

60 MINUTE PRAYER GUIDE – SUNDAY 19th

PAUSE AND PREPARE

Welcome to the UV week of Prayer. Prayer is a powerful weapon. This is an exciting week and we look forward to the time we will be spending waiting for God to speak to us and bringing our prayers before Him.

This is the first prayer guide for our week of prayer. We will spend this time with God pausing to listen to what he is saying to us and preparing for the week ahead.

You will need to have a bible.

PAUSE: (5 MINS)

Pray:

Read aloud (if possible) 2 Chronicles 7 v 14. This verse is the key scripture for the week ahead. This verse is full of instructions for us His people, our nation and all people of the world to come to Him. Each day there will be different themes for us to pray about.

Be Still:

Spend a few minutes in quietness, concentrating on God and listening for His voice.

REJOICE: (5 MINS)

Pray:

Thank God for the freedom that we have to join together to pray in this way. Give thanks for all the answers to prayer we have had in the past and for the many blessings God has poured out on us as a church family and individually.

Sing:

Sing or listen to the Song "[Be still for the presence of the Lord](#)". (This song emphasises the importance of us being "Still". This is something we have time for whilst we are in lockdown. Listen to the words of this song which are so special.

ASK: (30 MINS)

- Pray for the week before us. That people will be willing to take part in the programme and that all the slots will be filled.

- Pray for the people who are leading the three corporate sessions each day. These will be times when we can all gather together to pray.
- Pray for the Tech Team as they work behind the scenes to make sure that we can all take part in this week of prayer.
- Pray that this week will bring our church family closer as we uplift each other and others in prayer. May we grow in God both as a church and individually
- Pray that out of this prayer week, disciplines for individual prayer will be established.
- There are problems that only God can fix. Pray that God will intervene and that His presence will be felt.
- Thank God each day for answers to prayer and that our prayers will be in accordance with His will.
- Pray the Lord's Prayer, listening and reflecting on each part.

YIELD: (10 MINS)

As we yield or say yes to God, you may find the following prayers helpful.

- Lord, may we find the joy of the Lord even in the midst of our trials. We pray that You would teach us what it means to see beyond our troubles, knowing that You are with us. Even so, Lord God, we see the challenges those around us are facing. We ask You to intervene, to be with those who are in need, to prompt us to participate with You as You care for your people, and, most of all, to restore creation and to make all things new. We pray that we would not be anxious, but that You would give us Your peace. Let us live differently in the midst of trial so that the world might see You in us. Amen.
- God our Father, by whose mercy
the world turns safely into darkness and returns again to light:
we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes,
knowing that only what you bless will prosper.
To your love and protection
we commit each other and all those we love,
knowing that you alone are our sure defender,
through Jesus Christ our Lord.

- Dear Heavenly Father, shine your light upon your church and upon all people of faith that their love may shine in the darkness, uniting in their endeavours for the common good. May we, in the ministries which are our lives, proclaim the Good News as our faith shines forth

As you finish this time of prayer, remember that God hears all our prayer and longs to give us the desires of our hearts. Leave your prayers at His feet and ask that His will be done.

Be still, breathe deeply and thank God for His presence. Release into His hands all that you have prayed for in this hour.

Don't forget to share both prayer requests and anything that you felt the Lord speaking to you during your prayer hour (this could be a verse or scripture passage, a picture, a strong word or a strong sense of something, or something else!) You can share on our dedicated 24/7 email address:

24-7prayer@uptonvale.org.uk

Thank you!