



## Prayer: 2 Timothy 4:6-8; 16-18

Year C, Pentecost 23

By Beth Barnett

Prayer activity and Household activity	
You will need:	<ul style="list-style-type: none"><li>Song Empty and Beautiful, Matt Maher. <a href="https://www.youtube.com/watch?v=lhaHB1Cad_4">https://www.youtube.com/watch?v=lhaHB1Cad_4</a></li></ul>
Time required:	5-7 minutes

### Prayer

The song 'Empty and Beautiful' draws on this Bible reading, with many direct quotes, as well as exploring the imagery of being poured out for others.

We will spend some time listening to this beautiful song,

You are invited to pray where you are, or come out to the tub of water and using one of the containers to scoop up some water and pour it back into the tub as a watery prayer.

You might take this time to choose a particular line from the bible reading to make into a prayer, and talk about it with God.

You might pray for:

- one another in this community or others we know who are struggling with keeping on going.
- those whose friends have deserted them,
- those who need the Lord to stand by them and give them strength
- the message of God' great love to be fully proclaimed – seen and heard by all who need it, poured out generously with grace
- those who are under attack

## Household Prayer Idea

Encourage households to continue 'Pouring out Prayers' at home.  
Use a recycled 3 litre clear plastic juice bottle or equivalent.

Each day partially fill with water.

When your household is gathered (for example at dinner time) invite household members to name things they would like to pray for and write these on the bottle with a permanent marker.

When everyone has had a chance to contribute their prayers, conclude by saying together:

"We bring our prayers and pour out our hearts to you, loving God. Amen"  
Together pour your prayer water out onto a plant in the garden



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