

1 YOUNGER

FRIEND 3

FRIEND 2

FRIEND 1

1 OLDER

FIVE is a great way to pray for your family and friends! Just pick 5 people - 1 older, 1 younger and 3 pals. Spend 5 minutes each day praying for your 5 people (1 minute for each person). Do this 5 days a week for 5 weeks and then share your story.



## SHARE YOUR STORY

When we pray and see God answer those prayers, it is really exciting. If God has answered your prayers, pass on the joy and share your story with your group leader, family and friends.

(Group leaders: we would love feedback! Email your prayer stories to [pray@suscotland.org.uk](mailto:pray@suscotland.org.uk))



## PRAY FOR SCOTLAND

PO Box 21114, Alloa, FK10 3YL  
[www.PrayForScotland.org.uk](http://www.PrayForScotland.org.uk)  
Scottish Charity SC029844

In partnership with:



## PRAY FOR...



DAYS

PEOPLE

MINUTES

WEEKS

... then share the story of what God has done

# HOW TO PRAY

- Say **Thank you** to God for who he is and what he has done, and also for your FIVE.
- Say **Sorry** to God and ask him to forgive you for the wrong things you have done.
- **Forgive** anyone who has hurt or upset you.
- Ask God to help you pray for your FIVE and **listen** to his voice.
- Ask God to **bless** your FIVE, and pray for the things they need.

write the names of your FIVE here:



## KEY VERSES

*"We are certain that God will hear our prayers when we ask for what pleases him" 1 John 5v14 (CEV)*

*"Listen, Lord, as I pray. You are faithful and honest and will answer my prayer." Psalm 143 v 1 (CEV)*

*"When a believing person prays, great things happen." James 5v16 (NCV)*