



HEBA Day of Prayer | 24th September 2026

We are inviting everyone in HEBA to join us for a day of prayer on 24th September 2026.

We will follow a simple pattern that hopefully will fit in with our busy lives, pausing to pray **Morning, Midday and Evening.**

This resource will have simply liturgies for us to use if we find it helpful for prayers at these times. The liturgies are adapted from 'Living for Jesus and Justice: Daily Prayers for Radical Christians' recently published by Red Letter Christians UK. The prayers are also available as an app. [Living for Jesus and Justice App – Red Letter Christians UK](#)

We will meet online on Zoom at Midday for 45 minutes for an extended time of corporate prayer, but morning and evening prayers can be at anytime to suit whether prayed individually or whether your church, home group or group of people want to meet together to pray together.

Here is the Zoom Link:

<https://us02web.zoom.us/j/88121554942?pwd=ODRKnHiv23bA0Yg4POXbUylKEbQMDz.1>

Meeting ID: 881 2155 4942 Passcode: 134488

We recognize that we are in a time of rapid change and transition in our world in the Baptist Union and in our association. It is good for us to lean into prayer and discern together what God is doing and how we join in with him.

With Adrian retiring and financial reviews happening at association and national level now is the time to stand at the crossroads and ask God what the good way ahead is? There is an opportunity to assess what the next season at HEBA looks like. Those tasked by the trustees to look at Adrian's replacement have asked for us to pray:

- As we develop and advertise the role.
- For the period when potential applicants are seeking the will of God for direction and confirmation
- For the short listing and interview stage
- Once the outcome is known- pray for all candidates

LITURGIES FOR THE DAY

MORNING PRAYER

Gathering

New morning.

New breath.

New life.

We awaken

To the light

Of your love.

Intro into silence

We settle into stillness.

We steady our thoughts.

We slow our breath.

God, already here and waiting.

We come just as we are,

Gladly, thankfully, humbly,

With open hands,

With open minds,

With open hearts,

That we may see more clearly,

know more fully and be more

nearly.

Silence

Community prayer (morning)

We meet you in our community
today.

We are compelled to join you in

Sitting with people who need a

friend

Walking with those who struggle

Standing in solidarity with those
who have been wronged.

We yearned for the day when all
things are put right

For this is who we are.

Give us what we need to live this
day well

As justice makes love complete.

Beatitude

Now's the time if you're hungry,
justice is served time's up if you're
well fed, you'll miss out.

Reading: Jeremiah 6: 16

*"This is what the Lord says: 'Stand at
the crossroads and look; ask for the
ancient paths, ask where the good
way is, and walk in it, and you will
find rest for your souls.' But you said,
'We will not walk in it.'" Jeremiah
6:16*

We may be familiar with this verse,
but the last sentence is rarely
quoted. If we are going to take time
and ask God to show us the way
forward let us not be like those who
Jeremiah is speaking about who
refused to walk in it.

Prayers of solidarity

Let justice flow like a mighty river let
parched land burst into life.

Where ground is barren
Where air is dirty
Where water is polluted

Let justice flow like a mighty river let
parched land burst into life

Where aggression dominates
Where threat looms
Where abuse lurks

Let justice flow like a mighty river
Let parched land burst into life

Where home is afar
Where loved ones are scattered
Where security is precarious

Let justice flow like a mighty river let
parched land burst into life.

Where income evaporates
Where cost escalates
Where health eludes

Let justice flow like a mighty river let
parched land burst into life.

Where fears rise
Where anxiety paralyzes
where hopelessness encroaches

Let justice flow like a mighty river let
parched land burst into life

Where truth is sidelined
Where kindness is forgotten
Where goodness is tarnished

Let justice flow like a mighty river let
parched land burst into life
Pray The Lord's Prayer

Ending
In your power and for your glory we
live for you today

MIDDAY PRAYER

Pause

I pause.

I breathe.

I reconnect.

Embodied prayer

Think of someone you love or a newspaper article or headline about something that concerns you.

Think about all the webs of human connection.

We are all connected

All neighbors in this life

What are the stories we share?

What are our concerns for today?

How might God be challenging us to respond to the people and needs we see before us?

A question about today's beatitude

In what ways have I seen justice served today? What am I still desperately hungry for?

Reading: Romans 12:1-2

'Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not

conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.'
Romans 12:1-2

These verses speak about discerning God's will together. All the 'you's in this passage are 2nd person plural. Discerning God's will is a communal activity. We need to hear from each other what the Spirit is saying so we can discern the way forwards so please do join us praying as HEBA together on 24th September and please do feedback anything you feel the Spirit is saying to us at HEBA at dd@baptist-heartofengland.org

Discerning your will together as we pray

Ending

The day is barely halfway through

Heavy with so much need

So much opportunity

Center us with your peace

That faithfully and gently we might approach each moment with love

EVENING PRAYER

Gathering

As the daylight fades
and the night shadows deepen
We return to you.

Reflection

How have today's readings and
prayers shaped your day?

Reading: Isaiah 43:16-19

*'This is what the Lord says—
he who made a way through the sea,
a path through the mighty waters,
who drew out the chariots and
horses, the army and
reinforcements together, and they
lay there, never to rise again,
extinguished, snuffed out like a wick:
"Forget the former things; do not
dwell on the past.*

*See, I am doing a new thing! Now it
springs up; do you not perceive it?
I am making a way in the wilderness
and streams in the wasteland.'*
Isaiah 43:16-19

In these verses Isaiah reminds the
Israelites of what God has done for
them but warns them not to get
stuck in the past but to look forward
for the new thing God is doing. To

notice or perceive it. We give thanks
to God for what he has done in our
lives and in HEBA but let us look for
and perceive the new things he is
doing.

Examen

1. Still yourself and invite the
spirit to direct your prayer.
You may imagine this as a
stepping into a beautiful life
giving light, to see things
more clearly.
2. Gather up gratitude. Notice
the small things that were life
giving today. Appreciate
ordinary and extraordinary
goodness. Be thankful
3. Consider times where you
contributed to this goodness.
Notice active and quiet
moments where you lived
well, offer a positive
confession that this is who
you are.
4. Recognize times where you
got in the way of living well. A
particular regret may come to
mind. Ask why you felt or
acted that way? Offer this to
God without inviting shame,
knowing that you are held in

God's loving gaze. Simply
invite God in

5. In the light of this prayer what
do you need to live well
tomorrow? What does HEBA
need to serve well in the
future? Ask for these things
and sit quietly to receive
these gifts.

God of what has been,
God of what will be,
We place ourselves in your keeping
tonight.
Amen

Community prayer (evening)

Radical Jesus,
we met you in our community
today. We were compelled to join
you in
Sitting with people who need a
friend
Walking with those who struggle
Standing in solidarity with those
who have been wrong to.
We yearned for the day when all
things are put right for this is who
we are.
Give us rest tonight to live tomorrow
well as justice makes love
complete.

Ending

God of the day,
God of the night,
God of our waking,
God of our sleeping,

Praying the Labyrinth



Using a prayer labyrinth can be good at times of transition. As we travel towards the centre we can ask God, ‘what am I carrying?’ and put things down. As we linger in the centre we can ask God what I am holding onto, afraid to let go that I don’t need anymore? Then as we prepare to trace our way out of the labyrinth, we can ask God what things do we need for this new season? What new gifts is he giving us? What things do we need to take up again and what do we leave behind as we serve him in the new season. This prayer can be personal and also applies to HEBA as an association.

You can use the finger labyrinth as an aid to prayer in this way.

