

1. Pray for the Lord to guide us throughout this New Year. May He continue to walk alongside us as we step out along this year's pathways. Ask Him to help us grow in faith, love and wisdom, as we dedicate ourselves to His service.
2. Pray for a huge success for the St Mary's used stamp collection and Christmas card scheme, aiming to raise money for the charity Embrace the Middle East, which works with Christians helping to ease suffering in that region.
3. Pray for a spirit - filled Joint prayer meeting with the Baptist Church tonight.
4. Pray on this Thursday for a happy school assembly in church. Ask the Lord to fill the staff and pupils with enthusiasm, as they start the new term today.
5. Pray for a warm and joyous occasion at today's First Friday Lunch Club.
6. Pray today for all those Christians sharing their faith and we especially ask for God's protection on our link church in Russe, as they help the poor to cope with very cold weather.
7. Pray on this **First Sunday after Epiphany** for all to be inspirationally united at today's Benefice Service.
8. Pray on this day which celebrates the **Baptism of our Lord** that there is an

increase in the number of young people coming to our Benefice churches.

9. Pray today for all those travelling to work in difficult weather conditions. Ask the Lord to keep them safe.
10. Pray for the informal service and coffee morning which takes place on Wednesdays. May they be well attended, even in these winter months.
11. Pray today for our political leaders and ask the Lord to fill them with wisdom and integrity as they plan our future.
12. Pray today for all those who are homeless and living outside in these bitter conditions. Ask the Lord to send them help and friendship.
13. Pray for the Lord's guidance at today's Clergy and Readers meeting. Ask the Holy Spirit to fill all present with inspiration and enthusiasm for their ministry.
14. Pray on this **Second Sunday after Epiphany** for all those attending the Breakfast Service. May many families feel drawn to come.
15. Pray today, on what is known as Blue Monday, for all those suffering with depression. This is such a difficult time of year for them. May they find help and comfort from friends and neighbours.

16. Pray today for our local hospices and thank the Lord for the loving, caring work of these organisations.
17. Pray on this Wednesday for a successful Open Door Cafe. Thank the Lord for Carol and all her helpers. Also pray for today's Chapter meeting of the Sudbury Deanery Clergy. Ask the Lord to fill them with enthusiasm and mutual encouragement.
18. Pray for tonight's Little Cornard PCC meeting. Ask God to guide and help their discussions.
19. Pray on this Friday for the Youth Club and Youth Group and thank God for all those who give up their time to lead these groups.
20. Pray on this Saturday for the Home Group Leaders meeting. Ask God to direct their planning and inspire them in their role as group leaders.
21. Pray particularly on this **Third Sunday after Epiphany and Plough Sunday** for all those who work on the land and their concerns about the impact of Brexit.
22. Pray on this Monday for Storehouse, the food bank in Sudbury. Thank God for the generosity of those who give contributions and may those in need feel able to come for help.
23. Pray on this Tuesday for the Footprints Baby and Toddler Group, that many feel attracted to come.

24. Pray on this Wednesday for a very successful Stepping Stones. Thank God for all the helpers and may it be a happy time for all.
25. Pray today for the Clergy and Elders meeting. Ask the Holy Spirit to fill all present with inspiration and enthusiasm for their ministry. May the Mother's Union talk tonight also be successful.
26. Pray for an end to anti-Semitism, as we remember tomorrow's Holocaust Memorial Day.
27. Pray on this Saturday for Messy Church. Ask the Lord to draw many parents and children to attend and pray that they will learn more about God in a loving and joyful atmosphere.
28. Pray on this **Fourth Sunday after Epiphany** for the Joint service with the Baptist Church. May it be well supported and be filled with the unifying presence of the Holy Spirit. Pray also for a successful Solos on Sunday Lunch Club afterwards.
29. Pray that world governments will see the need to take more care of our God-given environment.
30. Pray on this Tuesday for peace in the Middle East.
31. Pray that we all learn to put our faith into action. Ask God to alert us to those who need help.

Prayer is your conversation with God and He is listening.