

Looking Forward : 24x7
Prayer
July 2020



Upton Vale
BAPTIST CHURCH

Introduction

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.

- ❖ This prayer guide is provided to assist you during an hour of prayer with a focus on looking forward. 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 man & woman, 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]

UV

Pause (7 mins)

- ❖ “He has shown 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 the following song to still your heart.



Still - Hillsong

https://youtu.be/0gF8_8ypzVA

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Rejoice (13 mins)

- ❖ “He has shown 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 for the following phrases;

- ❖ “To act justly.....”
- ❖ “to love mercy.....”
- ❖ “to walk humbly with your God.”



Ask

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 the following items;

- ❖ 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.



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.