

**Tuesday 21<sup>st</sup> July**  
**Focus: Upton Vale – our church family and those we reach out to**  
**60 MINUTE PRAYER GUIDE**

NB please also see Wednesday's prayer guide, focus: Good News for Torquay project, how we can help those in our town in a new way

It's Tuesday of the 24/7 Prayer week. Prayer is a powerful weapon. This is an inspiring week and we are excited about spending time waiting for God to speak to us and bringing our prayers before Him.

Our key verse throughout this week is Micah 6:8;

**He has showed you, O man & woman, what is good.  
And what does the Lord require of you?  
To act justly & to love mercy and to walk humbly with your God.**

*1 Samuel 3:10b-11 says "Then Samuel said, "Speak, for your servant is listening." And the Lord said to Samuel: "See I am about to do something in Israel that will make the ears of everyone who hears of it tingle."*

Here is the prayer guide for Tuesday. Hopefully you will find it helpful to use as you pray in your hour, focussing today on Upton Vale, our church family and those we reach out to.

**PAUSE:** (5 MINS)

**Be Still:**

*Psalm 46:10 "Be still and know that I am God."*

Focus on God, quieten yourself. Shut out the external and internal noise. The maker of heaven and earth is there listening, delighting that you are taking time to talk to Him, enjoy your time with your heavenly father.

*Micah 6:8, our verse for the week:*

*He has shown you, O mortal, what is good.*

*And what does the LORD require of you?*

*To act justly and to love mercy*

*and to walk humbly<sup>[a]</sup> with your God.*

**REJOICE:** (10 MINS)

*Philippians 4:4 "Rejoice in the Lord always. I will say it again: Rejoice!"*

- Thank God for our church family, for everyone who makes UV a special place to worship and learn and be disciplined.
- Thank God for our children and youth, for the adults, those who are single, those who are married, those who are new Christians, those who have a real depth of knowledge of God to share.
- Thank God for all who we are in contact with through our weekly activities, again for the very young through to the older folks.

- Thank God for our position in the town and the relationship we have with many secular organisations.
- Thank God for local outreach opportunities, for all those who are cared for through CAP, ToWNS, Street Pastors, LiNX, Torquay Community Larder

**ASK:** (30 MINS)

*1 John 5:14 "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."*

*Micah 6:8 "And what does the Lord require of you?"*

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

- Pray for our church family. Pray for the adults of all ages, the young, just starting out being independent of parents, through to those who are becoming elderly and frail, perhaps struggling with not being able to do what they once did, or play the role in church life they once did. Please pray that we would be a church family together, supporting and encouraging each other through all stages of life, making time for each other, with a real understanding of the challenges each of us faces, even if people's circumstances are different from our own.
- Pray for our church family in view of the last 17 weeks of Lockdown. Please pray for those who have felt isolated or lonely, cut off because of lack of technology, disconnected. Please pray for those who have suffered with mental health issues, who know financial hardship, job uncertainty, or who have felt the burden of home schooling.
- Pray for our youth and children, that they would grow in their knowledge of Jesus' saving grace for them, that they would feel loved and accepted by God.
- Please pray for our youth and children in view of the last 17 weeks of Lockdown. Please pray that they would not feel too far behind or pressured by lack of schooling. Please pray for those who have suffered with mental health issues, or who feel disappointed or uninspired because of the way life has been so different.
- Please pray for continued safety for all our church family, both from the Coronavirus and any

Find out more!

Do feel free to look up any of these local organisations, find out more and pray for them!

- CAP – Christians Against Poverty – helping those in need of financial support  
[https://capuk.org/?gclid=EAIaIQobChMIg8yTtpLA6gIVQeZtCh352wJIEAAYASAAEgltivD\\_BwE](https://capuk.org/?gclid=EAIaIQobChMIg8yTtpLA6gIVQeZtCh352wJIEAAYASAAEgltivD_BwE)
- ToWNS – Torbay Winter Night Shelter – giving shelter to the homeless  
<https://www.facebook.com/pages/category/Nonprofit-Organization/Torbay-Winter-Night-Shelter-175364409687366/>
- Street Pastors – the Church in action on the street  
<https://www.streetpastors.org/>
- LiNX – helping Torbay young people to reach their full potential  
<http://www.linxyouth.net/>

- Torquay Community Larder – providing food to those in need  
<http://www.torquaycommunitylarder.org.uk/>

**YIELD:** (5 MINS)

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

- 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 prayers 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.