

Personal : 24x7 Prayer July 2020



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 your personal response. 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 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.

[NIV]



Pause & Be Still (5 mins)

- ❖ Read aloud (if possible) Micah 6:8. This verse is the focus of the whole week, today, each of us seeks to know what the Lord requires of us individually.
- ❖ Spend a few minutes in quiet, emptying your mind of everything that would distract from spending time with your Father through Jesus Christ and welcome the Holy Spirit into this time.



Rejoice (5 mins)

At this point, spend some time in prayer.

❖ Thank God for the direction of His word.

That He, the Almighty Creator, is interested in how you mould your character in the way Jesus showed us.



Sing

Sing along with or listen to the following song.

- ❖ I will offer up my life in Spirit and Truth by Matt Redman.
- ❖ This song asks Jesus what we can give back to Him as an offering for His sacrifice.



I will offer up my life - Matt Redman

<https://youtu.be/RWXWHdgapjI>

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Ask (30 mins)

- ❖ Pray firstly, with thanks, for how God pours so much love over you and that He would show you how to direct your worship of Him clearly and in a more positive way, by the end of this week.
- ❖ Pray for your understanding of JUSTICE and how you may act as God desires of you.
- ❖ Read Psalm 106:3
- ❖ Pray that you will know how you can be MERCIFUL and also understand how you can accept God's MERCY more easily.

To be continued...



Ask

- ❖ Read Jude 1:22
- ❖ Pray that your HUMILITY would shine amongst all those you meet but for God's glory and not your own. Pray also how you can understand how you can be HUMBLE in all you do.
- ❖ Read Psalm 35:13.
- ❖ Pray that the Lord will direct you to apply JUSTICE, MERCY and HUMILITY in your spiritual walk, in all aspects of your personal life and your church life.



Yield (10 mins)

As you yield or say yes to God, you may find the following prayers helpful as we find ways to show the love of Jesus to others, as we learn from Micah 6:8.

- ❖ Father, please make of me what you will. As you fashion me, please bless me as I seek to be a person of justice, mercy and humility. In Jesus' name I pray. Amen.

To be continued...



Yield (10 mins)

❖ Yes, Lord, this is the cry of my heart!

- ❖ You have SHOWN ME what You desire from me!
- ❖ You have given me instruction in Your Word. I cannot miss this.
- ❖ Oh God, help me not to miss this in the midst of my crazy days! You have shown me what is good!
- ❖ You want me to live a just life and do justly, to love mercy and to walk humbly with You!
- ❖ God, all around me I see a desperate need for justice, mercy and humility. May I be those things to a lost and dying world.
- ❖ They cannot see You in me if I do not live and love like You.
- ❖ God, prick my heart and break my heart for what breaks Yours. Amen

To be continued...



Yield (10 mins)

- ❖ Loving Lord it is my desire to walk humbly before You all the days of my life. Thank You for sending the Lord Jesus to live a perfect life so that He would die as the perfect sacrifice - so that I could be imbued with His perfect righteousness... enabling me, in His power, to walk humbly before You, in Whose name I pray. Amen
- ❖ In this hour, you have met with God, received His instruction and are now ready for the practical application of Micah 6:8.
- ❖ Pray for the strength & wisdom to meet with God's desired plan that He has for you.



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.

