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HK PRAYER BOOKLET









JUNE 2022

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INTRODUCTION

Hi there! We pray that this prayer handbook empowers you to pray in response to God's heart for Hong Kong and His calling for you in His city!


GOD'S HEART FOR THE CITY

"And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand from their left - and also many animals? "

JONAH 4:11 (NIV)

In the Book of Jonah, we are reminded of God's compassion for the people in the cities. There, God calls on His messenger Jonah to travel to Nineveh; a "great city" of more than a hundred and twenty thousand people whose sins had come up before the Lord (Jonah 1:2), to tell them to turn from their old ways. It is hard to imagine why God cared for a city that profaned His name and opposed His ways! But there is perhaps no better explanation than Jonah's: the God we serve is a "gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster" (Jonah 4:2). Although Ninevites were wholly undeserving of His mercy, God, not wanting the city of Nineveh to be overthrown and perish, sought to restore Nineveh as a glorious city of the Lord through its people's repentant hearts.





As we turn our gaze to the great city that we ourselves have been placed in, do we see God's heart for Nineveh's restoration here in Hong Kong? In Jeremiah 29:7, we are reminded that God purposefully calls us into cities, so that in our intercession we may be able to participate in God's glorious plan of transforming and prospering the city!

Our city has been hurting from the grievous effects of the pandemic, with many experiencing feelings of helplessness and heaviness. Although we may feel powerless to respond, It is in times like these that God uproots us from our complacency and reminds us of how much our city depends on him, ultimately driving us to pray!

OUR CALLING FOR THE CITY

"Also, seek the peace and prosperity of the city to which I have called you into exile. Pray to the Lord for it, because if it prospers, you too will prosper."

JEREMIAH 29:7 (NIV)

HOW TO USE THIS GUIDEBOOK?

We believe that there is power in seeking God's heart for this city through our humbled posture of prayer, and pray that this handbook serves as a useful resource for you to be encouraged in different ways we can pray for Hong Kong.

We included resources, prayer topics and example prayers to guide you in praying for the city. It is not an exhaustive list of issues plaguing our city, but it is a good start to understanding the needs of the city's different sectors. We hope this booklet inspires you to research, understand and connect deeper with the people of our city.

"If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sins and heal their land."

2 CHRONICLES 7:14 (ESV)

For the best experience, listen to our guided prayer video as you read through our prayer booklet.



Listen

GUIDED PRAYER VIDEO

**SCAN THE QR
CODE BELOW**



PHYSICAL HEALTH OF OUR CITY

Our city's healthcare systems and workers help our city to heal, recover and prevent sickness. It is an evolving and multi-faceted system that includes individuals who discover and apply treatments to care for those who are ill. The health of these systems impact the well-being of our whole city. Let's learn more about our city's health system and how we can intercede for those who are battling sickness.

HOW WE CAN PRAY FOR THE SOCIETY:

- COVID-19 and Hong Kong
- Aging population and growing chronic disease burden
- Doctor shortage crisis



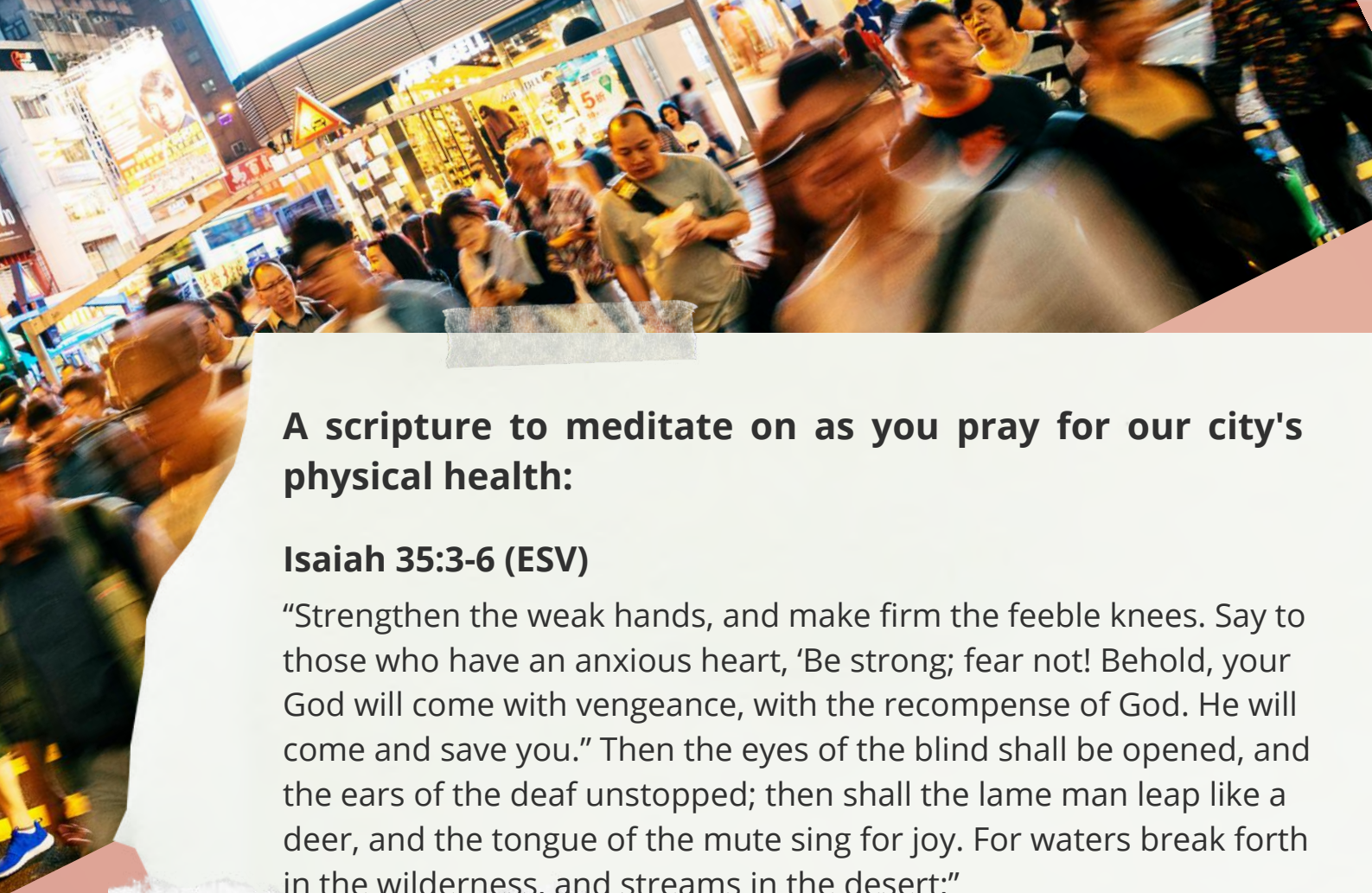
LEARNING RESOURCES

News Article on COVID-19 and
Hong Kong:



Scan to learn about the issues Hong Kong's
health system is facing and possible
strategies to improve the system:





A scripture to meditate on as you pray for our city's physical health:

Isaiah 35:3-6 (ESV)

“Strengthen the weak hands, and make firm the feeble knees. Say to those who have an anxious heart, ‘Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.” Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then shall the lame man leap like a deer, and the tongue of the mute sing for joy. For waters break forth in the wilderness, and streams in the desert;”

PRAYER

Dear Heavenly Father,

We intercede on behalf of the city and pray for Your physical healing to be upon this land. Protect the vulnerable and poor from sickness. We ask that You give medical workers strength and perseverance to care for the sick. We believe in Your power to heal and cry out to You, Lord God, our healer and savior.

In Jesus’ name we pray, Amen!

THE SOCIETY IN OUR CITY



Hong Kong is a diverse city filled with people from all walks of life, but it is also very divided, whether it's because of differing beliefs or the marginalized, such as refugees or migrant workers. After 2.5 years, pandemic and social unrest amplified the already existing problems.

Many people have left because they feel hopeless, but our hope is not in the circumstances and in the promise that God is still doing His wonderworks in healing our city. Let's pray for the governing authorities making key decisions for our city, and God's heart for the its embedded societal issues; the political and socio-economic divisions and marginalisation.

HOW WE CAN PRAY FOR THE SOCIETY:

- Pray for protection and providence for the marginalized in the day-to-day basis
- Pray for sustainable frameworks to be built to support those who are marginalized
- Pray for God's empowerment of HK's governing authorities as they make difficult decisions for our city
- Pray for the Gospel to reach and bring healing to societal divisions

LEARNING RESOURCES

Infected elderly residents experiencing hopelessness with little family or community support




Ethnic minorities bearing the blame for Covid-19 in Hong Kong



HK Political division weakening COVID support provisions for the community





Scriptures to meditate on as you pray for our city's society:

Timothy 2:1-4 (ESV)

"First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth."

Psalm 68:5-6 (NLT)

"Father to the fatherless, defender of widows - this is God, whose dwelling is holy. God places the lonely in families; he sets the prisoners free and gives them joy. But he makes the rebellious live in the sun-scorched land."

PRAYER

Dear Heavenly Father,

You have said: "How good and pleasant it is when God's people live together in unity... For there the Lord bestows his blessing, even life forevermore" (Psalm 133:1-3). We are broken by the division that we see in the city. We pray for the unity of the society as we learn to be selfless and sacrificial. We also pray for wisdom for the government to make God-fearing decisions. May Your blessings overflow in the city and may we see transformation in every sector of Hong Kong.

In Jesus' name we pray, Amen!

SPIRITUAL WELFARE OF THE CITY

Spiritual welfare can be defined as how connected people are with God and whether we are living out their faith in God. This is important to our city, because there are still many people who don't know the Gospel, the unconditional love and hope that God offers in the midst of our struggles. The harvest is plentiful, but the workers are few (Matthew 9:37).

1 Corinthians 12:12-26 says, "For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ....If one member suffers, all suffer together; if one member is honored, all rejoice together." As we're all one body in Christ, the spiritual welfare of our church and other churches is key for our city to be transformed into a city that reflects God's love.

HOW WE CAN PRAY FOR THE SOCIETY:

- Churches that are affected by COVID
- More disciples of Christ to have a heart to serve the city
- Salvations in HK



LEARNING RESOURCES

News Articles on the Spiritual
Welfare in Hong Kong
(only available in Chinese)





A scripture to meditate on as you pray for our city's spiritual welfare:

2 Peter 3:9 (NIV)

"The Lord is not slow to fulfil his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance."

PRAYER

Dear Heavenly Father,

We pray for the Church in Hong Kong, for us to be available to the communities around us and see the urgency of being Your ambassadors of light in the heavy darkness. Help us be convinced of Your gospel message so that we may respond in faith in our mission field. Forgive our complacent and forgetful hearts. Burden our hearts and raise us up as Your salt and light, empowered to bring Your eternal hope to those who dwell in deep darkness.

In Jesus' name we pray, Amen!

THE ECONOMY OF OUR CITY

Our city is a global financial hub, known for its strong finance and economy. Because of it, many people have been successful in accruing wealth and gaining economic security. However, recent times have caused Hong Kong's economy to suffer. Many people and businesses are struggling to make ends meet, and it's been hard to find hope when our finances and security are at stake. Let's pray for the economy of our city and for the people; for God to provide and to use these moments to help our city see an even greater need for Him.



HOW WE CAN PRAY FOR THE SOCIETY:

- God's provision for those struggling financially
- For people to renew their hope and confidence in God instead of riches and economic security
- Recovery of local businesses

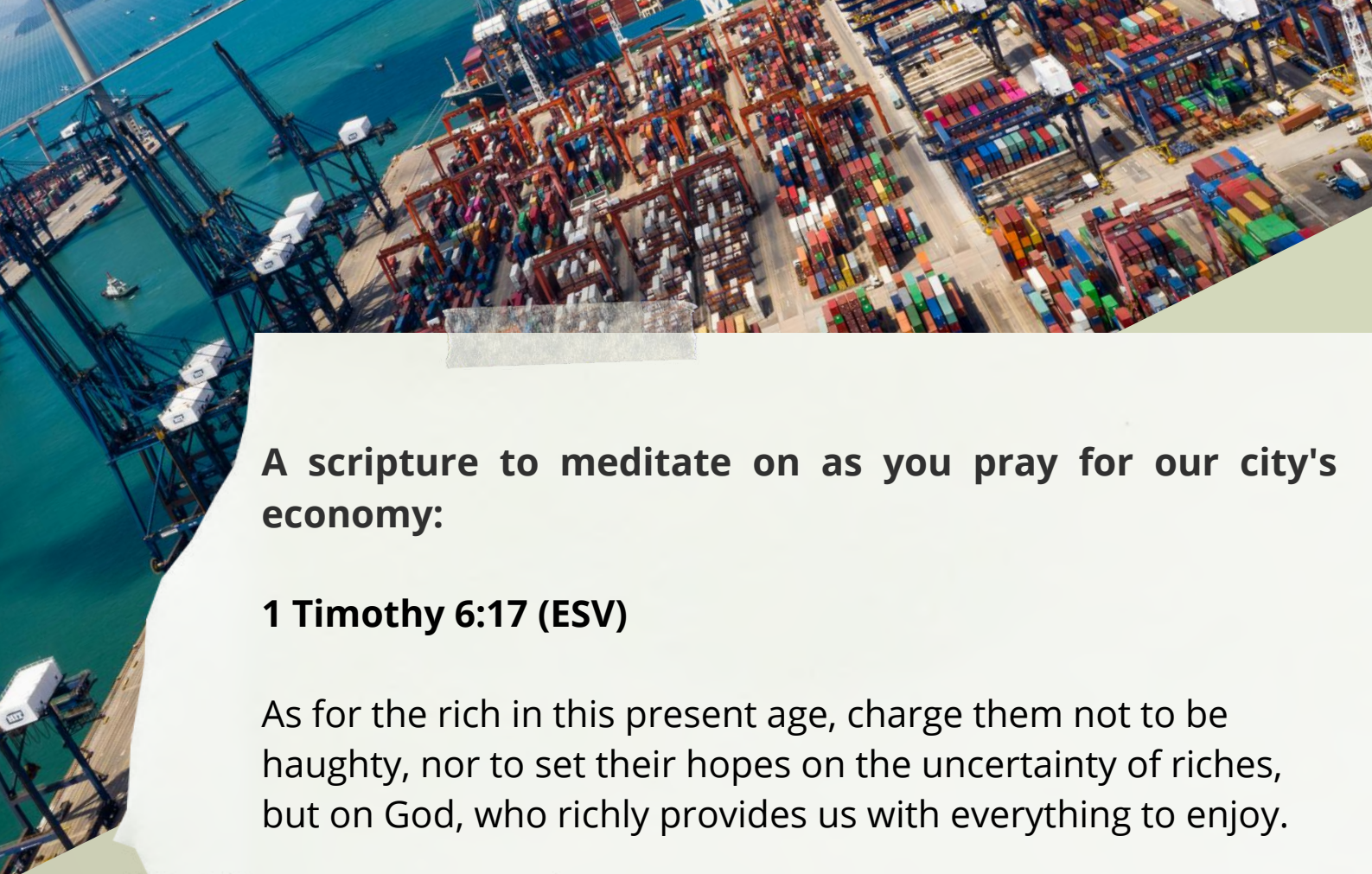
LEARNING RESOURCES

Government website on the latest developments of the Hong Kong economy



News article on the struggles facing local restaurants in Hong Kong





A scripture to meditate on as you pray for our city's economy:

1 Timothy 6:17 (ESV)

As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy.

PRAYER

Dear Heavenly Father,

We pray for the businesses and the finances of this city that are struggling under the pandemic. May You restore the lost fortunes of the people and eradicate financial pressures that haunt the lives of those living under poverty. Raise up businesses that glorify Your name and redeem wealth for the Kingdom of God.

In Jesus' name we pray, Amen!

MENTAL HEALTH OF OUR CITY



Mental health is a global issue affecting people of all ages and with the COVID-19 pandemic, there are more people than ever suffering from poor mental health. 61% of Hong Kong adults currently suffer from poor mental well-being and more than half of secondary school students have experienced symptoms of depression (HK Food and Health Bureau). Among university students, 69% reported symptoms of depression while 54% suffer from anxiety (SCMP).

Mental health affects how we think, feel, and act and determines how we handle stress, relate to others, and make choices. Unfortunately, mental illness is often seen as a weakness and this social stigma discourages people from reaching out for help. Let's learn more about HK's mental health situation to pray for the city.

HOW WE CAN PRAY FOR THE SOCIETY:

- Increasing depression and anxiety levels.
- Crisis level of suicides during COVID-19

LEARNING RESOURCES

Article about mental health in HK:



Scan to learn about COVID-19 and its effect on mental health in our city :





A scripture to meditate on as you pray for the mental health of our city:

2 Corinthians 12:9-10 (AMP)

“but He has said to me, 'My grace is sufficient for you [My lovingkindness and My mercy are more than enough—always available—regardless of the situation]; for [My] power is being perfected [and is completed and shows itself most effectively] in [your] weakness.' Therefore, I will all the more gladly boast in my weaknesses, so that the power of Christ [may completely enfold me and] may dwell in me. So I am well pleased with weaknesses, with insults, with distresses, with persecutions, and with difficulties, for the sake of Christ; for when I am weak [in human strength], then I am strong [truly able, truly powerful, truly drawing from God's strength].”

PRAYER

Dear Heavenly Father,

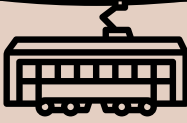
We pray for those of us who feel weighed down by isolation, stress, and anxiety, who feel as if there is nothing but darkness. Thank You for meeting us right where we are. We pray for Your perfect love to cast out all fear. Help us to have faith in You even when everything seems difficult because You are in control. May Your abundant grace sustain us for today, for tomorrow will have its own worries.

In Jesus' name we pray, Amen!



NEXT STEPS

We tend to associate prayer with a one-to-one conversation with God in stillness. However, there are many different ways we can exercise the gift of prayer that God has given us! Here are a few ways of praying for our city for you to explore!



Prayer walking

ON THE STREETS OF YOUR NEIGHBORHOOD

Prayer walking is a great way to get to know the neighborhood God has placed you in. As you observe the nearby surroundings and people in your neighborhood, you may feel moved by the Holy Spirit to pray for specific things. For example, you might notice a local secondary school and feel led to lift up a prayer for the students in your area.

If you're unsure of how to prayer walk, don't worry, we created the prayer guided video specifically for that purpose. [Go to page 5](#) to find the QR code to join us on a prayer walk.



Set a date

COMMIT TO WEEKLY OR DAILY PRAYING FOR HONG KONG

Take action on your burden for Hong Kong by committing to a set-time every day or week to pray for the different issues plaguing our city!

For example, you may already have a habit of reading the daily news every morning but you can involve God during this time as well! When you read through the news headlines, try lifting up the different needs of our city in prayer!



Involve others

TALK ABOUT THE CITY WITH YOUR LCG & LIFE GROUP OR FRIENDS

There is power when 2-3 people gather in the name of Jesus and pray. This fight for the transformation of our city is not a solo battle. It involves others and the activation of whole communities.

Take this opportunity to commit to praying for the city with your LCG or start a prayer chain in your LIFE group. Perhaps you can also send a picture of the streets or office you are prayer walking along with your prayer to help encourage others to join you on this mission.





HONG KONG

