

## Prayer Chain

### What is a prayer chain?

The prayer chain is a way of sharing non-confidential prayer requests to a large number of people with the aim that they will pray about them. These prayer points can be passed on to others so that as many people as possible can pray about it. To sign up, get in touch with the Pastoral Care Coordinator, using the information on the back of this leaflet.

### How to Pray

A.C.T.S prayers are a good structure to pray.

- **Adoration:** Praise God for who he is and for what he has done in your life.
- **Confession:** Pray for your sin, the things you have done wrong and ask for forgiveness.
- **Thanksgiving:** Say what you are thankful for.
- **Supplication:** Pray for the needs of others and yourself.

### Prayer Requests

In the St Clement's Chapel (left side chapel) there are some green cards that can be filled in for prayer requests. There are also some yellow cards for prayers of thanks.

St matthews  
walsall

# Prayer

## Contact

### Pastoral Care Coordinator

Email: [stmatts.pastoralcare@outlook.com](mailto:stmatts.pastoralcare@outlook.com)  
Phone: 07518339606

### Rector - Jim Trood

Email: [rector@stmatthewswalsall.co.uk](mailto:rector@stmatthewswalsall.co.uk)  
Phone: 07939587208

### Sunday Services

8.00am: Book of Common Prayer  
9.00am: Parish Communion  
10.45am: Morning Praise  
4.00pm: Asian Congregation  
6.30pm: Church Hill Praise

### Social Media

Facebook: [@stmatthewswalsall](https://www.facebook.com/stmatthewswalsall)  
Twitter: [@stmattswalsall](https://twitter.com/stmattswalsall)  
Instagram: [@stmattswalsall](https://www.instagram.com/stmattswalsall)

[www.stmatthewswalsall.co.uk](http://www.stmatthewswalsall.co.uk)



## Prayer Ministry

### What is prayer ministry?

Prayer ministry is a service provided by trained members of the church who provide a private space for anyone to ask for prayer for themselves, for someone else or for a situation.

This time for prayer usually surrounds the time of communion and members usually pair up to pray for you. Many people can feel peace from prayer by giving their worries to God. Sometimes it may be that you do not want to discuss the situation, we can still pray for you and we can continue to pray throughout the week for you if you would like us to.

### When is it available?

St Matthew's provides prayer ministry at most 10:45am services, but prayer can always be asked for at any service. Wardens stand at the back of church and they will find someone to pray with you.

## Prayer Triplets

### What is a prayer triplet?

It is a group of 3 people who pray together to help build up a stronger prayer life, relationship with God and each other. It is hoped that your prayer triplet will become a space to be open and honest about issues, this will lead to being able to pray for each other and care for each other's needs. It is also a useful tool for accountability.

### What does it involve and how does it work?

You can sign up by creating your own group or being assigned to one. Groups are normally made up of those from the same gender and similar age/life stage. Once assigned to a group and you get in contact with each other your prayer triplet is up and running! It involves simply praying - nothing fancy, just showing up and having a conversation with friends and God.

### How often do they meet/keep in contact with each other?

It is hoped that you will keep in contact via a group message and share prayer requests approximately once a week. Then meet up once a month for an hour or so to pray together, reflect on the past month's prayers etc. but this is adaptable to your group's commitments / needs.

## Pastoral Care

### What is Pastoral Care?

Pastoral Care is supporting the spiritual and/or practical needs of others. Whether it's their first time at St Matthew's or they are a regular attendee. Examples of pastoral care include:

- Visiting Care and Nursing Homes to lead short services
- Providing communion to St Matthew's members who are unable to attend church
- Organising lifts to church for those who require it
- Offering support to recently bereaved families
- Visiting people in hospital and also at home
- Prayer support and organising prayer chain requests
- Setting up initiatives to support people further; OWLS is a great example of this

Pastoral care can occur naturally in home groups where people care for their members. If anyone is requiring further spiritual support then the clergy are available for this.