

## 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.

### **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.

### **Worship**

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

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