

Pause & Rejoice : 24x7  
Prayer  
July 2020



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**Upton Vale**  
BAPTIST CHURCH

# Introduction

Welcome to the Upton Vale 24x7 Prayer Week. May you find rest as you approach the throne of God this day. We pray that you will be blessed with abundant love and grace and the knowledge that your father in heaven knows & loves you.

- ❖ This prayer guide is provided to assist you during an hour of prayer with a focus on pausing & rejoicing. You can choose to follow this either via video or silently by reading the provided guide as a document.
- ❖ Please feel free to use different bible translations to those provided. You will need access to a bible for some aspects of this prayer guide.
- ❖ You can pause this video at any time to pray, focus or perform an activity.

# Verse of the week

Our verse for this week is Micah 6:8.

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 with your God.

[NIV]

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# Introduction continued...

Long into a lockdown, it's hard to keep our peace and choose to follow God in the quiet moments, let alone representing God to those around us when we're not even allowed to be near each other.

So, as we go into scripture like Micah 6:8, we are faced with a seemingly impossible conviction due to our isolation.

This prayer guide will help you to practice what it means to “act justly”, to “love mercy” and to “walk humbly” before God in the midst of these trying times.

# Pause (5 mins)

Taking time to pause and to be silent amidst the busyness of the world is essential for anyone wanting to deepen their relationship with God. So, in this time, find a quiet place where you can clear your mind of anything that might distract you from what God wants to reveal to you.

Pray: Read Psalm 62:5-8 (aloud), reflecting on the words and how the psalmist finds confidence and assurance in the presence of God.

Be still: Allow the Holy Spirit to move in you.



# Rejoice (10 mins)

Rejoicing is an appropriate response to the loving grace and salvation of the LORD. So, take some time now to praise and give thanks to God for who he is and what he has done for you, perhaps reflecting on a recent instance of God working in your life.

- ❖ Pray: Read Psalm 145:1-5 (aloud) and then meditate on some reasons why we should praise the LORD our God.



Be still for the presence of the Lord - unknown

[https://youtu.be/Vep\\_Ty4Zx1o](https://youtu.be/Vep_Ty4Zx1o)

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# Holy is the Lord - Chris Tomlin

<https://youtu.be/FlwMYktdBg8>

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## Ask (30 mins)

Be sure to approach Jesus in this time by putting it all in his hands. God's will is for the best- so by simply saying: "Your will be done LORD," we are giving our requests and worries to God, who will respond in a way that's best for us, even if it doesn't seem so at first.



# Ask

## Pray:

- ❖ For God to show us areas in need of improvement

Micah 6:8 reveals to us things God views as good; ask the Holy Spirit to highlight ways in which you fall short of these standards. When personal examples come to mind, our first response should be humble repentance.

- ❖ For God to work in us

This time of reflection should then be followed by asking God to develop us in these virtues, so that we can truly mirror the three standards of Micah 6:8 in our personal situations.



# Yield (15 mins)

To yield or say “yes” to God is a final submission to Him. After Pausing, Rejoicing and Asking we can now Yield to Him, with nothing in our mind acting as a block from his wondrous presence.

Remember, because we all meet with God differently, we should feel free to engage with him in ways that feel natural to express. Whether it be quiet contemplation or worship, it’s important to just Yield and let God move in you as you submit to him in this time.



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

We pray that you have been blessed during this time and that God's presence is with you via his Holy Spirit.