

‘IF MY PEOPLE’

30 DAY PRAYER GUIDE



PRAY FOR THE CHURCH
PRAY FOR THE NATION



Global pandemic. Social tensions. Economic woes. Physical distancing. What will the **church's response** be to these great challenges?

First and foremost it must be **prayer**.

During one dark night in their history God's people of old were invited to seek him:

"If my people, who are called by my name, will **humble** themselves and **pray** and **seek** my face and **turn** from their wicked ways, then I will **hear** from heaven, and I will **forgive** their sin and will **heal** their land."

(2 Chronicles 7 v 14)

Though our circumstances differ from Israel, the church continues to be called to the same humility, repentance and prayer. May we devote ourselves to prayer, for our church and our nation. If ever there was a time to be found on your knees, **surely it is now.**



How You Might Use This Guide

- as part of your **daily quiet time**
- **weekly** with a prayer partner or small group (taking 7 days at a time)
- a **church day of prayer**
- consider the option of ***fasting*** and praying
- if appropriate for you, why not **kneel** for part or all of your prayer time

"Some people think that God does not like to be troubled by our constant coming and asking. The way to trouble God is to not come at all."

(DL Moody)

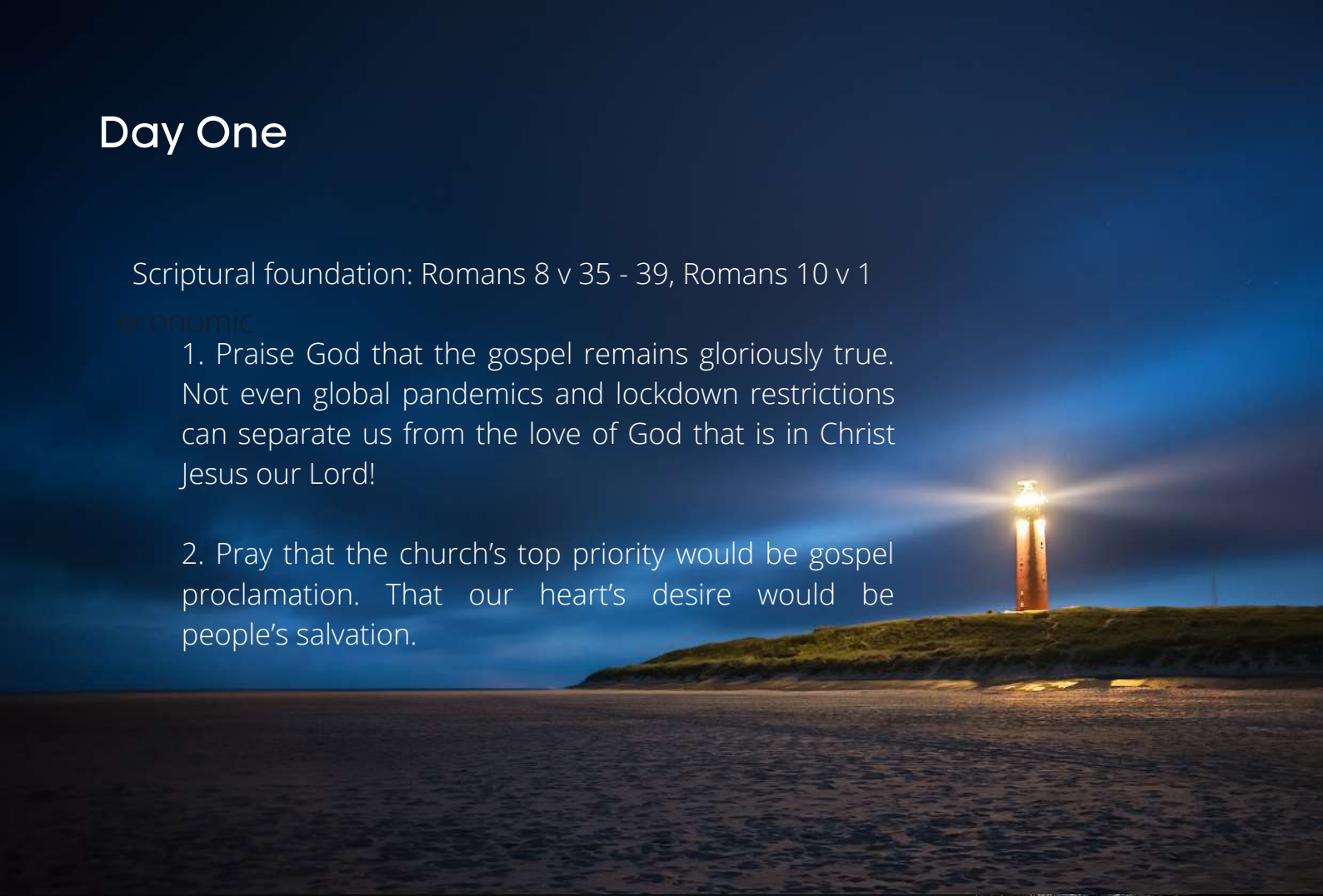
Day One

Scriptural foundation: Romans 8 v 35 - 39, Romans 10 v 1

economic

1. Praise God that the gospel remains gloriously true. Not even global pandemics and lockdown restrictions can separate us from the love of God that is in Christ Jesus our Lord!

2. Pray that the church's top priority would be gospel proclamation. That our heart's desire would be people's salvation.

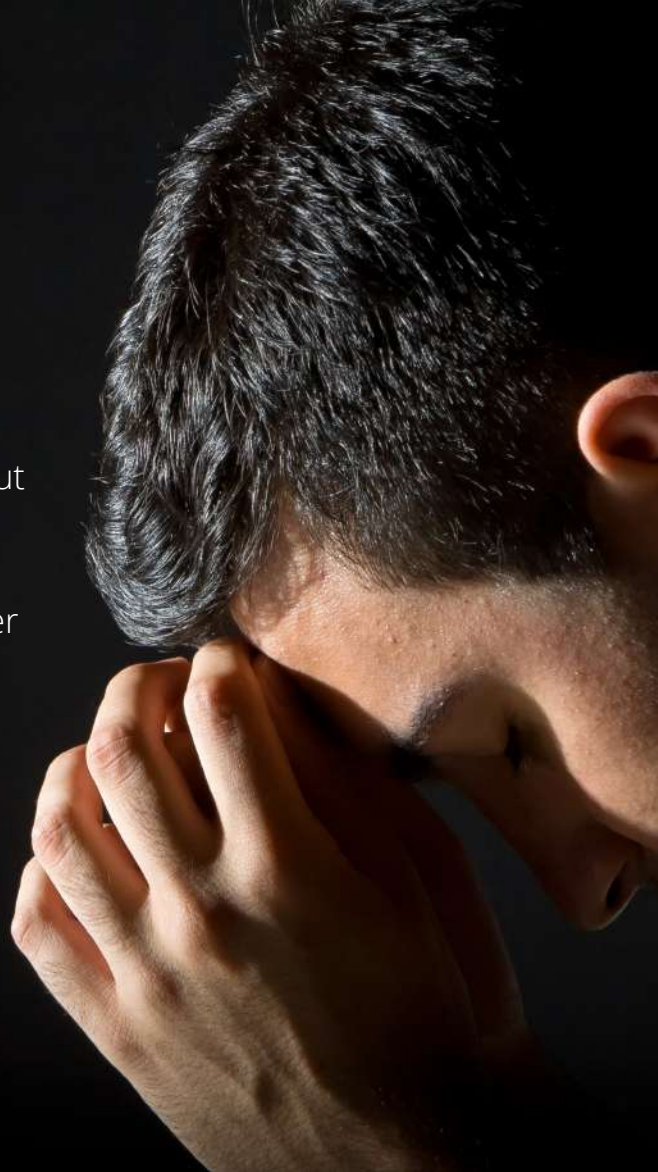


Day Two

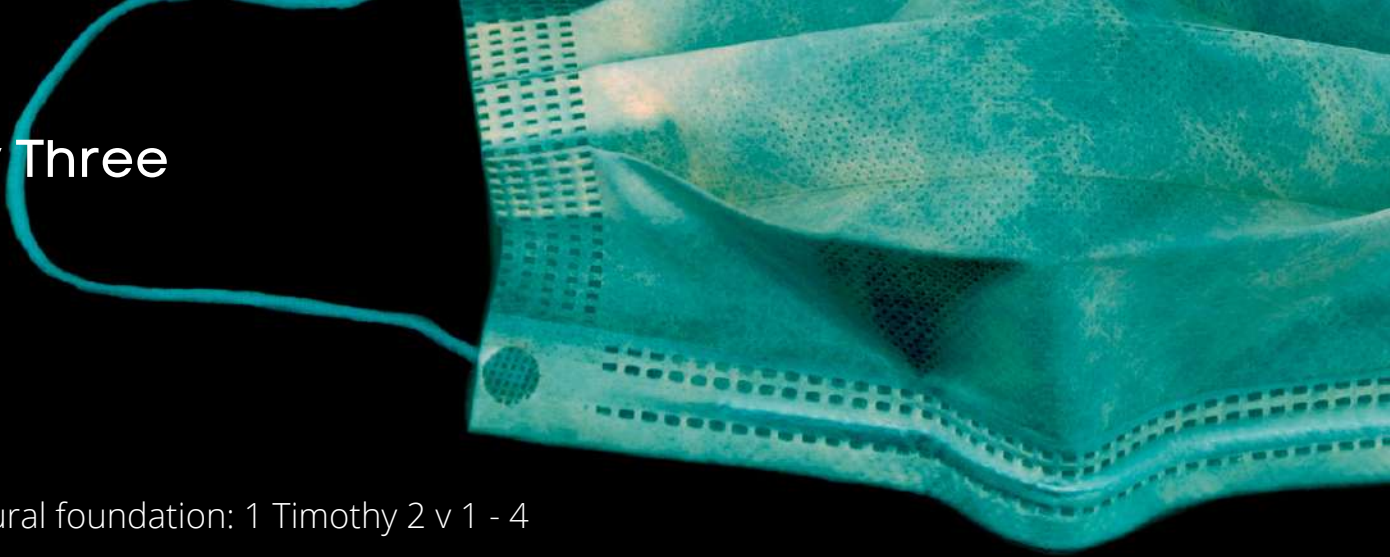
Scriptural foundation: 2 Chronicles 7 v 14

1. The church needs to be praying not just about renewal in our **land** but renewal in our **lives**. Pray for an increased humility among God's people, a greater awareness of sin and a deeper repentance.

2. Name specific areas where the church may need to confess its turning away from God.



Day Three



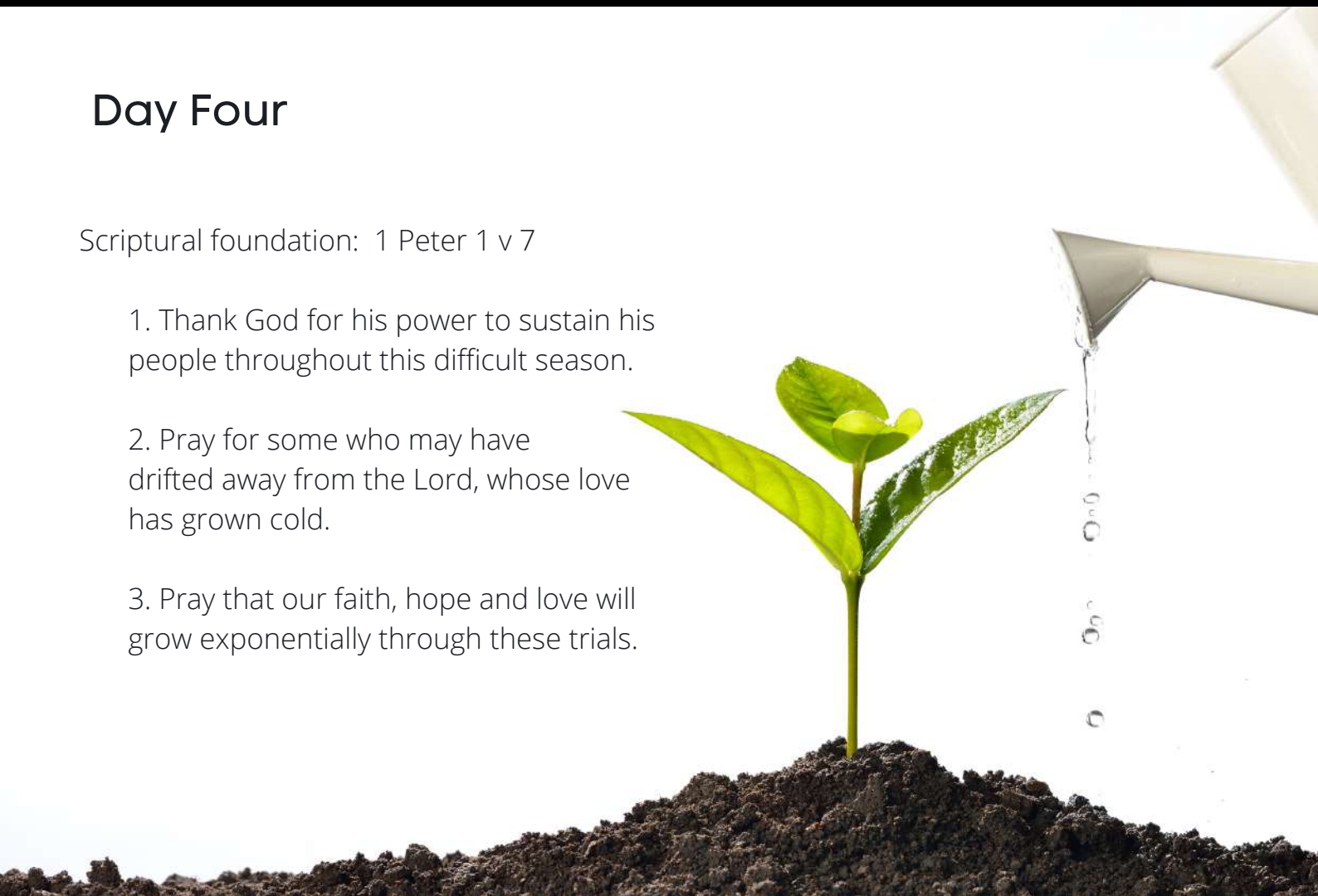
Scriptural foundation: 1 Timothy 2 v 1 - 4

1. Pray for suppression of the COVID-19 virus, the successful production of a vaccine and for wise government strategy in tackling it.
2. Pray for **unity** within and between churches, where there may be differing views regarding the threat of the virus and how to respond to it.
3. Thank God that his purposes are still being worked out for the good of his people - even in this present situation.

Day Four

Scriptural foundation: 1 Peter 1 v 7

1. Thank God for his power to sustain his people throughout this difficult season.
2. Pray for some who may have drifted away from the Lord, whose love has grown cold.
3. Pray that our faith, hope and love will grow exponentially through these trials.



Day Five



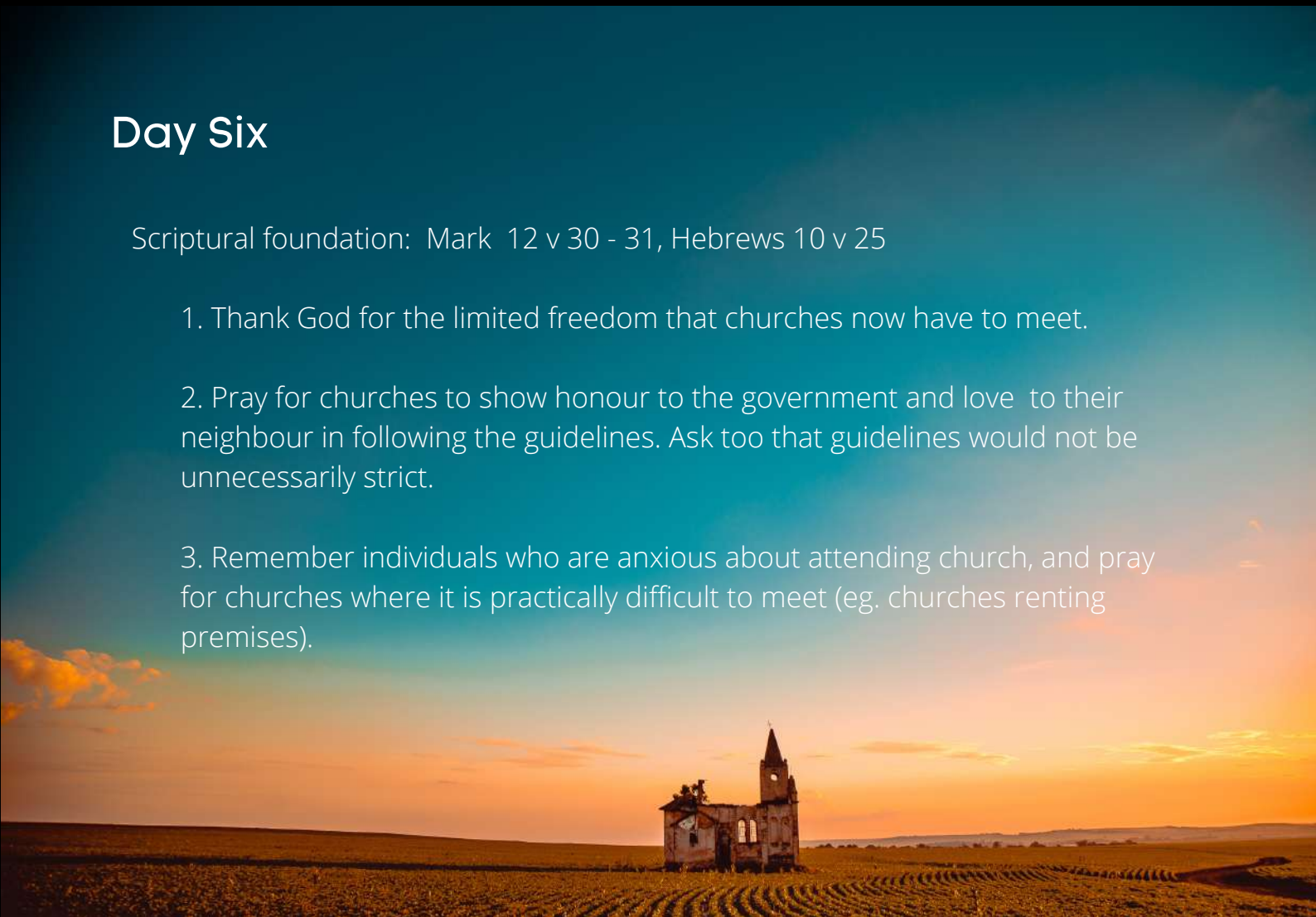
Scriptural foundation: Ephesians 4 v 15

1. Pray that Scotland's newly proposed *Hate Crime Bill* will either be dropped completely or amended so that freedom of speech is protected.
2. Pray that the church would not bow to secular pressure to change its biblical views, but also that we would show genuine kindness and consideration for all people.
3. Pray for those who are avowedly opposed to the gospel. Ask for God to show them his grace and mercy.

Day Six

Scriptural foundation: Mark 12 v 30 - 31, Hebrews 10 v 25

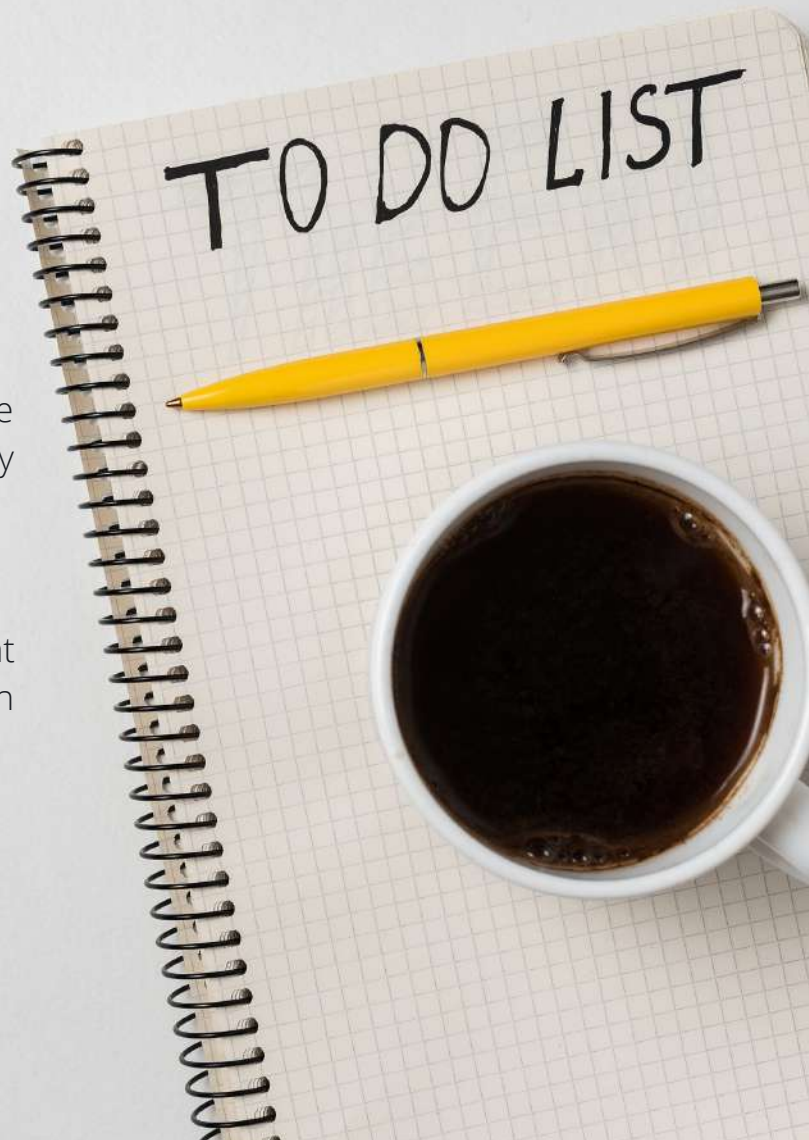
1. Thank God for the limited freedom that churches now have to meet.
2. Pray for churches to show honour to the government and love to their neighbour in following the guidelines. Ask too that guidelines would not be unnecessarily strict.
3. Remember individuals who are anxious about attending church, and pray for churches where it is practically difficult to meet (eg. churches renting premises).



Day Seven

Scriptural foundation: James 4 v 2 - 3

1. Ask forgiveness that we often place productivity over prayer, our activity over pleading that God will act.
2. Pray for a renewed commitment to private prayer and ask that corporate church prayer would again be the heartbeat of the local church.



Day Eight

Scriptural foundation: Proverbs 12 v 25

1. As we hear warnings of a mental health crisis on the horizon, pray that in their despair and anxiety people would turn to Christ for hope. Pray for those working in areas of mental health care (including believers).
2. Pray for those within the church suffering from debilitating levels of anxiety and depression.
3. Pray that the church will weep with those who weep and offer loving support.



Day Nine

Scriptural foundation: James 2 v 1 - 13

1. As tensions rise in the Western world concerning the issue of racism, pray that the church would have a biblical view on these matters.
2. Pray that churches would not be places of even subtle discrimination; plead that we might show and tell 'a better story.'
3. Thank God that his Word exposes the partiality of our hearts, yet also offers the real prospect of forgiveness and reconciliation.



Day Ten

Scriptural foundation: Matthew 16 v 19 - 21

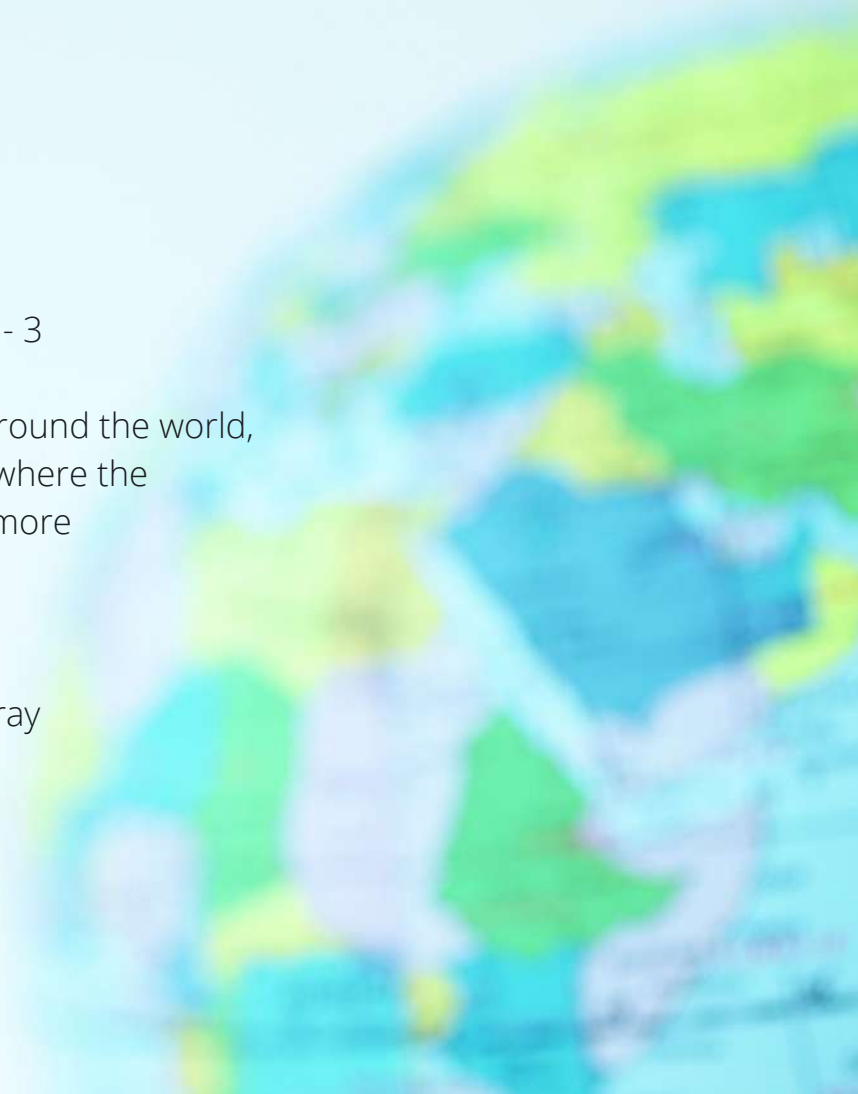
1. Remember in prayer Christians who have suffered job losses and are struggling to find work.
2. Pray that the nation (and the church) would be weaned off the false promises of materialism. May we see a turning away from the idolatry to the true and living God.
3. Pray that God's people will continue to be generous givers, especially those who have been less affected by recent events.



Day Eleven

Scriptural foundation: Colossians 4 v 2 - 3

1. Pray for Christian missionaries around the world, some of whom are living in places where the impact of the pandemic has been more severe.
2. Take time to read an update from a missionary you know and pray for them and their ministry.



Day Twelve

Scriptural foundation: Proverbs 3 v 5 - 6

1. Pray for Christian students, especially those starting University and trying to settle in a new city at an inopportune time.
2. Pray for the tremendous outreach work that is being carried out in CU's (much of it online at the moment).
3. Pray for the work that UCCF staff do in helping equip student leaders in their task.



Day Thirteen

Scriptural foundation: 1 Corinthians 13 v 4 - 7



1. Marriage problems have become more prevalent in recent months as couples have spent more time together at home. Pray for marriages where there may be difficulties. Pray for Spirit-inspired change and that help will be sought.
2. Remember children who often experience the fallout of these situations. Pray especially for those who themselves may be being mistreated.
3. Thank God for many Christian marriages that have strength and stability.

Day Fourteen

Pray through the Lord's Prayer and apply it to our present circumstances.

Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.
(Matthew 6 v 9 - 13)



Day Fifteen

Scriptural foundation: Psalm 34 v 18.

1. Remember families who have lost loved ones in recent months, and for whom it has been difficult to grieve because of social restrictions.
2. Pray for believers who are seriously ill or facing death, but who are unable to be visited by those .
3. Pray that our perspective on death might be distinctive from the society around us..



Day Sixteen

Scriptural foundation: 2 Timothy 4 v 5

1. Pray for church leaders who are seeking to make good decisions amid much uncertainty.
2. Pray for those feeling the strain, who are tempted to be discouraged.
3. Pray that church elders will have wisdom and love and will find ways to care for their flock despite all of the restrictions.

Day Seventeen

Scriptural foundation: Romans 8 v 35 - 39, Romans 10 v 1.

1. As congregations are currently unable to sing together, pray that Christians will find the desire to sing songs of praise in other life-settings.

2. Pray that as we listen to music and individual singers, that we will sing in our hearts, be edified by the words and learn what it means to lament as well as rejoice.

Day Eighteen

Read Psalms 42 and 43

1. Reflect on the absence the Psalmists feel for the full experience of meeting with God and his people. Note the song that comes to their hearts in the night (not in the temple).

2. Pray that we will not be downcast in these days but put our hope in the Lord, our Saviour.

3. Pray for, and look forward to the full expression of acts of worship like congregational singing, communion and baptism.



Day Nineteen

Scriptural foundation: Philippians 1 v 12

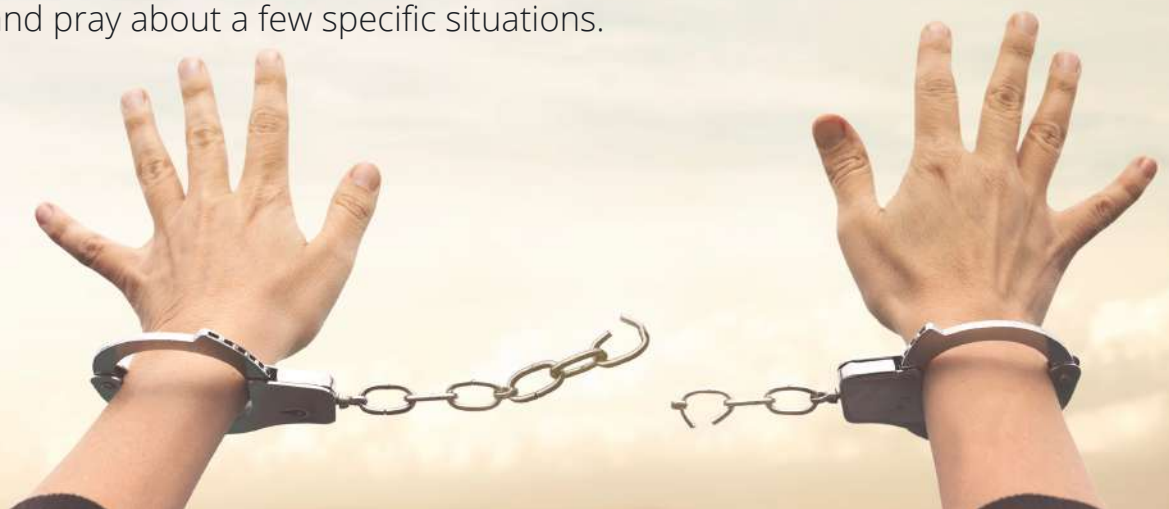
1. Much evangelism has moved online in recent months. Pray for online courses where the gospel is being shared and for personal conversations at work (and in other contexts) where witnessing is happening.
2. Thank God that a significant number of unbelievers are now watching church services online. Pray for their conversion.



Day Twenty

Scriptural foundation: Hebrews 13 v 3

1. As churches in our land have faced limited restrictions, it has given us a new appreciation for Christians around the world who are unable to meet easily, or at all. Pray for churches who *always* find it difficult to meet.
2. Take a look at the website of **Release International** or **The Barnabas Fund** and pray about a few specific situations.





Day Twenty One

Scriptural foundation: Romans 16 v 1, 1 Corinthians 16 v 1 - 2.

1. Thank God for churches in your local area or region. Pray for them by name and for any needs that you know of.
2. Pray that churches will not just look inward at this time, but encourage one another.
3. Consider getting in touch with someone from another local church to encourage them today.

Day Twenty Two

Scriptural foundation: 1 Peter 2 v 2

1. With so many diversions available in terms of legitimate responsibilities and endless amounts of entertainment at the click of a button, pray that we will not be lazy in our reading of God's Word.
2. Pray that God's people will delight in God's Word, spend time studying, discussing it and that they will want to live out its implications in their lives.



Day Twenty Three

Scriptural foundation: Philippians 4 v 19



1. Pray for Christian organisations whose ministries have had to undergo significant adaptation because of Covid.
2. Some organisations have been hit by a loss of income. Pray that God would provide.
3. Pray for new and innovative approaches to doing ministry in the midst of this time.

Day Twenty Four

Scriptural foundation: Proverbs 19 v 17

1. Pray for organisations like CAP who are supporting those struggling with debt.
2. Now that debt services have gone online, it is much harder to build relationships with new clients and to share the message of hope with them.
3. Remember other Christian ministries up and down the UK who are showing the love of Jesus through addiction ministries, supporting the homeless, running food banks etc.



Day Twenty Five

Scriptural foundation: Romans 13

1. Pray for government both in Westminster and in Holyrood. Thank God for the small number of Christians involved in politics at a high level and pray for them.
2. Pray for the salvation of those in government and for God's common grace to lead to good decisions and God-honouring laws.



Day Twenty Six

Read the following words then turn them into a prayer...

When trials come no longer fear
For in the pain our God draws near
To fire a faith worth more than gold
And there His faithfulness is told
And there His faithfulness is told

Within the night I know Your peace
The breath of God brings strength to me
And new each morning mercy flows
As treasures of the darkness grow
As treasures of the darkness grow

I turn to Wisdom not my own
For every battle You have known
My confidence will rest in You
Your love endures Your ways are good
Your love endures Your ways are good

When I am weary with the cost
I see the triumph of the cross
So in its shadow I shall run
Till He completes the work begun
Till He completes the work begun

One day all things will be made new
I'll see the hope You called me to
And in your kingdom paved with gold
I'll praise your faithfulness of old
I'll praise your faithfulness of old

Lyrics copyright: Keith and Kristyn Getty, 2005

Day Twenty Seven

Scriptural foundation: 1 Corinthians 3 v 6

1. Our nation needs many more churches. Pray for new church plants, many of which have been impacted negatively by recent events.
2. Pray for church plants that you know of, and think of areas where there are few gospel proclaiming churches.
3. Intercede for smaller/new churches where accommodation is a real issue.



Day Twenty Eight

Scriptural foundation: 2 Timothy 2 v 2

1. Praise God that Bible colleges continue to train up the next generation of church leaders and workers. Thank God that many have had a good uptake for the coming year despite the current climate.
2. Pray that church apprentice schemes may still be able to operate in the year ahead and that churches will continue to train people in creed, character and competence within their own congregation.



Day Twenty Nine

Scriptural foundation: Acts 17 v 27

economic

1. Reports indicate that early on in the lockdown there was a surge of interest in prayer.
2. Pray that this would not be a momentary and superficial calling out to God but that people would continue to see their need to cry to God for his help and grace.
3. Thank God for people across our nation and world who have come to know Jesus in 2020!



Day Thirty

Scriptural foundation: Revelation 20 v 1 - 4

1. Praise God that we look forward to a future where there will be no pandemics, social tensions, economic woes or physical distancing.
2. Pray that the church will not become complacent as it 'waits' for the Bridegroom, but be faithful, active and Christ-like.



"Prayer is the language of a man
burdened by a sense of need."
(EM Bounds)