

City Hope Week of Prayer

January 2025



Prayer is not just us talking to God or giving him to-do lists - I think we all know this but in what other ways do we pray?

We could fast, which is in itself an act of prayer; it's a statement that says it is more important for me to hear your will on this, God than it is to feed myself this meal; or this day I'm going to swap feeding myself for a hunger for your will. Feel free to do this for any or all of this week, as is safe and healthy for you to do. If you haven't done this before, maybe try missing a meal early on in the week and maybe stretch it later on in the week, and miss two?

Prayer is also meditation - we can meditate on Scripture - simply read it over several times and ask the Holy Spirit to bring it to life for you - we are going to do some of this each day this week.

This leads on to prayer as listening- not always our best discipline, but vital if we are to hear from the source of all knowledge and then do what He says. Again we will have room for this during the week too.

So can I encourage you this week to step out of your comfort zone in prayer? Ask God to help you grow and step into the prayer gym this week and exercise some muscles you've not used so much, or simply stretch them further than you have before, that we may all grow together as we look to, and seek our king.

Our theme for this week is Psalm 34 which is the passage John Wood read to the church at the start of this year.

Each day we take a section of the Psalm. Please read it, meditate on it, re-read it several times and ask the Holy Spirit to breathe life into it for you.

I've also given us a few other verses we can meditate on including a verse from James, our current preaching series; as well as a few prayer points as suggestions, but be led by the Holy Spirit. I pray that as we seek him together and apart this week we may all grow in our knowledge of and love for the King of kings, seeing his perspective on our life.

Thanks
Pete King

(see inside for daily verses and prayer points)

Sunday 19th January

Psalm 34 v1-3

'I will extol the Lord at all times; his praise will always be on my lips. I will glory in the Lord ; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together. '

Other verses:

Hebrews chapter 1

Colossians 1 v17-20

James 1 v17-18

Prayer at our morning service 10:30am-12; and our Worship night 6:55-8:30pm

Monday 20th

Psalm 34 v4-7

'I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; he saved him out of all his troubles. The angel of the Lord encamps around those who fear him, and he delivers them.'

Other verses:

Romans 8 v28

James 1 v2-4

Prayer suggestions - Thank God for your salvation; pray for salvation for your friends and family - pray for 25 people saved and baptised this year at City Hope.

Prayer 7-8am at City Hope or on Zoom.
Women's Prayer 7-8:30pm at City Hope.

Tuesday 21st

Psalm 34 v8-10

'Taste and see that the Lord is good; blessed is the one who takes refuge in him. Fear the Lord, you his holy people, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the Lord lack no good thing.'

Other verses:

Matt 6 v33

James 4 v7-10

Prayer suggestion - we can encounter and experience God - thank him for when you have experienced his presence. Reflect back over the years if you can, and also pray for new encounters. Pray for our Sunday mornings and evenings, that we meet with God. Pray for Kingdom of God advance wherever you see need.

Prayer 7-8am at City Hope or on Zoom.

Family prayer for primary age kids and families 3:45-4:45pm

Leaders Prayer 8-9:30pm at City Hope (for CG and ministry leaders)

Wednesday 22nd

Psalm 34 v11-14

'Come, my children, listen to me; I will teach you the fear of the Lord. Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from telling lies. Turn from evil and do good; seek peace and pursue it.'

Other verses:

1 Timothy 2 v1-4

James 3 v17-18

Prayer suggestion - pray for our preachers and our leaders at City Hope; pray for politicians and leaders across the world. Pray for purity for yourself, and for God to reveal anything he wants to tackle in your life - if you are brave enough!

Who could you text or call today to encourage them that they are leading well?

Prayer 7-8am at City Hope or on Zoom

Pray with your CG. Alternatively prayer at City Hope 8-9pm

Thursday 23rd

Psalm 34v15-18

'The eyes of the Lord are on the righteous, and his ears are attentive to their cry; but the face of the Lord is against those who do evil, to blot out their name from the earth. The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit.'

Other verses:
Romans 8 v32
Psalm 23
James 1 v27

Prayer suggestions - pray for CAP (Christians Against Poverty); pray for our foodbank team; pray for the war zones around the world; pray for your friends/ family - pray that they might see the God who sees them!

Prayer 7-8am at City Hope or on Zoom.
Men's Prayer 8-9:30pm at **Unit 22 Old Jamaica Business Estate SE16 4AW**

Friday 24th
Psalm 34 v19-22

'The righteous person may have many troubles, but the Lord delivers him from them all; he protects all his bones, not one of them will be broken. Evil will slay the wicked; the foes of the righteous will be condemned. The Lord will rescue his servants; no one who takes refuge in him will be condemned.'

Other verses:
John 14 v2-4
Philippians 3 v20-21
James 1 v12

Prayer suggestions - Pray for City Hope; pray for our Connect Groups, that they may be places of hope. Pray that we might love each other well through trials and hard times - John 13 v35. Who could you call or text today with a message of hope?

Prayer 7-8am at City Hope or on Zoom.
Walworth Prayer 6-8pm. Bring and share food. **12 Phelp Street, SE17 2PH**

Zoom link for 7-8am Monday to Friday is the same each day:

Click [here](#) or use:

Meeting ID: 830 8485 1159

Passcode: 662118