



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. During our week of prayer from **10th-17th May 2026** we are challenged to:

PRAY BIG

During the week we will encourage each other to pray bigger, spend longer in prayer and try new ways of praying. During the week we encourage you to try:

- **Praying for a whole hour** (or more) – use the guide below. You can pray at home, or you can [book the Hazel room](#) (the new meeting room between the gallery and the HUB level 1) during the week as an ideal, quiet place to pray
- Come and visit the interactive prayer space which will be set up in the **Chapel**. This will include a Prayer Labyrinth and interactive prayer stations (see the timetable below for when it's available)
- **Prayer Walking** – trying praying as you walk around your local area or around a local park or woodland. Join others from church to prayer walk on Thursday (starting at the HUB 12pm)
- **Fasting** – try giving up one meal or one activity (e.g. watching TV, using phone) and use that time to pray. Read this handy guide: [Fasting](#)
- **Praying out loud**
- **Joining others** to pray (see the timetable below)
- **Meditating** on the Bible (see section 4 and 5 below)
- **Journalling** – write down your prayers

Please consider joining us to pray at our Online and in-person prayer gatherings throughout the week. Use our timetable to help you.

PLAN YOUR PRAYER!

First, use the timetable on the next page to **plan your times of prayer** over the week.

Try to fill in one or more hour slot that you can set aside to spend with God.

Second, arrange **where** you will pray. You can [book the Hazel room](#) at the HUB if you would like to (during weekday office hours)

Third, come to the **chapel**. Our prayer labyrinth and prayer stations will be open for anyone to use during weekday working hours (please see colour guide on timetable for availability). You do not need to book but please bear in mind that there may be other people using the chapel at the same time.

Finally, plan to join the church family for one or more of the **prayer gatherings**, either on Zoom or in person shown on the timetable.

	Sunday 10 th	Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th	Saturday 16 th	Sunday 17 th
12am – 6am								
6am – 7am								
7am – 8am								
8am – 9am								
9am – 10am								
10am – 11am	Morning service 10:15							Morning service 10:15
11am – 12pm								
12pm – 1pm		Women's weekly prayer 1:30- 2:30pm			Prayer walk 12pm HUB reception			
1pm – 2pm								
2pm – 3pm								
3pm – 4pm								
4pm – 5pm								
4pm – 5pm								
5pm – 6pm								
6pm – 7pm	Prayer and Praise 6:30pm							
7pm – 8pm			Prayer and Praise 7:30pm			Women's weekly prayer 7:30 – 8:30pm		
8pm – 9pm		International missions prayer 8pm						
9pm – 10pm								
10pm – 11pm								
11pm – 12pm								

KEY:	Chapel is available for prayer	Chapel is not available for prayer
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PRAYER GUIDE

The following guide provides a suggested structure for spending an hour or more with God.

Decide where you will spend this time in prayer – use the [Hazel room](#) 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

If praying 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.

1. PREPARE YOUR HEART

As you begin your time of prayer prepare your heart by saying sorry for the ways you have not followed His ways and ask Him to reveal to you anything that He wants to put right in your heart.

Use this 'Confession Challenge' from Tim Chester to help bring to mind any sin that needs to be confessed:

Think about whether each part of our body is used for wickedness or righteousness:

Our ears (what we listen to)

Our brain (what we think about)

Our eyes (what we watch)

Our heart (what we desire).

Our mouth (what we say)

Our feet (where we go)

Our stomach (what we eat)

Our hands (what we do)

Now offer each part to the service of God.

Say sorry to God for the behaviours, words and thoughts in your own life that don't please Him.

Praise God that: *'He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is His love for those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us'* (Psalm 103:10–12).

2. PRAISE

Listen to a worship song – some suggestions here [Prayer Week Worship Songs](#)

Read Psalm 30 slowly.

Re-read the following verses as they prompt you to praise:

V1-3: Spend time praising God for what He has done for you in the past (write it down).

V4-5: Write down aspects of God's character that you are thankful for. Praise Him for each one.

V11-12: Thank God for the difference knowing Him has made in your life.

3. POUR OUT

Read 1 Samuel 1:10-15.

Note how Hannah poured out her soul to God. We don't need to pretend when we pray. God invites us to share with Him exactly how we're feeling, whether we're hurting or angry or frustrated or happy or excited.

Tell God what is on your mind and how you are feeling. Don't hold back!

Take your time to pour out your feelings to God knowing that He knows, He listens and He understands.

You may find it helpful to write a list of the things that worry you most or occupy your mind today, then talk to God about them.

Read Philippians 4:6-7

Using these verses, pray through your list, telling God what you're worried about, giving up your worries and concerns to Him.

'Lord, I'm anxious about _____. I pray for _____. I thank you that You are sovereign, good and faithful to Your promises. Please fill me with your peace.'

4. PAUL'S BIG PRAYERS

Adapted from the book "Pray BIG: learn to pray like an apostle" by Alistair Begg, the following daily devotions are to prompt us to grow in praying for the BIG things Paul prays for in his letter to the Ephesians: FOCUS, HOPE, POWER and LOVE

(Monday) Pray for FOCUS

...that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray that the eyes of your heart may be enlightened... (Ephesians 1:17-18)

Paul prays here that those who have faith in Jesus may have the eyes of their hearts enlightened, so that they may see clearly all that Jesus has done for them (try making a list of what He describes in Ephesians 1:3-10). We so often don't truly 'see' what Jesus has already done for us. Paul is saying "you need to see all that is really true of you, in Christ". God has "blessed us in Christ with every spiritual blessing but we need to pray that we and others will really know this and enter into all the spiritual benefits we have already received.

Gracious God, thank you for opening the eyes of my heart, enabling me to see that in Christ you have given me "every spiritual blessing in the heavenly places". Forgive me for the times when I allow other things to cloud my vision. Help me to live looking to Jesus, so that I can learn to view everything in light of this reality - that from you and through you and to you are all things. For Jesus' sake, Amen.

(Tuesday) Pray for HOPE

...that you may know the hope to which He has called you.... (Ephesians 1:18)

The word *hope* is used in the New Testament to denote an assurance of a future reality which is not in doubt - a reality which is certain but not yet fully experienced. Christ has gone ahead into our eternal future beyond death (see John 14:1-3) but this is sometimes hard to see day by day. That's why we need to ask God to make this hope real to us and to those around us.

Heavenly Father, I confess that I am often fearful and tempted to look for fulfilment and security in things that promise but do not deliver. Help me to deal with experiences of disappointment, defeat and sadness as one who has been reborn to a living hope by the resurrection of the Lord Jesus. Thank you that this sure and certain hope stands the test of time and strengthens me as each day demands. Lord, let me see the certainty and the glory of the hope to which you've called me. Let calm and confidence flow from that, Lord. For Jesus' sake, Amen.

(Wednesday) Pray for RICHES

...the riches of His glorious inheritance in His holy people..... (Ephesians 1:18)

In Ephesians 1:14, Paul explains that the Holy Spirit dwelling in God's people is the guarantee of our inheritance until we acquire possession of it. This inheritance is already ours, but we haven't yet taken full ownership of it. The inheritance is God himself, and His glory. There is always more of Him and more about Him to appreciate and enjoy. Paul prays that we would know this and enjoy the prospect of it. We need to look up from our present problems, mistakes, regrets and sadness and look forward to our future inheritance. Will you ask the Lord not just to get through life but to open your heart-eyes to look at your inheritance with God?

Father, may my praying always show me to be one of your children. You are a generous God, giving me abundant blessings. Thank you that your supreme gift is the gift of yourself. Yet how easily and quickly I forget you and focus instead on earthly, flimsy treasure. Your word tells me that if I know how to give good gifts to my children, then how much more will you give to your children all that we need and far more than we deserve. Thank you that the cross proves the truth of this to me. Please help me to live out that truth today. In Christ's name I earnestly pray. Amen.

(Thursday) Pray for POWER

...and His incomparably great power for us who believe.... (Ephesians 1:19)

Not many of us feel powerful. A lot of the time we know what it is to feel weak and to be tried and tested. This was also true for Paul who was very aware of his own weaknesses (e.g. 1 Corinthians 2:3). So he prays for power – God's power, available to each of us, which not only raised Christ from the grave, it exalted Jesus and put all things under His feet (Ephesians 1:20-21). What would be the effect of knowing "His incomparably great power for us who believe"? It would be that we would live lives of wholehearted action. When we get this in perspective it changes everything, because there is no reason why we cannot obey God. Jesus told His disciples "You will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in Judea and Samaria and to the ends of the earth" (Acts 1:8)

Gracious God, thank you that it was in my need that Jesus found me; that in my weakness, he lifted me up into the shelter of His fold; and that when I call to you in Jesus' name, you hear me and save me from all my troubles. When I am fearful and failing, grant me to know the immeasurable greatness of Jesus; and may His strength, and not my own, be the foundation for my confident obedience of you. All this I ask in Jesus' name, Amen

(Friday) Pray for LOVE

I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge (Ephesians 3:17-19)

Paul wants the Ephesians, and us, to experience the joy of knowing the unknowable. He wants us to see that this love is so vast that it goes beyond our usual means of measuring. It

is a paradox to know something which surpasses knowledge. The reality is that we cannot exhaust the knowledge of the love of Christ. There are dimensions to His love that will always remain beyond us, even as we come to appreciate more and more how vast it is.

It takes the work of the Spirit to lead us into an ever-deepening response to God, causing us to wonder that we are God's children by adoption as a result of His unfathomable love. Do you know how loved you are? It is too big to comprehend – but it is not too wonderful to begin to experience.

Father, please pour out the Spirit upon us in increased measure. Save us from paddling around in the shallows of limited vision and understanding and please sweep us up into the ocean of your matchless love. Lord, forgive my small view of your vast generosity, and grant that every thought of your Fatherly care may cause love for your son Jesus to deepen and then overflow, so that others may be caught up in your embrace. For the sake of Jesus, in whose name I pray, Amen.

5. PAUSE

Listen to what the Holy Spirit might be saying to you or to the church. Listening isn't easy or comfortable and it takes practice; don't be discouraged if you don't 'hear' anything the first few times you try this, you will be growing in the holy habit of being still and waiting on God. Try to simply be still and enjoy God's presence.

Remember that the primary way God speaks to us is through His Word. You may like to reread the passages in the devotions in 4. above or read the whole passages we have studied together recently: Philippians 1:1-11. Colossians 1:3-14 and Ephesians 1:1-23. You may want to use this Bible study on Ephesians 1: [Bible Study Notes - Ephesians 1v1-23.docx](#) As you read, ask God to highlight what He wants you to hear in His word.

If you are distracted by random thoughts, try turning each one into a prayer, then dismiss it. For example, if you start thinking about what you're going to cook for dinner, thank God that you have choice and pray that He will guide you in choosing healthy food for you/your family.

You might find it helpful to periodically repeat simple prayers such as 'What's on your heart, God?', 'What do you want to show me today, God?', 'What do you want to remind me about who you are today, God?', 'Who do you want to bring to my mind today, God?'

You might find it helpful to have some instrumental worship music playing in the background. We recommend: [Worship Instrumental | 3 Hours of Piano Worship \(youtube.com\)](#)

6. PROMPTED?

Ask God whether He is prompting you to take a step of faith and obedience?

- Have you read something in His word which has challenged you?
- Has He put somebody on your heart that you could reach out to?
- Does He want you to encourage somebody today?

Write down what you are prompted to do and make a plan to do it

7. PETITION

This is an old-fashioned word for **asking**. Philippians 4:6-7 reminds us that God invites us to present all our requests to God.

Pray for people who don't yet know Jesus

Read 2 Peter 3:9

Write down the names of people close to you who you would love to become disciples of Jesus.

Pray for each one in turn. Ask God to show you how you could share His good news with them.

Pray for Union Baptist Church

Read 1 Corinthians 12:27 (our motto text for this year)

Spend time thanking God for people who serve as part of the body of Christ at Union Baptist. Pray that God would grow the body of Christ here at UBC. Pray that we would have boldness to share the good news of Jesus with those who don't yet know Him and grow us as individuals in gifting, confidence and maturity.

Write down what you have sensed God has been doing in the church this year and thank God for it. Pray through the church strategic plan in the [Appendix](#) below. As you pray, write down anything you feel the Holy Spirit might be saying about the church.

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

- Job Club
- WOW (ministry to adults with learning disabilities)
- Table Tennis for adults with learning disabilities
- Viata Noua – Romanian Congregation
- Discoverers (for 8-11 year olds)
- Chill (for 11-18 year olds)
- Babies and Toddlers
- Sunday iSearch and Salt and Light (for children and young people)
- LIFE groups
- Plug – In (ministry to rough sleepers)
- Conversation Café
- Church staff
- Deacons and Elders

Pray for High Wycombe

Use this prayer from Psalm 67 to pray God's blessing on our town:

Lord, be gracious to every person in this place. Shine Your face upon them, and bless them, so that Your ways may be known here and your salvation accepted here. May the people here praise You, God, and every one of them lift up Your name in praise.

Let the sound of joyful worship be heard here and let justice prevail because You are a just God. Guide us all into Your ways, and let praise of You ring out here. Prosper this place and these people, Lord, bless them abundantly. Pour out Your blessing so that You will be honoured and Your Kingdom will come here.

Amen.

Pray for our partner organisations who serve the town including Wycombe Homeless Connection, Chosen, Wycombe Youth For Christ, Wycombe Refugee Partnership, Wycombe Child Contact Centre.

Pray for the World

Pray for our international mission partners including BMS world mission, Emmanuel International, WEC International. See more info here: www.unionbaptist.org.uk/around-the-world

Appendix: UBC Strategic Plan

Introduction and Background

This document sets out the broad strategic direction for Union Baptist Church for the year 2026. This builds on our....

Vision, Mission, Values

- the **Vision** of UBC (a statement which describes what we hope to see in the long term):

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

- the **Mission** of UBC (a statement which broadly describes how the vision will be achieved):

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

- The **Values** (what the culture should be like to fulfil the mission):

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 of our time, talents and wealth.

Aspirations - What we hope the church will look like in 3-5 years’ time

- **Visible** to the community and outward looking
- **Spirit-filled** seeing God at work supernaturally as we worship and seek God’s presence
- **Diverse** – many ages cultures and backgrounds expressed, celebrated and participating in service and leadership
- **Committed** to loving, serving and encouraging one another to grow in obedience, seeking maturity and unity.
- **Intentional** on reaching the people of our town and their needs
- **Engaged** – all members active in witness and service
- **Confident** to share faith with others, becoming effective at sharing the good news with people who are unchurched.

UBC Strategic Priorities for 2026

Seeking First

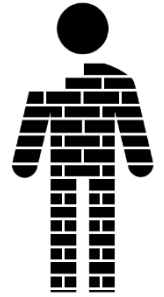


- Continue to grow in dependence on God in prayer. Make more opportunities to offer prayer and grow people's confidence to pray e.g. prayer menu in community ministry and HUB, creating more space for individual prayer after services.
- Make space for God to work in our lives as we gather for worship, take part in focused times e.g. week of prayer and encourage one another to seek and offer prayer. Pray corporately and individually for those we want to see take next steps towards Jesus.
- Andrew to take a sabbatical June – August 2026. Plan a lighter church programme during this time.

How can I be part of the story?

- I commit to attend regularly one of the following prayer meetings;
 - Monthly prayer meeting (1st Saturday of month, 9am, now on Zoom)
 - Missions monthly prayer meeting (on Zoom)
 - C&YP monthly prayer meeting (on Zoom)
 - Women's weekly prayer meeting (on Zoom)
 - Pray at 9:45am every Sunday morning in Main Hall
- I commit to read and use the Prayer Focus to pray for the church, which is sent out at the start of each month.

Building the Body

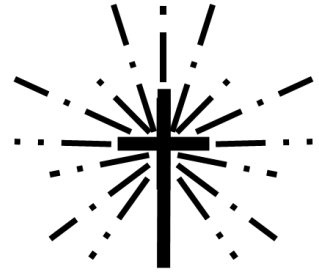


- Provide opportunities for relationship building e.g. fun events, weekend at the HUB, café services, church lunch etc.
- Celebrate the diversity within our whole church family e.g. through joint services with Romanian congregation, elements of worship services in different cultural styles or languages; international fellowship meal.
- Become better equipped to build relationships and intentionally share our faith with people we know through 'Godspace' and other material taught through LIFE groups and the Weekend at the HUB.
- Develop a 'belonging' strategy to help newcomers feel part of the church family quickly and get involved.
- Grow in maturity as a body of believers as we continue to study 1 Corinthians, growing in confidence to be vulnerable with one another and tackle difficult topics.

How can I be part of the story?

- I commit to attend the Weekend @ the HUB on Saturday 14th and Sunday 15th February
- I commit to talking to Andrew Wingfield or Andy Banks about believers baptism.
- I commit to talking to Andrew Wingfield or Andy Banks about becoming a member of Union Baptist Church.
- On Sundays I commit to intentionally speaking to someone I don't know well at church.

Sharing the Hope



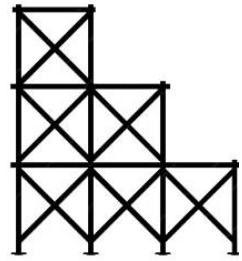
- Provide opportunities for those who are curious about our faith to ask questions and find answers through guest services, Alpha courses, baptism services throughout the year.
- Intentionally reach out to people who don't yet know Jesus through regular evangelistic initiatives and activities that demonstrate the love of God in action.
- Strengthen our ministry to meet the needs of people in our locality, providing opportunities for them to experience Christian community and take steps closer to Jesus.
- Refresh and develop our evening services to reach a broader range of people and provide new opportunities for people to encounter Jesus in worship and grow in faith.

How can I be part of the story?

- I commit to pray for the following person and seek God's guidance on how I can support them to take their next step towards Jesus.

There is space below to write the name of the person you would like to come to know Jesus as their Lord and Saviour.

Supporting Structures



- Following restructuring and recruitment in 2025, ensure all staff and trustees are well equipped to carry out their roles with increased coordination. Pray for gaps in key diaconate positions.
- Grow towards a sustainable income position with increased giving and HUB lettings and careful management of our expenditure.
- Plan for future growth and sustainability, developing plans to use legacy funds for investing in the long-term future of the church including creating income, reducing costs, improving operations and equipping God's people for service.

How can I be part of the story?

- I commit to exploring potential ways I could serve as part of the church family (opportunities will be highlighted at the Weekend at the HUB)
- I commit to prayerfully review my personal giving to the work of UBC
- If I am not giving, I will pray about giving and making a regular financial commitment
- If I give regularly I will pray about tithing

