

UV Month of Prayer & Fasting

Thank you for signing up to take part in our Month of Prayer and Fasting.

By giving one day to focused prayer, you are joining with others across the church to cover Upton Vale, our community, and God's mission in prayer.

**Fasting is not about impressing God — it's about creating space for Him.
Each time you feel the pull of what you've set aside,
let it turn your heart toward prayer.**

You may choose to fast from food or from something else,
such as screens, or another regular part of daily life.

(Please be cautious if you have medical needs)

Let it be something that helps you become more attentive to God.

Turning hunger to prayer

Each time you notice hunger, tiredness, or the urge to check your phone or turn to what you've given up, use it as a prompt to pray.

How to shape the day

You don't need to pray non-stop.
Think *rhythms*, not pressure.

ISAIAH 43:19

See, I am doing a new thing!
Now it springs up; do you not perceive it?
I am making a way in the wilderness
and streams in the wasteland.

UV

MORNING

Start your day by offering it to the Lord

*Meet me, O Christ, in the stillness of morning.
Move me, O Spirit, to quiet my heart.
Mend, O Father, from yesterday's harms.*

Pray for:

- A deeper love for Jesus across UV as we seek to be disciples who make disciples who make disciples.
- A fresh outpouring of the Holy Spirit to enable us to grow in discipleship, kingdom action and number.
- Unity, humility, and joy in our church family

You might like to pray through a Psalm (eg Ps 23, 27, 63)

Pray for our Church Ministries:

CHILDREN & YOUTH

- That our children would know they are loved by God
- That our young people would grow a strong, resilient faith
- For leaders to be encouraged, protected, and filled with wisdom

B2GETHER

- For deep friendships and real belonging
- For God's peace and joy to be present in every gathering

2B READY (Community Outreach)

- For every family and individual we support
- For open doors, practical provision, and good conversations

LADIES LOUNGE & T@3

- For warmth, welcome, and meaningful connection
- For the lonely to find friendship and hope

MIDDAY

Pause around lunchtime to refocus

*We trust in you, O Lord. We say that you are our God.
Our times are in your hands, O Lord,
our times in your hands.
Dear God, be good to us
for the sea is so wide and our boat is so small.
Blessed is the one who trusts in the Lord,
whose confidence is in Him. Amen*

Pray for:

- Our Staff Team – strength, wisdom, protection from burnout
- Our Church Leaders – discernment, courage, unity
- Clear guidance for the future God is leading us into

Pray for God's Mission:

Take time at some point in the afternoon to pray boldly:

- For salvations — that many would come to faith in Jesus
- For baptisms — lives publicly declaring new life in Christ
- For our church to be known as a place of hope and truth
- For our GO Team and all our global partners, including our brothers and sisters facing persecution for their faith

Pray for Protection:

- Spiritual protection over our Church and Leaders
- Protection for marriages, families, and mental health
- That anything not from God would have no foothold among us

EVENING

Finish the day by giving thanks and placing everything in God's hands

*Christ, as a light
illumine and guide me.
Christ, as a shield
overshadow me.
Christ under me;
Christ over me;
Christ beside me
on my left and my right.
This day be within and without me,
lowly and meek, yet all-powerful.
Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.
This day be within and without me,
lowly and meek, yet all-powerful.
Christ as a light;
Christ as a shield;
Christ beside me
on my left and my right.*

A Final Encouragement

If you have struggled today — felt distracted, grumpy, or tired — you're not doing it wrong. Just keep gently turning your heart back to God. He delights in your desire to seek Him.

You are not praying alone.

Together, as a church,
we are asking God to move —
and He loves to answer prayers
that lift our eyes once again back to Him
and give us courage to step out
for Him and His kingdom.

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