

**St Thomas Lent Cycle of Prayer**

**Health**

Hospitals and health centres, carers and all who are ill. Emergency services, provision of vaccines.

**Food**

Community Larder and foodbanks, and all who produce or distribute food.

**Finances**

Local businesses, workers and those on furlough or unemployed.

**Worship**

Preparation for Easter, local leaders, buildings and their use.

**Personal wellbeing**

Those who are unwell. Issues including mental ill health and stress.

**Local Transport**

Public transport, logistics, drivers, deliveries.

**Hidden heroes**

those known only to God.

**Relationships**

Our families, schools, friendships and those who are lonely.

*Personalise the prayer sheet. Start anywhere on the cycle and pray for one area each day.*