

# Together : 24x7 Prayer July 2020



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**Upton Vale**  
BAPTIST CHURCH

# Introduction

Welcome to the Upton Vale 24x7 Week of Prayer. Prayer is powerful. This is an exciting week and we look forward to speaking and listening to God.

- ❖ You will need your prayer kit.
- ❖ Remember that your B2gether prayer partner will be praying at the same time, so if you have to stop they will still be praying.
- ❖ You can pause this video at any time.

# Verse of the week

Our special verse all week is Micah 6:8

He has shown you all what is good. And what does the Lord require of you?

To act justly and to love mercy and to walk humbly with your God.

# Pause & Center (5 mins)

We start by settling our minds so that we can talk with God. It may help you to shut your eyes and listen to the following music.

If you find it easier to focus with your eyes open you might like to colour in the page from your kit while you listen.

# The Father Himself Loves You – Prospects

<https://youtu.be/L5gOGxHeeAg>

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# Rejoice (10 mins)

Read the following psalm quietly to yourself and then read it out loud.

# Psalm 100

Earth, sing to the Lord!  
Be happy as you serve the Lord!  
Come before him with happy songs.  
Know that the Lord is God,  
He made us and we belong to him.  
We are His people, the sheep he takes care of.  
Come through the gates to his temple giving thanks to him.  
Enter his courtyards with songs of praise.  
Honour him and bless his name.  
The Lord is good!  
There is no end to his faithful love.  
We can trust him for ever and ever!



Pause to  
complete

# Join with us

Now join in with this song,

My guardian.



# Guardian – Ben Cantelon

<https://youtu.be/MiRH8Hc8VQI>

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# Ask (30 mins)

We are going to ask God to help us all to bring justice and mercy to people who live without it today.

In your kit you have 7 hearts made from card and a length of ribbon.

We are going to say a prayer as we thread each heart onto the ribbon one by one.

Each heart has a letter written on it.

When they are all put onto the ribbon the letters should spell the word PRAYER.

# Ask

Start with the red heart and thread it from right to left along the ribbon so that you can see the letter. Then thread the other colours in the order shown, saying the short prayer written for each one as you do.

Please pause the video as you pray each prayer and thread the heart onto the ribbon.

# Ask



Pause to  
complete

We pray for people who are mistreated because of the colour of their skin. Help us to show your love to all people because we are all made to be like you. If we can, help us to speak up for anyone we know who is badly treated because of the way they look.

# Ask



Pause to  
complete

We ask you to help us fight and overcome coronavirus. Please watch over and protect the weak. Help scientists to find a vaccine and more treatments. We pray that they will share their discoveries with each other and especially with the poorer parts of the world.

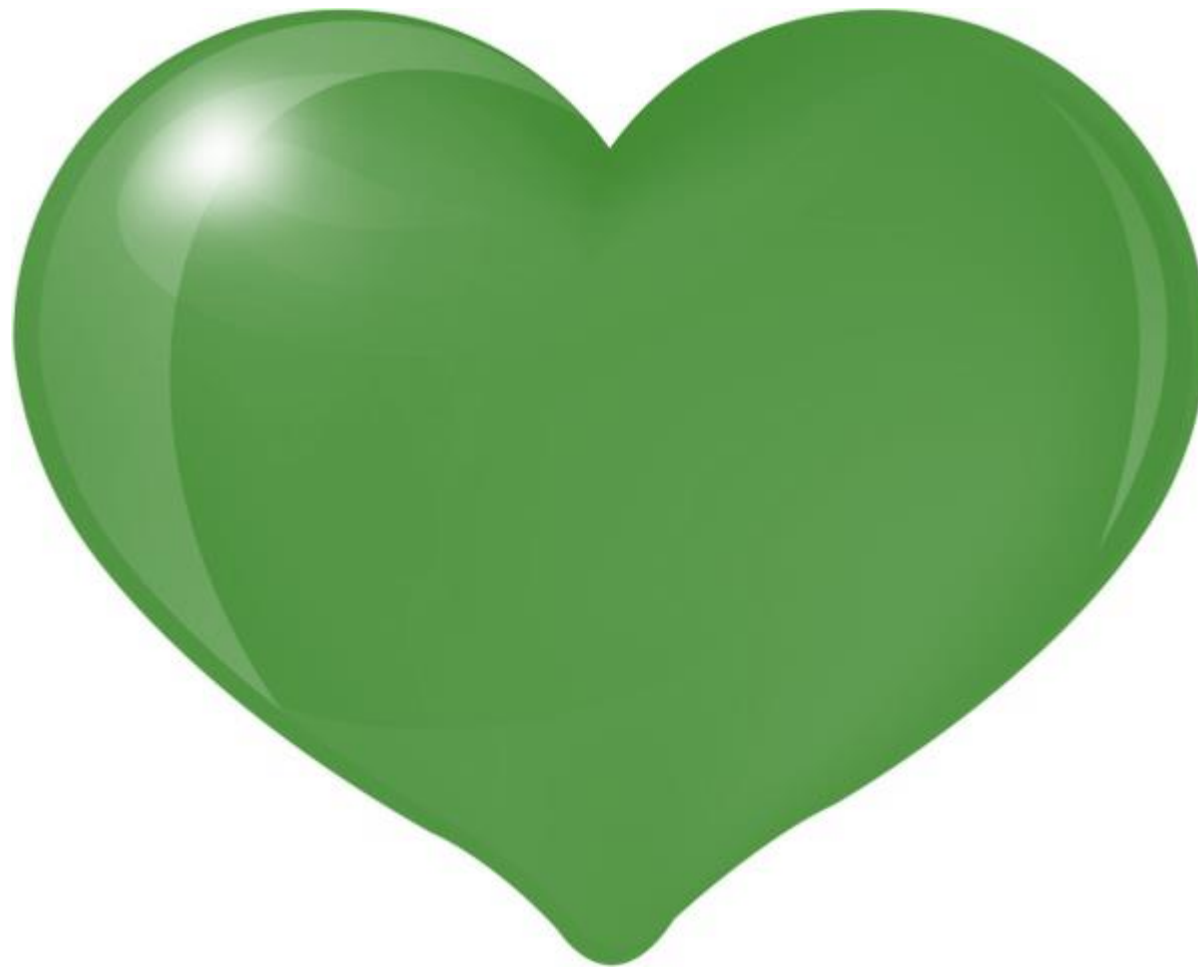
# Ask



Pause to  
complete

Please bless our leaders and all who work honestly and humbly to bring justice to the poor, the disabled, those living in countries at war, refugees and modern-day slaves. Please hold back people who make plans for evil.

# Ask

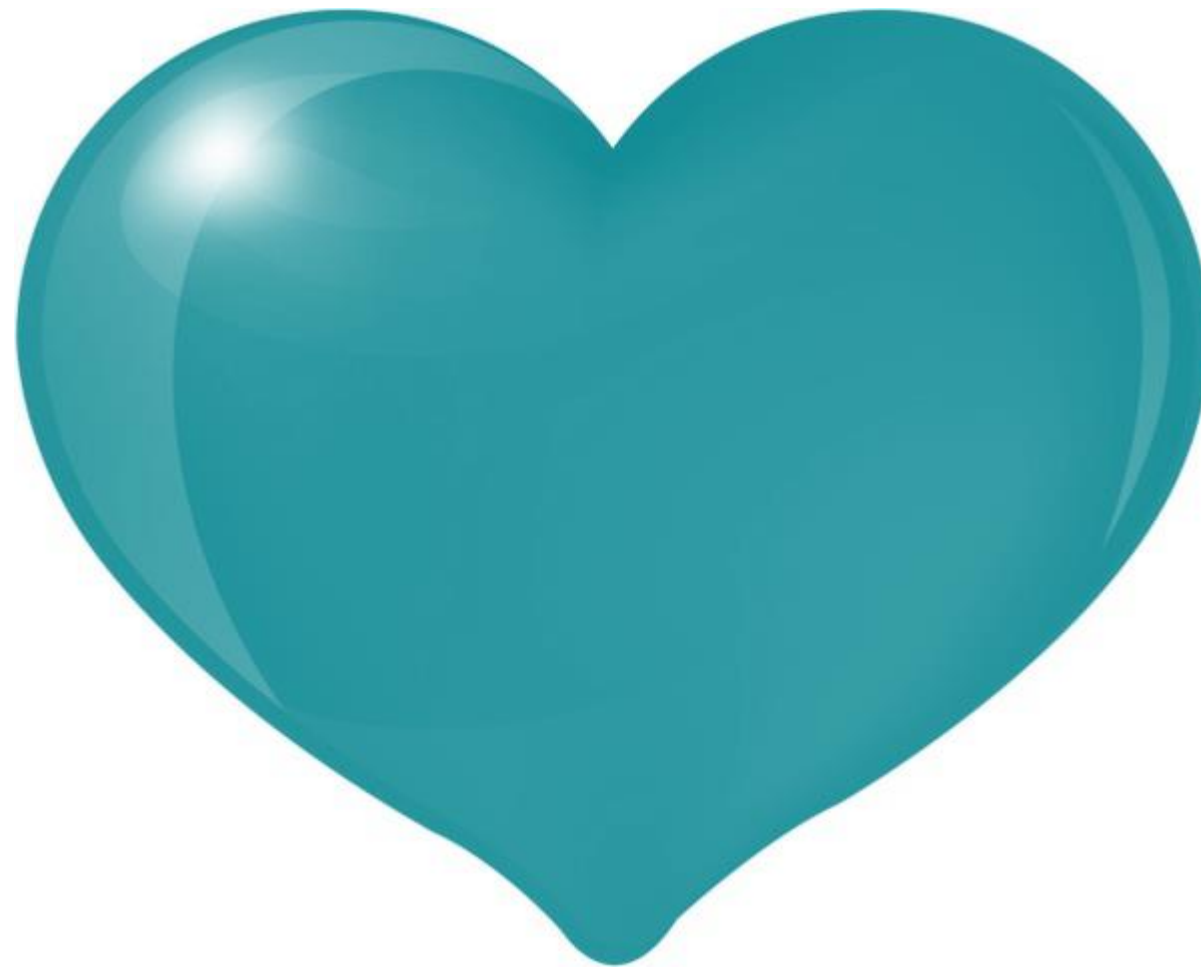


Pause to  
complete

Thank you for our beautiful world and for supplying our every need. Help us to find cleaner ways of travelling and producing energy. Help us to be more thoughtful and fair in the way we shop.

UV

# Ask

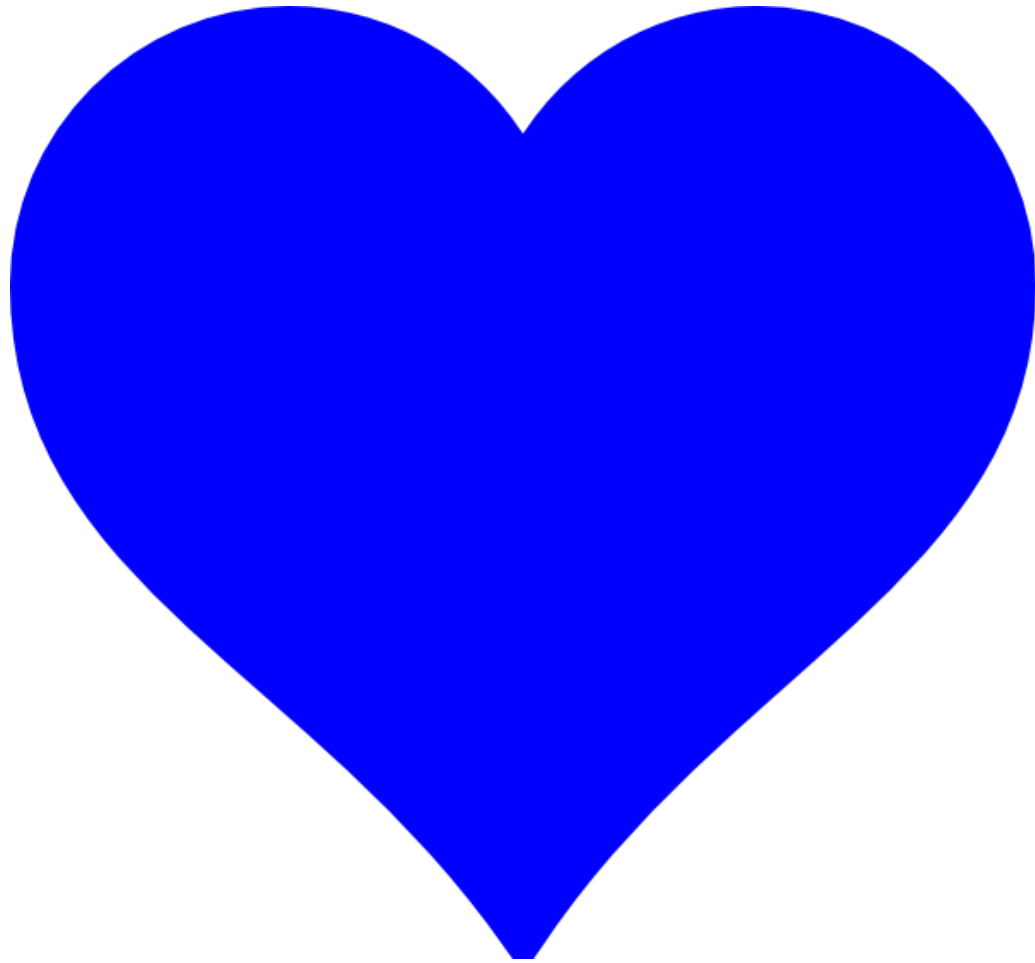


Pause to  
complete

Please give energy and wisdom to everyone working with friends, family or those who suffer anxiety, depression or other mental health problems, especially at the moment. Shine the light of your love into their situations and bring care and healing.



# Ask



Pause to  
complete

We pray for people in the world living without the things we take for granted – homes, clean water, medicines, schools and enough to eat. Especially we pray for people without jobs and the many children who live in poverty even in our town.

# Ask



Pause to  
complete

Jesus, you died and rose again to set us free and then left your Holy Spirit to comfort us and help us to pray. We need your Spirit to help us not to spoil your creation or take advantage of others. Please give us the strength to do whatever we can even when it costs us.

Switch on the tea light from your kit to remind you that God's light shines and is seen in the darkest of places.



Now read these words  
out loud.

## Yield (15 mins)

Lord, hear my prayer for justice.

I am calling loudly to you.

I am being honest in what I say,  
so please listen to my prayer.

You will make the right decision, because  
you can see the truth.

Show your amazing kindness  
and rescue those who depend on you.

Use your great power  
and protect them from their enemies.

Psalm 17:1-2 & 7

I always remember that the Lord is with  
me,

he is here close by my side  
so nothing can defeat me.

Psalm 16:8



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# Song: My Lighthouse

While you are listening you can add sticky gems to the hearts on your prayer ribbon.

Put it up in a window or on the wall to remind you of God's promise of amazing love.

# My Lighthouse – Rend Collective

<https://youtu.be/reAUKv7ptU>

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**Thank you for joining us in praying  
during the Upton Vale 24x7 prayer  
week.**