

Growing in Faith • Growing in Family

A Week of Prayer and Fasting

You are invited to journey through this week prayerfully, as we seek God together for deeper roots in Christ and stronger bonds as one church family.

This week is designed to be held **simply and accessibly**. You may want to fast from a meal, from social media, from background noise, or from something else that normally fills your attention — not as an act of effort or endurance, but as a way of creating space to listen to God and pray with focus.

If fasting is new to you, or if you'd welcome some gentle guidance, there is a **simple and helpful guide to fasting available here**, which explains different ways of fasting and how to approach it wisely and prayerfully:

<https://static1.squarespace.com/static/5d24aa429004c10001d1a36b/t/63ea1979689ba834da185d2e/1760539316763/Fasting+Booklet+2023.pdf>

Each day of this week includes **one Bible verse (NIV)** and a set of **prayer prompts**. You might like to return to the same verse morning, midday, and evening, allowing it to shape your prayers across the day. Whether you take part individually, as a household, or alongside others, our prayer is that God would meet us and lead us as we grow together.

A prayer for this week

Lord Jesus,
Root us in you.
Grow us in faith.
Make us one family.
And send us, filled with your love,
to share your life with the world.
Amen.

Day 1 — Monday | Rooted in Christ

Growing in faith

Bible verse — Colossians 2:6–7

“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”

Prayer prompts

- Pray that we would be **rooted deeply in Christ**, not hurried or shallow in our faith.
- Ask God to grow us through ordinary, faithful rhythms — prayer, Scripture, worship, community.
- Pray that this would be a year of **quiet, steady growth** — deep roots rather than quick fixes.
- Give thanks for the ways God has already been faithful to us as a church.
- Pray for our **worship and prayer life together** — for hunger, expectancy, depth, and joy. Pray for those who lead us in worship, prayer, preaching, and teaching, that they would be filled with the Spirit and lead us faithfully into God’s presence.
- Pray for our **church weekend away before Easter** — for a real sense of fun and family, and for deep times of worship, prayer, and teaching that shape us as disciples and bind us together as one church family.

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Day 2 — Tuesday | One Family, One Parish

Growing together in belonging

Bible verse — Ephesians 2:19

“You are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household.”

Prayer prompts

- Pray for **St Swithin's and St Faith's** as we continue to become **one parish and one family**.
- Pray for grace, patience, humility, and generosity as histories, cultures, and rhythms come together.
- Pray that no one would feel like an outsider, an add-on, or an afterthought — but that all would find **home**.
- Ask God to deepen unity not just structurally, but relationally and spiritually.
- Pray for the **Welcome Project at St Faith's** — new welcome and refreshment spaces and new toilets — that this building would become an even more usable, hospitable space for the community. Pray for successful grant applications, generous giving, wisdom in planning, and that we might be able to begin this work this year.

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Day 3 — Wednesday | God's Provision for God's Work

Trusting God for finances and resources

Bible verse — 2 Corinthians 9:8

"And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work."

Prayer prompts

- Pray for **God's provision** as current grant funding ends and we look ahead.
- Ask for wisdom, faith, and courage as we seek to strengthen **family, mission, and ministry**.
- Pray for generosity, creativity, and trust — and freedom from anxiety or fear about the future.
- Pray that our finances would always serve God's purposes and reflect his abundance and faithfulness.

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Day 4 — Thursday | Sundays, Welcome, and Community Life

A church that feels like home

Bible verse — Psalm 92:13–14

“Planted in the house of the Lord, they will flourish in the courts of our God.”

Prayer prompts

- Pray for our **Sunday gatherings** — that they would be places of **joy**, where people feel **at HOME**, are able to be **REAL**, and are **encouraged in their faith**.
- Pray for a deepening sense of **family**, shared life, and commitment to one another.
- Pray especially for the **new 10am at the Salthouse**, and for vision, people, and resources over the year to grow the **4:15 at St Faith's** into a weekly congregation.
- Pray for the **4–500 people we see each week** through Stay Toasty, Lyn Café, babuccinos and more — for opportunities to share Jesus with them, and that this would be the year they come to know his love.

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Day 5 — Friday | Families, Children, Youth, and Generations

Faith handed on and shared

Bible verse — Psalm 145:4

“One generation commends your works to another; they tell of your mighty acts.”

Prayer prompts

- Pray for **families of every shape and size** to continue to find home, family, and faith here. Pray for more families to be reached, to know Jesus, and to be nurtured and cared for by the family of the church.
- Pray for our **children** — that they would grow deeply rooted in Jesus and in the life of the church, full of the Spirit, confident in their faith, and discovering the gifts God has placed within them.
- Pray for our **youth**: continued growth of midweek youth, friends inviting friends, and a deepening hunger to read the Bible and pray together that bears lasting fruit. Pray for those exploring the vision to start **Youth Alpha in schools**, that doors would open and faith would flourish.
- Pray for our **youth workers** — for wisdom, joy, resilience, and protection; for creativity and courage as they disciple young people; for strong relationships with families and schools; and for God’s provision, including successful grant applications to resource and grow this work.
- Pray for our **18–25s** — so open to faith and to sharing it with others — that they would feel fully part of the family here, and that we as a church would be ready to welcome, nurture, and disciple all those in this generation who are open, curious, and seeking Jesus.
- Pray for the **older members of our congregation** — that they would continue to grow and flourish, finding deep belonging, purpose, and joy in the family of the church. Pray that their faith, wisdom, stories, and prayers would be honoured and shared, helping others to grow. Ask God to show new and meaningful ways for them to encourage, mentor, pray for, and walk alongside others, so that faith is passed on and family is strengthened across generations.

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Day 6 — Saturday | Mission, Partnership, and Quiet Revival

Growing beyond ourselves

Bible verse — Hebrews 10:24–25

“Let us consider how we may spur one another on toward love and good deeds.”

Prayer prompts

- Pray for **Alpha** — for guests to sign up and come, and for us as a church to have a **fresh sense of possibility**, courage, and the Spirit’s inspiration to invite others.
- Pray for **Student Alpha on campus**, in partnership with other student churches across the city.
- Pray for our **partnerships with other churches** in the deanery, city, and diocese — that we would pray and work together, and generously resource others where we can.
- Pray for our **bishops and archdeacons**, including the new **Bishop of Grimsby**.
- Pray for the **quiet revival** to grow and deepen — people of all ages, stages, and backgrounds coming to know Jesus — and for us to be ready as a church to welcome and disciple them.

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Day 7 — Sunday | Called, Sent, and Led

Personal discipleship and shared leadership

Bible verse — 1 Thessalonians 3:12–13

“May the Lord make your love increase and overflow for each other and for everyone else.”

Prayer prompts

- Pray that **this would be a year you grow closer to Jesus** and mature as a disciple. Ask God to highlight a verse that might shape and guide you this year.
- Ask the Spirit to show you **the part you have to play** in the family of the church:
 - Who might you meet with?
 - Who could you support, encourage, invite, disciple, pray with, or give toward?
- Pray for those **on the fringes or who have quietly slipped away** — for renewed encounters with Jesus, and for opportunities for us to be family to them again.
- Pray for our **leaders**: Jim and Vicky, Juliette and Ben — for wisdom, faith, hope, and trust.
- Pray for our staff and clergy team, churchwardens, PCC, and all midweek group and ministry leaders as they work to create places of home where people can be real and have courage to step into what God is doing.

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