

# Prayer guide

**28**  
days

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And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

Romans

12:1

# How it works

## 1 Pray

Each day has two things for you to lift up in prayer:

- one thing in the church
  - one organisation
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## 2 Fast

Fast food and pray during mealtimes. Try and commit to doing this at least once

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## 3 Give

Help us raise money for food.gives, part of the Barnabus Fund, over this time.

Give at [regen.church/28-days-give](https://regen.church/28-days-give)

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## 4 Gather

**2-8 March**  
**7-8AM & 7-8PM**

Join in with members of the leadership team praying

**4-5 March**  
**Fri noon – Sat noon**

Cover a slot of our 24-hour continuous prayer

Prayer will take place on Zoom at our usual prayer link. Speak to Ruth or James if you'd like the link

# Days I've chosen to fast

<b>Wed</b> 2 Mar	<b>Thu</b> 3 Mar	<b>Fri</b> 4 Mar	<b>Sat</b> 5 Mar	<b>Sun</b> 6 Mar
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<b>Mon</b> 7 Mar	<b>Tue</b> 8 Mar	<b>Wed</b> 9 Mar	<b>Thu</b> 10 Mar	<b>Fri</b> 11 Mar	<b>Sat</b> 12 Mar	<b>Sun</b> 13 Mar
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<b>Mon</b> 14 Mar	<b>Tue</b> 15 Mar	<b>Wed</b> 16 Mar	<b>Thu</b> 17 Mar	<b>Fri</b> 18 Mar	<b>Sat</b> 19 Mar	<b>Sun</b> 20 Mar
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<b>Mon</b> 21 Mar	<b>Tue</b> 22 Mar	<b>Wed</b> 23 Mar	<b>Thu</b> 24 Mar	<b>Fri</b> 25 Mar	<b>Sat</b> 26 Mar	<b>Sun</b> 27 Mar
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<b>Mon</b> 28 Mar	<b>Tue</b> 29 Mar
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	Wed 2 Mar	Thu 3 Mar	Fri 4 Mar
<b>Church</b>	<p><b>Pray</b></p> <p>Pray that your passion and desire to meet God in prayer, both on your own and together as a church, would grow</p>	<p><b>Unity</b></p> <p>May we grow in deep, authentic love and care for one another as a church, and be of one mind, united in thought and purpose</p>	<p><b>Leadership team and trustees</b></p> <p>Pray for an increase in supernatural wisdom and discernment as both the leadership team and trustees seek the will of God for regeneration</p>
<b>Organisation</b>	<p><b>Food.gives, part of Barnabus Trust</b></p> <p>For the work they do in feeding hungry Christians around the world, particularly those in persecuted countries. For the food to reach those that need it most</p>	<p><b>Release International</b></p> <p>For their work in seeking out, supporting and protecting some of the most vulnerable men, women and children who are being persecuted for their faith</p>	<p><b>Government</b></p> <p>For Boris Johnson and the Government to be given wisdom, courage and a desire for integrity and justice in all they do</p>

	Sat 5 Mar	Sun 6 Mar	Mon 7 Mar
<b>Church</b>	<p><b>Salvation</b></p> <p>More people to find Jesus through the mission and outreach of regeneration</p>	<p><b>Preachers</b></p> <p>Our speakers are on the frontline. Pray they may continue to preach with boldness, clarity and conviction and for an authentic response to the gospel message</p>	<p><b>Discipleship</b></p> <p>Pray over yourself, that you will live this out. 'If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me' Matthew 16:24</p>
<b>Organisation</b>	<p><b>Youth Evangelism Conference</b></p> <p>Today young people, youth leaders and christian organisations across the country are gathering online to teach and inspire the future generation in evangelism</p>	<p><b>Welcome Churches</b></p> <p>Give thanks for Welcome Churches and the 5,505 churches supporting refugees to resettle in communities. Pray for their work in supporting hotels to accommodate asylum seekers</p>	<p><b>Bible Society</b></p> <p>Take the Bible to places across the world where it's hard to come by. Pray that Bibles reach those who need it, and for the provision for more to be produced in local languages</p>

	Tue 8 Mar	Wed 9 Mar	Thu 10 Mar
<b>Church</b>	<p><b>Street Outreach</b></p> <p>For the team that proclaim the Gospel on Romford High Street on Tuesdays to have favour and greater opportunities to speak and pray for passers-by. A harvest of blessing in seeing souls saved and lives changed</p>	<p><b>Families</b></p> <p>Pray that whole families will respond to the gospel and that healthy discipleship will take place in their homes</p>	<p><b>Women's ministry</b></p> <p>Pray that the women in our church would be empowered, built up and equipped to be Christ's ambassadors in the world. For God to come in power at Magenta tonight</p>
<b>Organisation</b>	<p><b>Artless Theatre Company</b></p> <p>That four dates for 'If Prison Walls Could Speak' would be filled in the South West (May) and Scotland (August). For wisdom regarding future projects</p>	<p><b>Home for Good</b></p> <p>Every 15 minutes, a child comes into care in the UK. Pray every child will have a stable and loving home where they can thrive</p>	<p><b>Restored</b></p> <p>Their mission is for the local church to be equipped and able to provide a place of safety for women and families fleeing violence and abusive homes</p>

	Fri 11 Mar	Sat 12 Mar	Sun 13 Mar
<b>Church</b>	<p><b>Our future home</b></p> <p>For wisdom and direction around the next physical home of regeneration. Pray for God to open doors and make a way in his timing</p>	<p><b>Volunteers</b></p> <p>We're so thankful for our volunteers. Pray a blessing on who help out in visible and behind-the-scenes ways and for our teams to grow in passion, number and effectiveness</p>	<p><b>Prophetic</b></p> <p>God desires to pour out his Spirit on all people. Pray that we can discern what He is doing and speak His words to open hearts so that we can all be changed into the likeness of Christ</p>
<b>Organisation</b>	<p><b>charity:water</b></p> <p>That God will give them favour as they build sustainable water projects around the world to the 771 million people that lack it</p>	<p><b>Dignity Freedom Network (DFN)</b></p> <p>Dignity and freedom for the poor, the marginalised and the outcastes in South Asia</p>	<p><b>International Justice Mission</b></p> <p>Pray for their work in rescuing slaves, imprisoning slave owners and putting the worldwide slave trade out of business for good</p>

	Mon 14 Mar	Tue 15 Mar	Wed 16 Mar
<b>Church</b>	<p><b>Faithfulness</b></p> <p>Pray that as a church we would be faithful to this definition of success: 'Success is first and foremost doing what God has asked us to do, doing it His way, and in His timing'</p>	<p><b>Charcoal and Circles</b></p> <p>That our Tuesday gatherings, whether in-person or online, would grow in number and depth, and through them we would be shaped more into the image of Jesus</p>	<p><b>Those in need</b></p> <p>Lift up to God those who are lonely, unemployed or whose lives have been majorly disrupted by the pandemic. For God to be their source of worth, comfort, strength and provision</p>
<b>Organisation</b>	<p><b>Scripture Union</b></p> <p>Pray for them as they partner with churches and others to reach the 95% of children and young people that are not in church</p>	<p><b>Kerygma180</b></p> <p>Proclaim the Gospel and work to equip the next generation to do likewise. Pray for Scott and the team that they will see many people coming to faith in Jesus Christ through their upfront ministry</p>	<p><b>Open Doors</b></p> <p>Pray for the work Open Doors do to help persecuted Christians, especially for those in Afghanistan, North Korea and Somalia</p>

	Thu 17 Mar	Fri 18 Mar	Sat 19 Mar
<b>Church</b>	<p><b>Wildfire</b></p> <p>For young people to be drawn to Wildfire and that they would come to know Jesus as they make and share food together</p>	<p><b>Mission trips</b></p> <p>For wisdom from God concerning any potential overseas mission trips this year</p>	<p><b>Signs and wonders</b></p> <p>God is the same yesterday, today and forever. If he did miracles, signs and wonders throughout the Bible, we can expect them now</p>
<b>Organisation</b>	<p><b>Teen Challenge</b></p> <p>Pray for them as they work to help young people who have developed life-controlling problems, especially drug and alcohol addictions</p>	<p><b>LIV</b></p> <p>For Dan, Cassie and Willow Wicks, the orphans and vulnerable children, and the other staff and volunteers on the village in South Africa, to be one family in Jesus Christ</p>	<p><b>Great Lakes Outreach</b></p> <p>Pray for GLO as they work with strategic visionary local leaders of passion and integrity, to transform Burundi and beyond with Jesus' love</p>

	Sun 20 Mar	Mon 21 Mar	Tue 22 Mar
<b>Church</b>	<p><b>Livestream</b></p> <p>That our service broadcasts would build community for those who cannot join in person and reach people who don't know Jesus. For protection over all technical aspects</p>	<p><b>Local mission</b></p> <p>For guidance and direction about how and when we should do local mission to reach our community, whether that's with The Impact Project or something else</p>	<p><b>Holy Grit: 2nd Edition</b></p> <p>For James as he finalises the book. Pray that people and churches will engage with the book and be encouraged and challenged as they read it</p>
<b>Organisation</b>	<p><b>Christian Concern</b></p> <p>For them to continue to protect the freedom to live and speak for Jesus, and to empower Christians to be compassionate and courageous ambassadors</p>	<p><b>Graceworks</b></p> <p>For the work they are doing delivering quality Christian schools work in Havering schools to bear fruit and for God-ordained opportunities to share Jesus</p>	<p><b>Christian Medical Fellowship</b></p> <p>Unites and equips Christian doctors, nurses and midwives to live and speak for Jesus. Pray for wisdom and discernment as they engage in ethics and medical legislation</p>

	Wed 23 Mar	Thu 24 Mar	Fri 25 Mar
<b>Church</b>	<p><b>Children</b></p> <p>Pray the children in our church will come to know Jesus and grow in their faith as they engage with Little regen</p>	<p><b>Protection for the Church</b></p> <p>That God would watch over and keep safe our people and building from Satan</p>	<p><b>Financial provision</b></p> <p>Pray that we will see tremendous provision for our committed costs and the necessary funds for our vision to see God's kingdom expanding in our world</p>
<b>Organisation</b>	<p><b>Brephos</b></p> <p>For opportunities for them to partner with and equip churches to speak out for the unborn child</p>	<p><b>Local churches in Havering</b></p> <p>For every church to preach the gospel and look to the fields that are white to harvest. Jesus said, 'I will build my Church and the gates of hell will not prevail against it.' Let's agree with His promise</p>	<p><b>'The Chosen' film series</b></p> <p>For wisdom, creativity and favour on this wonderful endeavour and that this film will be used around the world for the glory of God</p>

	Sat 26 Mar	Sun 27 Mar	Mon 28 Mar
<b>Church</b>	<p><b>Men's ministry</b></p> <p>For the men in our church to thrive in their personal discipleship with Jesus, and for God to meet with them in a powerful way in their gathering at Cobalt this morning</p>	<p><b>Worship team</b></p> <p>For more of the presence of God during worship. For the team to grow in humility, have a greater depth of unity and increased sensitivity to the Holy Spirit</p>	<p><b>Generous community</b></p> <p>Pray regeneration Church and its members would looking for opportunities this year to practice hospitality to our neighbour</p>
<b>Organisation</b>	<p><b>Free Burma Rangers</b></p> <p>Intercede for this multi-ethnic humanitarian service movement working to bring help, hope and love to people in the conflict zones of Burma, Iraq, and Sudan</p>	<p><b>Beauty from Ashes</b></p> <p>Help people towards faith in and dependence on Christ. For more support as they encourage those whose lives have been distorted or broken through loss</p>	<p><b>Stewardship</b></p> <p>That they'd be effective in their mission for the world to encounter Jesus through the generosity of His church</p>

Wed 29 Mar

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## Church

### **Healing**

God's desire is to heal people inside and out. Pray that we will be open and ready to be his agents of healing wherever we go

## Organisation

### **Tearfund**

That they will see communities transformed as they empower people to lift themselves out of poverty



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regeneration