

# Ask

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## Middle East Coffee Morning

Duration – Approx. 2 hrs 15 mins

Welcome	5	30 mins
Praise and worship	15	
Why we pray	10	
<b>Break</b>	<b>10</b>	
Praying for the lands of the Middle East OR Praying for the cities	15	45 mins
Praying for labourers	15	
Praying for seekers & believers	15	
<b>Break</b>	<b>10</b>	
Praying for refugees	15	40 mins
Thanksgiving	15	
Close	10	

### Guidance / top tips

#### **Praying for the land or Praying for the cities** –

In your prayer time you could pray through *one* of the two topics if you have time restrictions. You may want to allocate 15 – 20 minutes to pray into each of these areas.

**The breaks** – The breaks are the perfect time to have coffee (or another drink), while eating some Arabic treats. For a bit of an early morning kick, you could serve some Arabic mint tea.

**More food** – If you haven't had your fill of Arabic snacks, you could always finish off the Coffee morning with a light Arab meal. A number of supermarkets have a selection of Arab delicacies including hummus, kofta, tzatziki and falafel. To complete the meal, you could add some rice and salad.

