

## Prayer Pods

Most Tuesdays and Sundays I attend Recovery Church in Auckland; often it is the highlight of my week. People come from a variety of different backgrounds and stages of exploring spirituality for the purpose of connecting with each other and with God.

Prayer at Recovery Church isn't just something we do, prayer is a lifeline. People might not feel comfortable praying in public or they might not have any idea how to pray, so we make it easy for people to express their needs.

We have paper and a pen on a table in the auditorium for people to write their prayers and place them in our prayer box.

During the service the prayers are read by someone from the congregation.

Prayers are typically about recovery, about family, about peers in recovery or for anything else that is going on.

Prayers come from the heart: 'God, please help me get through today'; 'God, please watch over my children while I am on the programme'; 'God, help me to do the right thing'; 'God, thank you for getting me through the night'.

At the end of each prayer the congregation says 'Amen' to confirm their support.

After the prayers have all been read out, someone prays a covering prayer. This is a special, sacred part of Recovery Church.

When people are asked what prayer pods mean to them, their replies include:

*'They open doors of hope, curiosity and opportunity for those who haven't yet experienced a spiritual awakening. God can show miracles and create seeds of belief with these confidential prayer requests.'*

*'Talking to God and asking for forgiveness on a good day and on a bad day praying that your prayers are answered.'*

*'Prayer pods are a beautiful weekly sacred space for "Holding Hope".'*

*'The chance to speak out loud in prayer ... for myself, for my loved ones and even for the soul I have just met!'*

*'I feel the Spirit of God present.'*

**By Major Bronwyn Aldersley**

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