

creative idea

To help with praying for protection or breakthrough

This simple but powerful idea was first inspired as part of our daily rhythm, on a day when the characteristic of God we were focusing on was 'God of the Angel Armies' – a description which comes from how Eugene Peterson translated 'Almighty God' in 'The Message' – and is helpful to use in any situation where you are praying for protection or breakthrough for an individual, nation or situation because it helps you connect more closely to the truth that everything and everyone is ultimately in God's hands, and under his authority.

Like all our creative or symbolic ideas, the experience of praying about something like this kinaesthetically helps our focus, and faith, as opposed to 'doing' anything in its own right.



- Spend some time noting down on a piece of paper the name(s) and circumstances of individuals or groups you want to pray for who you believe need God's protection, power or victory in the situation(s) they are facing.
- Fold or crumple up the paper and hold it in your hand, trusting even the most complicated or distressing circumstances to God's almighty, and strong, hand.
- Now place the crumpled paper under your feet. As you stand on it, remember that every circumstance and situation is under God's authority.
- You might find it helpful to now speak out your prayers for protection, or for breakthrough in the circumstances, of the person or people you are praying for. (Scripture is especially helpful for this. You could use Psalm 27:1-3 for example, turning the pronouns round, and using the name of the person/people in question such as 'The Lord is the Sanctuary's light and salvation, of whom should they be afraid...')