

Monday 30th March

Here are 3 ways to direct our prayer focus today:

1) Click [here](#) to read the 'Prayer for Deliverance from the Coronavirus', written by Pete Greig & 24-7 Prayer

Read it slowly, aloud, even if you are by yourself. Pause whenever you need to, to add your own prayers....

2) Could you develop a new prayer habit....such as:

- setting an alarm for 7am, 1pm & 4pm, with a one-sentence prayer for each?
- praying through an open window over the town at 12pm?
- using each mealtime as an opportunity to pray for one person

3) Read Psalm 46 slowly, aloud, as a declaration of truth!