

# Families - 24x7 Prayer

## July 2020



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**Upton Vale**  
BAPTIST CHURCH

# Introduction

Welcome to the Upton Vale 24x7 Prayer Week.

- ❖ This video has been made especially for families
- ❖ When you see this sign.  Please pause the video as there will be an activity to do.
- ❖ You can pause this video at any time.

# Verse of the week

Our bible 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.

# How do we pray?

P

PAUSE

R

REJOICE (PRAISE)

A

ASK

Y

YES (YIELD)



P

## PAUSE



**Activity:** *Why not play a game of Giants keys? One person is the giant and places some keys on the floor. They then turn their back on the keys. Everyone else has to try and steal the keys, but you can't be seen moving. Every time the giant looks around you need to pause, and not move. If you move and the giant spots you, you must go back to the start! Who can get to the keys first?*



P

# PAUSE

Do you find pausing hard? I find it very hard to keep still, so for me, pausing is tricky. When it comes to talking with God, God is our friend. He loves us and wants our full attention. It doesn't mean we have to keep really still (although that sometimes helps,) it means that for a few minutes we stop with the busyness of the day and give God our attention, just like we would a friend who came to see us.

Why not find a space and pause for just a few moments, so it's just you and God

R

# REJOICE (PRAISE)



God is good! God gives us so many great things. He's amazing. I bet you can think of something good about God for every letter of the alphabet. Why not try it now? Here's the start of mine. God is Good, he is Amazing, he gave me the Bible, he Created the world, he Died for me, he made Elephants, he's given me great Friends. Why not write yours down.



UV

# This is Amazing Grace - Bethel Music Kids

<https://youtu.be/ZxVadCcRfol>

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R

# REJOICE (PRAISE)

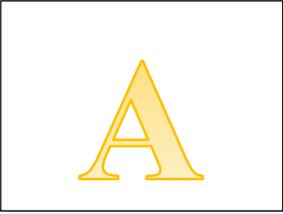


Have a look at some of the things on your list

Now let's pray, and praise God for some of those things.  
Why not say some one line prayers using your list.

*“Dear God, thank you for my friends, Amen”*

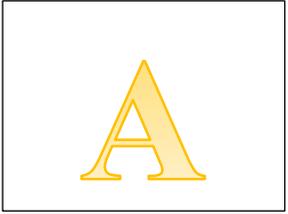


A

# ASK

The bible tells us that God likes us to ask him for the things we need. When Jesus taught his disciples to pray, he said “Keep on asking , and you will receive what you ask for. Keep on seeking and you will find. Keep on knocking, and the door will be opened” - **Matthew 7:7**

Jesus said don't do it once, keep on asking.



# ASK

To help us remember this, why not draw around your hand on a piece of paper and write (or draw) 5 things you want to ask God for. Cut it out and leave it somewhere to remind you to keep praying for these things. Maybe you could put it on your fridge or put some string on it and hang it up, like the one I did below.





# YES!

Let's finish by remembering that God's in charge. We don't want God to do what we want because we don't know best. We want to do what God wants because he knows best!

That's why we traced around our hand. It reminds us to ask God to use us in his plans, to be his hands in the world as we help others.

Why not finish by praying this prayer together



*Dear God, I want to follow you. Please show me how I can serve you.  
Make use of my hands, and my heart, Amen*

# Deep Cries Out - Bethel Music Kids

<https://youtu.be/1gFwp0jF-5o>

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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.