

PRAYER

WEEK



15th - 22nd June 2025

Union Baptist Church
High Wycombe

PRAYER GUIDE

At Union Baptist Church, we believe in the power of prayer. We aspire to be people who are prayerful, dependent on God for everything. We know that we see and experience God most when we are devoted to inconvenient, costly prayer. Prayer is at the heart of everything we do at Union Baptist Church but we need to grow in prayer, as individuals and as a church family.

Our motto text, Psalm 105:4 is about turning to God for everything we need "Look to the Lord and his strength, seek his face always"

For the week 15th - 22nd June we want to set aside more time to pray and go further and deeper in our relationship with Jesus.

During this week we want to encourage each other to spend more time than usual in prayer, go deeper in prayer and try praying in different ways.

We encourage you to sign up to pray for an hour, either at home or in the prayer room in 'Cedar' room on level 2 in the Hub, set up especially for this week with various activities and prompts to guide you. Please sign up here <https://pray.24-7prayer.com/signup/af08b6> to pray for an hour or more through the week. You can sign up as an individual, family or group for one or more of the time slots. Please note to book: click on the timeslot, then click 'book as guest.' If you would like to book the prayer room exclusively for a slot, then there is an option to do this when you book, and this will be indicated by a lock symbol in the corner of that booked slot. More than one person can book to pray in a particular hour, but we want to encourage you to book a blank slot if possible, so that we will always have someone praying for every hour that week.

**Look to the Lord
and his strength;
seek his face always.**

-Psalm 105:4



Apart from the prayer room, come and try a new addition for this prayer week which is our new interactive prayer experience: Journey through our Prayer Labyrinth set up in the newly named 'Hazel Room' at the Hub, on level one beyond the main hall.

For praying at home, we have created this prayer guide with various resources to help guide you through an hour or more of prayer, which also includes some activities found in the prayer room.

Additional opportunities to gather to prayer during the week

- Sunday 15th June 6:30 – 7:30pm informal prayer and praise in the chapel
- Tuesday 17th June 11am – 12pm Prayer walk (meet at The Hub)

Our regular groups (LIFE groups, children and young people's groups, etc) will also have a focus on prayer for this week. Please ask your leaders for details.

Blessings,

Union Baptist Church



The following guide provides a simple structure for spending an hour or more with God plus additional ideas for each day of the week focused on our motto text for this year - Psalm 105:4

Decide where you will spend this time in prayer – use the prayer room or the prayer Labyrinth at the Hub, a quiet room in your house or even escape to your car, or shed if you have one! If you can't get to a quiet space, try listening to instrumental worship music on headphones or go for a walk.

You will need:

- Bible
- Notebook
- Pen
- Coffee or Tea (not essential but also very essential 😊)

If you're at home, tell other members of your household that you'll be praying for the next hour and ask them not to disturb you if at all possible! Pray for the Holy Spirit to fill you so that your prayers will glorify God as you pray according to His will.

Simple One Hour Prayer Focus

Praise-Repent-Ask-Yield

Theme Verse: Psalm 105:4 - "Seek the Lord and His strength; seek His face always."

Praise – Invitation & Worship

Read Psalm 105:4 aloud and reflect on its meaning for you right now.

Sing or listen to some worship songs and focus on seeking God and acknowledging his presence. You can use the Prayer week 2025 Spotify playlist if that helps (you can sign up for free if not already a Spotify member)

Link - <https://open.spotify.com/playlist/0leyqp5Pbfs8T31J2zaqBC?si=oWMvHwKeQlOWiWRBFZL9sw>

Repent – Close your eyes and reflect for a moment on your need for forgiveness. For the times we have fallen short of God's desire for our lives. When our lives, lifestyle and actions simply don't match what we say we believe.

Once you have come before God and reflected on your own need for forgiveness and your desire to get right with God, use the prayer below which is taken from Galatians and the *fruits of the spirit* (Galatians 5:22-23).

Do this by focusing on your breathing (slowly in and out) and imagining breathing in God's Spirit and then breathing out in repentance, as you read then breath in and out the list below slowly.

Breathe in LOVE Breath out HATE	Breath in GOODNESS Breath out ANGER
Breath in JOY Breath out WORRIES	Breath in FAITHFULNESS Breath out SELFISHNESS
Breath in PEACE Breath out STRESS	Breath in GENTLENESS Breath out HARDNESS
Breath in PATIENCE Breath out IMPATIENCE	Breath in SELF CONTROL Breath out RECKLESSNESS
Breath in KINDNESS Breath out PETTINESS	

At the end of this list, rest in God's mercy and forgiveness for a moment.

Ask - This is a time to Intercede for others, who in your life needs God's strength today? What is on your heart right now? How is God currently breaking your heart for what breaks His heart?

You could also pray for Union Baptist Church, praying that God is our constant source as we live out the mission he has given us as a church (our vision, mission and values are in the appendix at the back of this resource)

Pray for the various ministries and projects of the church. You might like to include:

- Job Club
- Conversation Café
- WOW
- Table Tennis for adults with learning disabilities
- Viata Noua - Romanian Congregation
- Discoverers (for 8-11 year olds)

- Chill & Salt and Light (for 11-18 year olds)
- Babies and Toddlers
- LIFE groups
- Plug - In

Pray for High Wycombe, our wider region, our country and the things that God has laid on your heart happening around the world right now.

Yield – Use this final section to focus on surrendering our lives afresh to God, as we ‘seek his face always.’ You could use the Daily Focus ideas below to guide you through this next section spending time in scripture, reflection, seeking God through prayer and journaling responses.

Close with a final prayer of dedication, committing to ‘Looking to God and His strength and seeking him always’ in our lives each day.

Daily Focus Ideas around seeking the Lord’s Strength and Presence

Psalm 105:4: "Look to the Lord and His strength; seek His face always."

Day 1: Seeking God with a Whole Heart

Scripture verse focus: Psalm 105:4

Reflection: What does it mean to truly seek God? Are there distractions or barriers in your life that prevent that happening? Name them.

Prayer Focus:

- Ask God to remove anything that hinders your relationship with Him.
- Pray for a heart that desires Him above all else.

Journaling Prompt:

- Write about a time when you felt distant from God. What changed?
- What steps can you take to make seeking Him a daily habit?

Day 2: Strength from the Lord

Scripture verse focus: Isaiah 40:31 – "Those who wait on the Lord shall renew their strength..."

Reflection: Are you relying on your own strength or God's? Be honest before God now. Where do you need His strength today?

Prayer Focus:

- Pray for endurance in trials and renewal in weariness.
- Ask God to help you surrender control and trust His power.

Journaling Prompt:

- List areas in your life where you feel weak or weary. Ask God to renew you.
- Describe a moment when God sustained you through difficulty.

Day 3: Seeking His Presence Daily

Scripture verse focus: Psalm 16:11 – "In Your presence there is fullness of joy..."

Reflection: How can you be more aware of God's presence in your daily life? How often do you pause and see God in the world around us?

Prayer Focus:

- Invite God to reveal Himself in your routines, conversations, and worship.
- Pray for sensitivity to the Holy Spirit.

Journaling Prompt:

- Reflect on how you can deepen your relationship with God beyond requests.
- Write about a time when you truly sensed God's presence.

Day 4: Seeking God in Difficult Times

Scripture verse focus: Psalm 46:1 – "God is our refuge and strength..."

Reflection: When challenges come, do you turn to God first? Do you really feel God's presence when the storms come? Where do you feel in a valley right now?

Prayer Focus:

- Pray for a heart that trusts Him completely in storms.
- Ask God for peace and courage in adversity.

Journaling Prompt:

- How does this verse encourage you to trust God in the midst of uncertainty?
- When have you experienced God as a refuge and strength in your life? Write about a time when you felt His presence in a difficult situation.

Day 5: Strength for Others

Key Scripture: Ephesians 3:16 – "I pray that out of His glorious riches He may strengthen you with power through His Spirit."

Reflection: Where do you need his strength the most right now? Where can you be his strength for someone you know today?

Prayer Focus:

- Pray for friends, family, and church members who need strength.
- Ask God to help you be a source of encouragement to others.

Journaling Prompt:

- Write a prayer for someone who needs God's strength.
- Reflect on practical ways you can be a source of spiritual support for others.

Day 6: Strength for Spiritual Battles

Scripture: Ephesians 6:10 – "Be strong in the Lord and in His mighty power."

Reflection: How can you better stand firm in spiritual battles? Are there areas where you feel weak? Where have you faced those battles most recently?

Prayer Focus:

- Pray for protection against spiritual attacks (maybe pray through the armour of God found in later in this chapter vs 10-17).
- Ask God for discernment and wisdom in facing trials.

Journaling Prompt:

- Write about a time you felt spiritually challenged. How did you overcome it?
- What spiritual disciplines can help strengthen your walk with God?

Day 7: A Life of Continual Seeking

Scripture: Matthew 6:33 - "Seek first the Kingdom of God..."

Reflection: In what ways are you currently seeking God first in your life? How can you build daily habits that keep God at the centre?

Prayer Focus:

- Pray for a lifestyle of worship, prayer and Gospel intentionality.
- Ask God to keep your heart steadfast in seeking Him.

Journaling Prompt:

- Describe what a day of consistently seeking God looks like (think of practical ideas you can do today.)
- Write a commitment prayer, asking God to help you make seeking Him a daily priority.

NOTES:



Union Baptist Church High Wycombe

Our Vision

To see High Wycombe transformed by God through His loving, serving and worshipping church.

Our Mission

To be a community of Christians who love God, follow Jesus and share the hope which we have in Him.

Our Values

We aspire to be....

- Worshipful -
God centred, joyful lives filled with gratitude
- Biblical -
Applying God's truth in scripture to our lives
- Prayerful -
Dependent on God for everything
- Relational -
Loving and serving others across generations and cultures
- Missional -
Intentionally sharing the Good News locally and globally
- Compassionate -
Reaching out to those in need, especially to the most vulnerable
- Sacrificial -
Giving generously our time, talents and wealth