

JAN 2020

Month
OF
PRAYER

Gold Hill



HOPE CHURCH FAMILY

Helping You Find Your Way Back To God

HERE IS
a
Checklist
(in case you're a list person.)

- BOOKED A SLOT IN THE PRAYER ROOM
- CHOSEN WHEN & WHAT TO FAST → goldhill.org/247prayer
- SIGNED UP TO WHATSAPP REMINDERS ↪ send WhatsApp message, "SIGN UP."
- DECIDED WHICH ACTIVITY OR PLACE I WANT TO INFUSE WITH PRAYER
- PICKED OUT CERTAIN TOPICS OR PEOPLE I WANT TO FOCUS MY PRAYER ON THIS MONTH
- HAVE A LOOK THROUGH THIS BOOKLET
- WRITTEN DOWN ANYTHING I'VE SENSED GOD SAYING
-
-

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This is not a list of things we have to do.. it is a list of things there is an opportunity to do. Some things will work for you and others won't. This is created as a tool to help cultivate a healthy prayer life, not to hinder it



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introduction



While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." So after they had fasted and prayed, they placed their hands on them and sent them off.

Acts 13:2-3

It is hard to overestimate the importance of this moment in church history. It was the first time a Christian was sent by other Christians to share Jesus somewhere else. This was the moment the church stepped into God's mission. And it happened in the midst of prayer, worship and fasting. When we pray, God moves. Throughout the book of Acts, as the story of the first decades of the church is told, prayer is never far away from the action. The people pray, and healing happens. The people pray, and leaders are released. The people pray, and see visions from heaven. The people pray, and hordes of others come to know Jesus. The people pray, and the Spirit falls. The people pray, and the room is shaken. The people pray, and boldness rises up.

The people pray.

This January, we are setting aside the whole month as a Month of Prayer. That doesn't mean it is the only month of the year when we will pray! But it does mean we are calling everyone to a deeper intention of prayer, a deeper rhythm of prayer, a deeper dependence on prayer.

This guide gives lots of guidance and advice, but we want to make it simple.

The Month of Prayer is about **everyone, everything** and **every week**.

If you would like DAILY REMINDERS sent to your phone, please **SAVE THIS NUMBER**

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as a contact in WhatsApp and send a message saying 'SIGN UP.'

everyone

We are calling every person to pray every day. That will look different for all of us, but needs to look like something for each of us. Every day, we pray at some point for some length of time. Later in this booklet will be prompts to help, if you want to use them. Also, we have launched our 24/7 prayer room, and would love for everyone to try it out at least once!

everything

We are going to take everything we are doing as a church this month, and either **REPLACE** it with prayer, or **INFUSE** it with prayer. Leaders of every church ministry are making plans, but each of us can do the same for our lives. Maybe we replace a TV show with a time of prayer. Maybe we infuse our commute with prayer. It's up to you!

every week

One day each week, we are calling everyone to a day of fasting and deeper prayer. It could be the whole day or part of it. For many, we fast from food, but it could be tech, music, caffeine... On each of these days, there will be a chance in the evening to gather, break the fast (with soup and bread), and pray together. Which of these can you join in for?

I really encourage you: make a plan using the next page, and join together with a few hundred people doing something we know has changed the world before, and we know can change the world again.

Let's pray!



Dave Criddle



One of the great things about prayer is that we can do it anywhere and anytime. We do not have to go to a special place, say special words or do it at special times.

But when something matters to us, we make room for it in our diaries, our lives and our spaces. It is important for us to sleep, so we set aside a room in our house for a bed. It is important to eat, so we have a kitchen. Relaxation is important, so many have a living room in their house.

As a church, we believe prayer is vital, so have set aside a room for it. A room to meet with God, spend time with Him, and bring before Him everything He wants us to.

There are lots of things in it to help you pray, and it is a wonderful place to spend time.

This is not just during January – it is all year round. We want you to use it, and this is a good month to start. During January, when could you book out an hour (by yourself or with others) to come and use it?

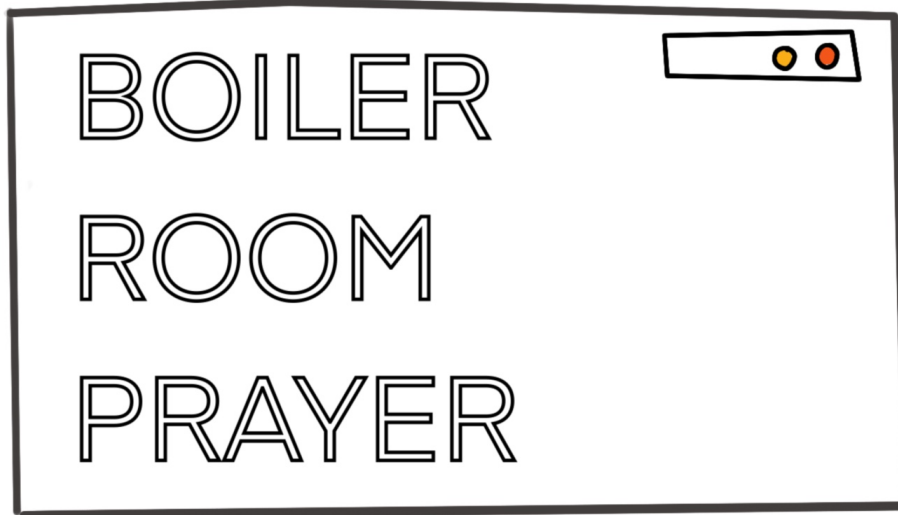
Signing up for the prayer room is very easy! You will be able to pick your slot and sign up at this web address.



goldhill.org/247prayer

During this month, as groups and events are either **replacing** or **infusing** what they do with prayer, one way to infuse with prayer is to have people praying for that event while it is happening.

we call this:



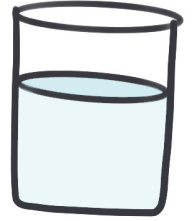
It is a phrase used by Charles Spurgeon, who gave credit for the impact of his ministry not to himself, but to the countless people who would pray for it before, during and after. He called prayer the power house, or 'boiler room'.

So if you see 'Boiler Room' on the 24/7 sign-up page, it is time when people will be praying for a specific event while it's happening. You are so welcome to come and join in praying for God's Spirit to work as you pray.

7

fasting days

(AND HOW TO JOIN IN)



Every week during January, we are picking one weekday and calling everyone to a day of fasting. Before getting to details, let's make one thing clear...

This is not a command, an order or a demand. **It is an invitation.**

It isn't something to feel proud of doing, or ashamed for not doing. **It is an opportunity.**

For some, fasting is a normal part of their life. For others, we might never have fasted in our life. And both of those things are ok. Jesus expected His friends and followers to fast, so we think it is a good thing to do, but as soon as it becomes a thing of condemnation rather than freedom, it's not what it was meant to be.

So, now we've cleared that up, some details! Here are the days we are calling people to fast:

Tuesday 7 January

Wednesday 15 January

Thursday 23 January

Friday 31 January – (this one is our Volunteer Thank You Meal)



On each of these days, there is an opportunity in the evening to come together at 8pm to break the fast with soup and rolls, and pray together.

No pressure to come to all of them, but it would of course be great if you were able to be at one of them.

It is always good to gather, and to pray together.

*For the final one, the evening is our **Volunteer Thank You Meal**, to which everyone who volunteers in Gold Hill is invited to be cooked for and thanked by our staff team. So that one will be a little different, but we will make space in creative ways to pray there too!*

How should I fast?

There isn't one right way to fast. Fasting, in its simplest terms, is choosing to go without something in order to focus instead on God. It:

- Increases awareness of God's blessing – the thing we are missing is a gift from Him
- Increases dependence on God – we can't rely on that thing for strength, and instead rely on Him; and
- Increases focus on God – the time we would spend with that thing is given to pray and time with Him instead



So for you to fast, just do this:

- 1 Choose a thing to go without (food is the 'normal' one, but isn't possible for some people, or something else might work better – technology, TV, music...)
- 2 Decide how long you'll give it up for (is it one meal, two meals, 1 TV show, no TV at all? Be specific when you make your plan)
- 3 Decide how to spend the time you 'save' in prayer (where will you pray, what will you pray about, will you do it by yourself or with others?)

Sundays

Our services on Sundays at Gold Hill and Hope are going to be flavoured with prayer.

This month is far more than just a 'sermon series on prayer', but we are going to be talking about it, looking at some of Jesus' teaching about prayer and fasting. His followers famously said 'Teach us to pray' and He did! We're saying the same thing.

Here is our service plan:

10am at
Gold Hill



"When you pray.." Matt 6:5-8



How to pray Matt 6:9-15



When you fast.. Matt 6:16-18

10am at

HOPE CHURCH FAMILY



Fasting Acts 13:1-3



worship Acts 13:1-3



Prayer Acts 13:1-3

7pm at
Gold Hill

Our evenings are going to be open evenings of prayer, worship and testimony. Paul told the Corinthians, "When you come together, each of you has a hymn, or a word of instruction, a revelation, a tongue or an interpretation. Everything must be done so that the church may be built up." (1 Cor 14:26) Everyone came with something to bring. That's how our evenings will work – we ask that everyone comes having prayed and asked if there's something to share. And there will be space to share it. Prayers, songs, words of encouragement, testimonies, and tongues – we ask God to give them to us, and we share them when He does.



GLOBAL

FOCUS



JAN

Hope and Gold Hill will join together on our final Sunday of our month of prayer to focus on the world around us. Jesus called His followers to spread the good news

**"in Jerusalem, and in all Judea and Samaria,
and the ends of the earth."**

Our God is a personal God, a local God, a regional God and a global God – all at once! So we'll set our attention to pray for the personal part to play that each of us has, and to pray for the 'ends of the earth' – the spread of the good news of Jesus everywhere.

It will be a great time together, so don't miss out!
This service will be held at Gold Hill.

The next few pages are there to give ideas and prompts every day for what you can pray for.

But before we get to the daily prayers, there's one thing we would love everyone to get behind in prayer together.



During our month of prayer one of our leaders, **Stephen Walker-Williams**, is spending some time in the USA serving some leaders and churches out there. Stephen brought this opportunity to the elders, and after praying and discussing we believe God's hand is on Stephen for the things he has been asked to do. So we aren't just 'letting Stephen do it' – we are **sending and commissioning him**. We don't want this just to be 'his thing', but to be 'our thing'. One massive thing that means is to stand with him in prayer. Stephen has put together these prayer points to help us pray for him while he's away.

KEY Prayer POINTS



- For people to come to faith during the practical training sessions in the communities
- For a lasting and expanding aim and ability of these churches to make disciples who make disciples, reaching out to all that God places before them and seeing lives transformed in Jesus' name
- For a strengthened kingdom partnership with these churches, Arise and us
- For Nicki, Myla, Kaira and Theo as they release Stephen to minister away from home
- For continued strength and renewal for Stephen whilst training, presenting and preaching throughout the trip

REASONS FOR GOING :

The churches I'm visiting have sent people to us over the last few years to join in mission with us. As well as being able to thank them, I will be:

- Teaching and training in missional thinking and practical evangelism (including planting churches to reach the lost).
- Providing some insight to a church ministering in more advanced stages of Post-Christendom so they can learn from us and some of the changes we are making.
- Building on relationships and links with churches that have and would like to continue sending teams over to the UK and specifically to us at Gold Hill to assist in reaching our communities for Christ. This includes promoting the ministry of the Arise Programme and preparing teams coming from Open Door, KCPC, Harvest and Chodae Community Churches.
- Developing a multiplication DNA within their churches – a church where disciples make disciples, leaders raise up leaders and churches start churches.

9-14th
Washington.

Open Door Presbyterian Church
& Korean Central Presbyterian
Church

15-20th
New Jersey.

Chodae Community Church, their
English speaking church plant
(Mosaic) and Harvest Church

Week 1

↳ DAILY PRAYER PROMPTS

For the first week, we're going to pray focusing on the many different parts of who we are. According to Jesus, the greatest command is to 'love God with all your heart, soul, mind and strength.' We are to love Him with every single part of ourselves, so we'll use different body parts as prompts. You might like to use the verses recommended as prompts or starting points. Listen to where Jesus is leading you in your spirit and pray that each part of you will be brought more fully in line with Him.

S HEART

M MIND

T SOUL

W EYES

Th EARS

F HANDS

Sa FEET

5th Matthew 6:19-20
Sunday

6th Romans 12:2
Monday

7th Psalm 103:1-2
tuesday

8th Isaiah 43:18-19
wednesday

9th John 10:27
thursday

10th Exodus 4:1-4
friday

11th Romans 10:14-15
saturday

Week 2

↳ DAILY PRAYER PROMPTS

This week, we're simply going to pray the Lord's prayer from Matthew 6. This is the model of prayer Jesus taught His disciples. It can be recited and used in the form He gave, and that's great. But each line and phrase has so much in it that can be used as a springboard to pray. So each day, start with the phrase, and then see where it leads you as you pray. You might also like to pray the whole of the pray each day to start or finish your time.

Our father
 WHO ART IN
 ↳ HEAVEN
 hallowed
 BE
 your NAME.

12th

OUR FATHER IN HEAVEN

Sunday

13th

HOLY IS YOUR NAME

Monday

14th

YOUR KINGDOM COME, YOUR WILL BE DONE ON EARTH AS IN
HEAVEN*Tuesday*

15th

GIVE US TODAY OUR DAILY BREAD

Wednesday

16th

FORGIVE US OUR SINS, AS WE FORGIVE THOSE WHO SIN
AGAINST US*Thursday*

17th

DO NOT LET US FALL INTO TEMPTATION, DELIVER US FROM
THE EVIL ONE*Friday*

18th

THE KINGDOM, POWER AND GLORY ARE YOURS

Saturday

Week 3

↳ DAILY PRAYER PROMPTS

The focus of our week this week is on fasting. On Sunday (19th) we are exploring what it means to fast, so this week we are using a lot of food language to prompt our prayers. Each of these words captures something that has room to pray into. We have, again, included Scripture verses that could be used as prompts to get the ball rolling. It might be that the Lord leads you in a different direction. Enjoy feasting with Him!

S HUNGRY

M LEFTOVERS

T NOURISHED

W FEAST

Th FULL

F THIRSTY

Sa BANQUET

19th **HUNGRY** Matthew 5:6
Sunday

20th **LEFTOVERS** John 6:12-13
Monday

21st **NOURISHED** Psalm 107:5-9
tuesday

22nd **FEAST** Psalm 23:5
wednesday

23rd **FULL** John 6:35
thursday

24th **THIRSTY** Psalm 42:1-2
friday

25th **BANQUET** Matthew 22:1-14
saturday

Week 4

↳ DAILY PRAYER PROMPTS

For our final week of this month of prayer, we're going to pray for our world (personal, local, and global!). We'll use Acts 1:8 as a guide for our prayers, the verse that we spent time with on Sunday (26th). There are promises for us to claim in prayer and a commission for us to embrace in prayer. You might like to use the brief sentence of prompt to guide your prayers, or it might be that Jesus leads you in a different direction. Both are great!



26th "BUT YOU WILL RECEIVE POWER..." *Sunday*

pray that you will embrace and live in the power of your identity in Christ?

27th "...WHEN THE HOLY SPIRIT COMES ON YOU..." *Monday*

invite the Holy Spirit to fill you afresh, and commit to living your day in His strength

28th "...AND YOU WILL BE MY WITNESSES..." *Tuesday*

a witness shares what they have seen, so pray that you may see Jesus afresh and speak Jesus boldly

29th "...IN JERUSALEM..." *Wednesday*

pray that you might share Jesus where you are, with the people closest to you

30th "...IN ALL JUDEA..." *Thursday*

pray that Jesus would be made known in our region, our nation

31st "...AND SAMARIA..." *Friday*

pray that amongst those who might be hostile or 'not like you' Jesus would be lifted up and made known

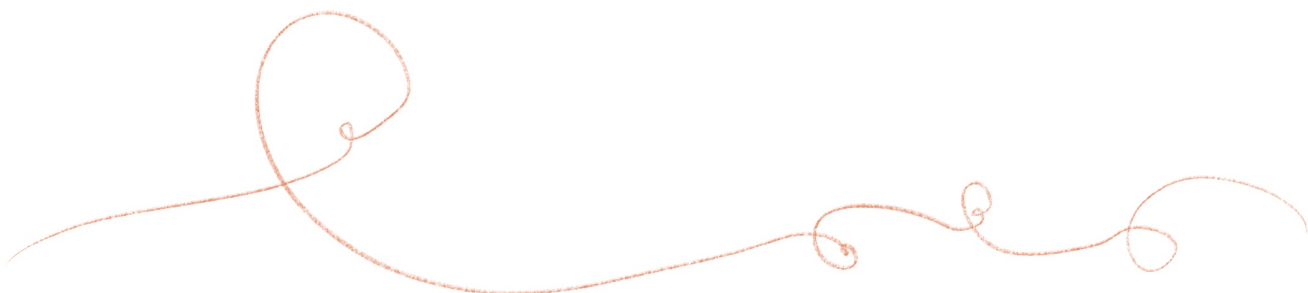
1st "...AND TO THE ENDS OF THE EARTH." *Saturday*

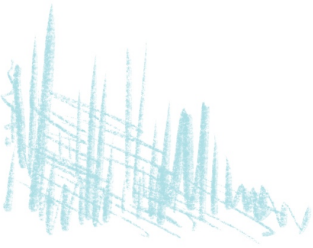
pray for every part of our whole world to be reached by Jesus and set free by Him

What is God saying?

WRITE IT
DOWN!

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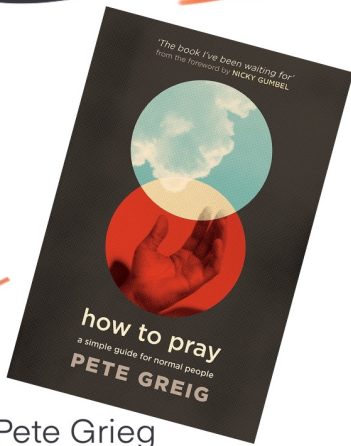






SOME Resources

If you are looking for something to help guide your prayer life for friends and family or situations you find yourself in, try downloading the **Inner Room app**, or the **Prayermate app**.



A gem to read:

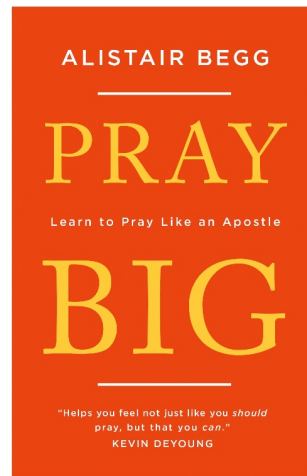
How to Pray, by Pete Greig



PRAYERMATE™



The **Lectio365 app** is a great way of getting stuck into a daily devotional focussed around prayer. It also is both written, so you can read it, or read aloud, in case you prefer to listen.



Alistair Begg's **Pray Big**, Learn to Pray like an Apostle

The prayer course online takes you on a journey through the Lord's Prayer with resources for watching, praying, discussing and reflecting. Give it a go! This might be something you want to use as a family or lifegroup.

prayergroup.org/



For a more traditional, liturgical approach to prayer, you may find the **Daily Prayer app** helpful.



sign up for a
PRAYER ROOM SLOT!

goldhill.org/247prayer

sign up for
daily prayer
prompts!

send WhatsApp message,
"SIGN UP."

07593 365 431

collective fasting:

| | | | |
|-----------------|------------------|------------------|------------------|
| TUES | WEDS | THURS | FRI |
| 7 th | 15 th | 23 rd | 31 st |

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HOPE CHURCH FAMILY
Helping You Find Your Way Back To God