



GET IN SHAPE

MONTH OF PRAYER - JANUARY 2021

GUIDE

GOLD HILL BAPTIST CHURCH

INTRODUCTION

Welcome to this **GET IN SHAPE: Month of Prayer Guide**. Like a training programme to help get you in physical shape, you will find in this guide tips and a schedule to help us all 'get in shape' as a church at the start of 2021.

There is information and explanation about our verse for the year, Psalm 115:1, '**Not to us, Lord, not to us but to your name be the glory, because of your love and faithfulness.**' Can I encourage you to learn and pray this verse not just through January but throughout 2021 (and beyond)? I believe that it will be a shape-shifting, inspiring and unifying verse to pray as a church family.

You will find some information about our Sunday messages as well as some prayer focuses for each day (in addition to the Whatsapp Prayer Prompts). Like a 'long-run' day on a marathon training schedule, once a week we are having a church wide prayer and fasting day that we are encouraging all to take part in by praying and, those who are able to, fasting as well.

Over the last few years we have found our Month of Prayer a special time across the church; a time to pause, to focus and intentionally listen to God, giving back to him the church, our past, our present and the year ahead. So many have found as they strengthen their pattern of prayer for one month, the pattern continues into the remaining 11 months. Please make intentional choices to pause and carve out some extra time to spend in prayer.

We believe that God speaks through a variety of means. As a leadership we want to hear what He is saying to his people and respond appropriately. If you have a sense of God saying something to you about the church, shape, direction, leadership, HHH or anything, please either get in touch with one of the Pastors or email elders@goldhill.org.

May God be glorified in us and through us this in 2021. As carriers of his glorious presence may others be.

Stephen Walker-Williams

VERSE FOR THE YEAR

This year, we have chosen a 'Verse for the Year', a sentence from the Bible to anchor us no matter what comes our way in 2021. It embodies one big decision – that everything will be for God, not for us – which will then help us to make all the many smaller decisions we will face this year. And here it is:

**Not to us, Lord, not to us
but to your name be the glory,
because of your love and faithfulness.**

PSALM 115:1

We believe this is the heart God is calling us to have this year. We will return to it again and again this year as a whole church, but if you consider yourself part of Gold Hill then we want to encourage you to make this your prayer this year too.

Whatever we face, whatever we experience, as we find new ways of being church, as we worship, as we serve, as we step into our new building and seek to call a new Pastor – Team Leader, as we seek to reach people with Jesus' good news and see lives restored and people released, we pray:

**Not for us, not for us,
but for God!**

IF YOU HAVE A PHONE (OR A FRIDGE...)

To help you make this your prayer in 2021, we have made some fridge magnets with it on that you can pick up from the church building, and some phone lock screen designs to use. They can be found at [**goldhill.org/2020verse**](https://goldhill.org/2020verse)

The verse speaks of God receiving glory. John Piper says:

"The glory of God is the manifest beauty of his holiness, the 'going-public of his holiness."

We want to be a church that goes public with all of who God is, showing him in all his wonderful splendour and majesty!

FASTING DAYS

As in the last two years, we are setting aside one day a week in January to be Fasting Days. Below are the days we suggest and themes for us to pray into, as well as some Bible verses to chew over during the day.

Monday 4th

Praying for Ourselves

Psalms 115, Haggai 1:1-11

Tuesday 12th

Praying for Our Church Community

Psalms 115, Haggai 1:12-26

Wednesday 20th

Praying for Your Own Community

Psalms 115 (praying v14-15 over your community)

Thursday 28th

Praying for the Nations

Psalms 115, Haggai 2:7

At the end of each of these prayer and fast days we will have a Time of Prayer on Zoom at 8:15–9pm for all available to join.

<https://us02web.zoom.us/j/85830478395?pwd=OGYybE0rV2NuM282a3RPdGZ2SE9GQT09>

Meeting ID: 858 3047 8395 Passcode: 781382

We'll also be putting together some guides to PRAYER WALK. They'll be in the weekly info during the month.



DAILY PRAYER PROMPTS

You can get daily Prayer Prompts sent via WhatsApp every morning at 7am, during January and beyond! To sign up, just add 07593 365 431 to your contacts and send 'Sign Up' to it on WhatsApp.

SUNDAYS

Mornings – Get In Shape

Online, phone and morning in-person gatherings (9am, 11am, 11am Café) will explore getting in shape with everything we are. Not simply getting into a better shape, but getting into a position that will bring increased worship and glory to God.

3rd Jan – My Body is a Temple

Physical Shape – 1 Cor 6:19-20

10th Jan – Balancing the Books

Financial Shape – Psalm 115:14-18

17th Jan – Growing the Core

Spiritual Shape – John 15:1-17

24th Jan – TEAM

Relational Shape – 2 John

Sunday 31st – GUEST

On the 31st January we will be joined by Emma Worrell from Open Doors UK who will be sharing with us lessons about and from the persecuted Church around the world. As an Open Doors Partner Church it will be wonderful to engage with Emma's message and allow it to impact our thinking about and supporting of our brothers and sisters around the world as well as the lessons we can learn from them.



OpenDoors

SUNDAYS

Evenings – Dangerous Prayers

On Sunday evenings, in addition to our in-person 7pm Gathering, we will be continuing with a time together on Zoom for worship, prayer and reflection (8:15-9:00).

These Sunday evening prayer gatherings will be looking at five prayers that if taken seriously can have big impact on the way we live and for the Kingdom of God.

They could be seen as '**Dangerous Prayers**'. Dangerous for our feeling of self-importance and pride. Dangerous for the Enemies of God. There are also dangerous prayers if we don't pray them - dangerous to our faith, our flourishing and our following of Jesus. These prayers will shape us in new ways.

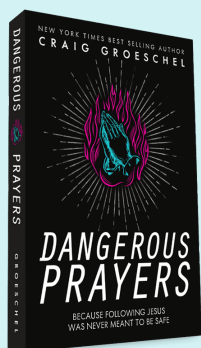
3rd Jan – 'Here I am' – Isaiah 6:8

10th Jan – 'Speak Lord' – 1 Samuel 3:10

17th Jan – 'Break Me' – Mark 14:3

24th Jan – 'Search Me' – Psalm 139:23-24

31st Jan – 'Send Me' – Isaiah 6:8



BOOK RECOMMENDATION

If you would like to go further with these dangerous prayers this book is highly recommended.

***Dangerous Prayers* – by Craig Groeschel**

It carries a warning though...praying these prayers seriously will seriously impact your life (and those around you).

CHILDREN & YOUTH

Children

Kids Church, Sundays at 9am on YouTube, is re-starting on 10th January, looking at 'Praying People'. Inspiration from people in the Bible who prayed. There'll be loads of different ways to get praying on there!



Young People

Breathe, our Youth Congregation, will start up again on 9th January, in person at church, and all youth groups will be starting up from then too. Breathe will be following the 'Get In Shape' programme, and midweek will be looking at the 'Dangerous Prayers' (details on last two pages for both).



Shona and Natalie would love to hear from you if you'd like to know more or get involved, so get in touch if you do!

PRAYER GUIDE

The rest of this guide gives prompts and suggestions for all 31 days of the month. These will also form the basis of what is sent by WhatsApp each day too (don't forget to sign up if you want to – details are on page 3 of this guide).

Friday 1st

Without the Spirit at work transformation is going to be superficial at best. Ask God for powerful encounters this month.

Saturday 2nd

God, transform my head and my thinking today. Renew my mind as I offer myself to you as a living sacrifice.

Sunday 3rd

Dangerous Prayer #1:

'Here I am! Wholly available for you God.'

Monday 4th (Fasting Day)

Pray for yourself and those close to you, and also take time to reflect on the verses suggested on page 3 for the first Fasting Day: Psalm 115 and Haggai 1:1-11.

Tuesday 5th

Pray for Hub Heart Home project as we continue to progress plans to see God's kingdom come in the centre of the village.

Wednesday 6th

Pray for our Mission Partners: Williamsons, Lennard's, Jude, Liz, Andy, Thiessens, Robinson, Oliphants.

Thursday 7th

Ask God to give you an image of what your frontline place would look like if it were transformed by his presence. How would it be different?

Friday 8th

Ask God for opportunity to share your story or the Good News of Jesus today. Look for that opportunity and do it.

Saturday 9th

God, transform my heart and my passion today. Place in me your heart and allow me to love with your love.

Sunday 10th

Dangerous Prayer #2:

'Speak Lord, I'm listening' (& take intentional time to listen)

Monday 11th

Pray for those who are representing Jesus in education- both students and adults in different roles.

Tuesday 12th *(Fasting Day)*

Pray for our church family, and also take time to reflect on the verses suggested on page 3 for the first Fasting Day: Psalm 115 and Haggai 1:12-26.

Wednesday 13th

Pray for NewThing Europe, the church planting network of which we are part. Pray for the churches that are being started & supported through them.

Thursday 14th

Pray for the ministry of the Bread House in the Village; both during the day and the various outreach events that are hosted there.

Friday 15th

Pray for Care Homes in the community especially the staff and residents of Rock House and the impact of Gold Hill Care.

Saturday 16th

God, transform my hands as I offer them over to your service. Use them for the building of your kingdom.

Sunday 17th

Dangerous Prayer #3:

'Break me Lord and allow an offering of worship to come from my breaking'

Monday 18th

Pray for all those attending Alpha Online as it starts today. Pray for openness and for them to meet Jesus.

Tuesday 19th

Pray for those representing Jesus in business and politics both locally and nationally.

Wednesday 20th *(Fasting Day)*

Pray for the community you are part of, and in particular pray the words of Psalm 115:14-15 over it (as on page 3).

Thursday 21st

Pray for our local churches and their leaders. Pray for our unity to be a powerful witness and together to see God's Kingdom Advance

Friday 22nd

Pray for God to birth in us a culture of blessing others.

Saturday 23rd

Thank God for all that he has done in us and through us. Pray for a continuation of blessing to flow out of this month.

Sunday 24th

Dangerous Prayer #4:

'Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.'

Monday 25th

Pray for an opportunity to spend time with someone today attentively listening. When this opportunity arrives allow God to use you.

Tuesday 26th

Pray for a continued culture of reaching people, releasing potential and reproduction to be present in our church family

Wednesday 27th

Pray for the leaders of our church: elders, Church Council, staff, Life Group Leaders and all ministry leaders, that they would hear God clearly and follow Him obediently.

Thursday 28th *(Fasting Day)*

Pray for the world! And as you do, reflect on the verses on page 3 for the Fasting Day, which this time are Psalm 115 and Haggai 2:7

Friday 29th

Pray for those who are on or will go on Short Term mission trips or who are exploring a missionary call.

Saturday 30th

Prayer for Arise Outreach Programme and the online training

Sunday 31st

Pray for the work of Open Doors UK and our brothers and sisters around the world who are suffering simply for being followers of Jesus

As you pray, if you sense God speaking about our church in any way, please share that by emailing elders@goldhill.org.

**Not to us, Lord, not to us
but to your name be the glory,
because of your love and faithfulness.**

PSALM 115:1