them and provide a simple hand out with explanation of everything. We suggest that if you are gathering people, you might like to begin and end with more

standard, corporate worship and praise to lift up Jesus' name together before you start, and to come back to this place before you finish.

- **At the foot of the cross:** Have a large-ish cross, big enough that people can kneel at its base and encourage people to simply spend time at Jesus' feet lifting the needs of the nations to him – the hope of every nation. (If you can have a symbolic light source by the cross, do so.)
- **Be still and know:** Have tealight candles and matches available so people can simply sit, be still and light a candle for a nation acknowledging that Jesus is its light, and surrendering it to him.



- **Create:** Make art materials, pens and paper available for people to use and designate tables or a protected space to write, draw, paint your prayers for the nations.



- **Hands on:** Use a large world map placed on the floor or hung on a wall to lay hands on the nations in focus as you pray. You could also make post-it notes and pens available for people to write and leave their prayer where their hand has been.



- **Listen:** Lay out a comfy area with different translations of the Bible and encourage people to simply sit with God and His word and ask Him to lead and guide their prayers.
- **Learn about nations and topics:** Make available some information from mission organisations focused on global evangelisation and Christian groups working to address poverty, persecution, trafficking, fair trade, the environment and climate change etc. Lay this out together with books such as *Operation World* and atlases to help people find out more about different nations. You might also like to have a computer available that people can use to google information on different nations or to use to look them up on websites such as www.prayercast.com which provides prayer points and a prayer video for every nation. (You could have headphones attached to the computer so people using it don't disturb others.)
- **Nation stones:** Have some stones available and suitable pens (such as permanent markers) for writing on them. Invite people to write the names of nations that are particularly troubled at present – especially those involved in, or dominated, by conflict. Suggest they hold the stone praying for hardened hearts to be softened towards God and each other and then to place their stone with any others that have been labelled already. (If you have a cross in your space, you might like to situate the stones 'station' close by, so that they can be laid at its base.)



- **Sing over:** Singing songs of prayer over nations is a good way to keep focused and press in. Consider making a playlist of worship songs to listen to or sing along to which speak of the nations or inviting musicians to sing and play these whilst you pray. They might like to lead a time of sung intercession too so you can all pray together in this way.
- **Share:** If you're praying in a group but individually in a more dispersed way, it's always good to have a space dedicated to 'sharing'. Use flip charts, white boards and/or pin boards to encourage people to share scriptures, words and pictures with each other and/or to display art, poetry, prayers etc that they have created.
- **Write hope:** If you can get your hands on a "whiteboard globe" or a large blank outline map of the world, you could encourage people to write prayers of hope, proclamations and scriptures on it.

