

60 MINUTE PRAYER GUIDE

SUNDAY 26/07/20 – LOOKING FORWARD

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.

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.**

PAUSE: (7 MINS)

“He has showed you, O man & woman, what is good.”

Take a few moments now to sit quietly in the Lord’s presence. Allow Him to still your thoughts and remind you of things that He has spoken to you about through this week. Allow the words of this song to still your heart.

[Be Still](#)

REJOICE: (13 MINS)

“He has showed you what is good.....”

Thank the Lord for all that He has spoken into, and through, you individually and our church family during this week.

Read (aloud if you are able)

Psalm 34 v 1- 10

Spend time praying prayers of rejoicing using the words of the Psalm to help you shape your prayers.

ASK: (30 MINS)

Spend this time asking the Lord how He wants to build on the things revealed to you and the UV community during this past week. You could do this by drawing a spider diagram.

Begin by writing out Micah 6:8 in the middle of a large piece of paper. Then draw 3 bubbles;

“To act justly.....”

“to love mercy.....”

“to walk humbly with your God.”

From each of these sections you could then write particular issues, verses, pictures etc. that you felt God has been bringing into this week. These could include, but are by no means limited to;

- Racism
- Environmental issues
- Poverty
- Covid 19
- Resetting
- Leadership
- Slowing & Knowing
- Sabbath

YIELD: (10 MINS)

Read Psalm 67 (aloud if you're able)

Spend some time using the words of the Psalm and your spider diagram to bring this week to the feet of Jesus.

End with this prayer;

In You is all that we long for.

In You our questions find resolve.

In You true illumination is realized.

So Father, come to our city, to our schools, to our workplaces, to our friends who do not yet know You, come to our nation, come to this world

For the sake of the men, women, and children of Torbay.

For the sake of Your name in the earth... do not delay.

That Your name would be a praise in the earth, that your great love would be made known among the nations.

Amen.