

SEVEN DAYS *of*
PRAYER *for* THE UK



 CBN
UNITED KINGDOM



WELCOME

Hello and welcome to the 7 Days of Prayer for the UK study guide. We are so pleased that you have this powerful resource in your hand and are praying for you. Praying that you experience a passionate time of intercession for our nation as you seek the Lord for the UK.

As the new year begins, many are called to seek God through fasting and prayer - for personal growth, communities, and our nation. Here at CBN UK, we want to provide you with guidelines to support a powerful season of prayer. Now, more than ever, the UK needs our intercession. Will you join us for 7 Days of Prayer, lifting up the UK in faith and hope?



INTRODUCTION

We at CBN UK have planned, prayed over and crafted this study guide to assist you as you begin to intercede for the nation of the United Kingdom. We don't want the devotional to stand alone but want you to be able to highlight it, draw on it and pick it apart until you are immersed in fighting for a better future for our nation – physically and spiritually.

You will need a couple of things to begin this study:

- **A Bible**
- **A pen and paper/journal**
- **A map of the UK (optional – visual aid)**
- **A quiet space to pray and reflect**

Once you have these things in place you are good to go! We have been, are and will continue to pray for you as you discern what part God would have you play in seeing the UK press forward in faith and revival.

Jesus is coming back for His church. Let's do all we can to ensure that the UK is as spotless and blameless in His sight as we can whilst we steward this nation for the glory of God!

DAY 1

INTRODUCTION TO PRAYER AND FASTING FOR THE UK

SCRIPTURE READING: ISAIAH 58:6-7

“

NO, THIS IS THE KIND OF FASTING I WANT: FREE THOSE WHO ARE WRONGLY IMPRISONED; LIGHTEN THE BURDEN OF THOSE WHO WORK FOR YOU. LET THE OPPRESSED GO FREE, AND REMOVE THE CHAINS THAT BIND PEOPLE. SHARE YOUR FOOD WITH THE HUNGRY, AND GIVE SHELTER TO THE HOMELESS. GIVE CLOTHES TO THOSE WHO NEED THEM, AND DO NOT HIDE FROM RELATIVES WHO NEED YOUR HELP.



MEDITATION

At the start of a new year, many of us are looking to challenge ourselves and stretch towards the great things that God has in store for us. If this describes you then you have found yourself in the right place!

Starting the year strong with a time of prayer and fasting can set you up for an impacting year ahead and, over the next 7 days, we would love to guide you in prayer and fasting for the United Kingdom.

I believe the three key purposes of fasting and prayer are aligning with God's will, drawing closer to Him, and seeking His intervention.

Right now, in the UK we have many issues that need prayerful attention. Because of this, intercession is essential, especially now. We have too many people in our communities in positions of homelessness, hunger, loneliness and lostness.

As the people of God, being the hands and feet of Jesus, we cannot allow this. Not on our watch.

As you fast and pray, may I encourage you to seek the heart of the Father for each area that we will unpack. What does God say about this issue in our nation? What is his solution? What part do you and I play in making that solution a reality in our generation?

Take some time out today and throughout the day – perhaps at what would normally be your mealtimes – to pray for your own, personal preparation and dedication during the fast. Pray for an open heart and mind to perceive God's vision for the UK.



REFLECTION

As we begin, take a look at a map of the UK. Visualize the masses of people who live in each village, town, and city. Reflect on this imagery and ask God to give you a heart like His for the nation of the UK. Write down anything you hear or feel as you pray—whether it’s a word, a scripture, or a sense of direction—and let it guide your intercession for this land.

PRAYER

Father God, as I begin this study I ask that you will give me a heart of sensitivity, discernment and insight into the ways in which you want to bring spiritual and physical change to the nation of the United Kingdom. Use my life as a vessel for your glory in this place. In Jesus’ name, Amen.

NOTES



DAY 2

INTERCEDING FOR THOSE WHO ARE HUNGRY

SCRIPTURE READING: MATTHEW 25:35

“

FOR I WAS HUNGRY,
AND YOU FED ME.



MEDITATION

In the UK, 14% (11 million) of people are facing hunger, which has a significant negative impact on their health and wellbeing*. Additionally, 15% of UK households went hungry last month.**

My friends, I cannot imagine how much the lack of this basic need being met must break the Father's heart. In scripture we are repeatedly encouraged to care for those in need. If someone needs a glass of water, we give them a glass of water. If they need clothing, we give them clothing. If they need a visitor in prison, we visit them.

There is an air of non-negotiability about these scriptures. It is not strictly a command or law, but it is strongly encouraged.

By partnering with local churches in the UK, we at CBN UK aim to help address this hunger crisis by providing food to those in need through local food pantries. As you fast for the next few days, reflect on how the physical hunger can help you to focus on being the hands and the feet of Jesus to those in your community.

The UK has not only physical hunger but also spiritual hunger. Like never before people are searching in places like tarot card readings, horoscopes and through mediums to gain some semblance of hope and control of their own destiny.

We as the Church have the answer to the longing of their souls. Let us meet the physical need with food – yes! But may we never neglect to also offer them the extended arm of a brother or sister who knows the One that can satisfy forever the longing of their hearts.

So, today, let us focus our fasting and prayer on those struggling with poverty and hunger in the UK. Pray for organisations, churches and ministries addressing these needs. And please pray for us here at CBN UK as we aim to make a drastic dent in the issue of hunger here in the UK.

*Source: [Hunger in the UK: New data published by the Trussell Trust reveals the scale and drivers of hunger and food bank needs across the UK – UK Data Service](#)

**Source: [15% of UK households went hungry last month, data shows | UCL News - UCL – University College London](#)

REFLECTION

What stood out to you most from today's meditation? Journal how you can be a vessel for change in the area of hunger and deprivation in your village/town/city.

PRAYER

Father God, I don't want to be a person who reads about an issue like hunger and turns a blind eye. Please inspire me with ways in which I can be an answer to the problem of hunger in my location and give me the conviction to see it through to action. In Jesus' name, Amen.

NOTES



DAY 3

INTERCEDING FOR THOSE
WHO ARE SEARCHING
FOR GOD ONLINE

SCRIPTURE READING: JEREMIAH 29:13

“

IF YOU LOOK FOR ME
WHOLEHEARTEDLY,
YOU WILL FIND ME.



MEDITATION

In the privacy of our own homes and in the 'quiet' of scrolling time, many people are searching for something more than what this life has to offer.

With 97% of the UK online and over 57 million active users on social media, digital platforms provide an unprecedented opportunity to share the Gospel. The digital mission field is increasing as we privately look for answers to questions we are too afraid, ashamed or intimidated to ask out loud. People are looking for hope, truth and connection...all in the online space.

At CBN UK, we're committed to reaching this generation through online testimonies and our 'digital altar call,' inviting those who don't know Jesus – or have strayed from the faith – to make or renew their commitment to Him.

There is testimony upon testimony where the Lord has used social media and other online platforms to reach the lost with the hope of the Gospel and we intend to harness this fact for the kingdom.

God promises in scripture that when we as people get serious about finding Him, He will be found by us. There is no grey area in His words, He stands by it.

Let's pray during this week of fasting that those whose hearts are far from God would draw close to Him and wholeheartedly begin to seek His face. Where individuals are on the fence about God, let's pray that they stumble across a post or posts on social media that only confirm that there is a God, that He does have a good plan for their life and that He loves them beyond anything they could ever hope or imagine.

Pray for people who are searching for meaning online to encounter the One who can give their life meaning in every sense of the word. Where lostness and a lack of direction exists, let's pray for online engagement that speaks into purpose.

And let's also pray for Christian content creators and organisations, including CBN UK, who share the Gospel online. Sometimes it is a challenge to think of new ways to package the Gospel so that it communicates to and reaches every demographic and people group – but it is possible, with the guidance of the Holy Spirit at work in us.



REFLECTION

What stood out to you from today's meditation? How can you harness your use of social media and the online space to interrupt the ungodly content that the internet is saturated with?

PRAYER

Father God, please help me to use my online presence to glorify you. May I not get sucked into using social media and the internet for my own gain but to be mindful that I am a witness of your Gospel in that space too. In Jesus' name, Amen.

NOTES



DAY 4

INTERCEDING FOR THOSE WHO ARE IN NEED OF A PRAYERFUL COMMUNITY

SCRIPTURE READING: JAMES 5:16

“

CONFESS YOUR SINS TO EACH OTHER
AND PRAY FOR EACH OTHER SO THAT
YOU MAY BE HEALED.



MEDITATION

As followers of Jesus – and believers who are fasting at the start of the year – I think it is safe to say you understand the importance of prayer.

Prayer is our most potent weapon!

With 80-90% of the UK population owning a smartphone, we at CBN UK recognise the urgency of creating prayerful communities in our nation and are developing a new prayer app to empower Christians to pray for the UK and for their personal needs.

This initiative will help foster a stronger, more connected community of believers who are not trying to do life alone but are connected and submitting daily requests for the day-to-day things that are arising in our lives and the life of our nation.

The importance of praying for and with others, especially those in need of encouragement and healing, goes without saying. Prayer ministries and intercessors who uphold people through life's difficulties have the position to speak life, hope and truth where it is needed most. Through prayer, we can be vessels of comfort and support wherever God invites us to be.

Here is a testimony of where prayer has made all the difference for Ann:

As Sue and I, the CBN Community Chaplains, made our way down the corridor, we usually walked into a room with an open door. Ann's door was shut today, with no light escaping from under it. We gently knocked. Had Ann passed away since our last visit?



As we turned the handle, we found the curtains drawn, and Ann's eyes were wide open, staring into space whilst lying in the dark.

We knelt beside her and gently asked if she was alright.

I took her hand and asked if we could pray with her. She immediately began to cry. She poured out her heart, sharing how lonely, abandoned, and profoundly alone she felt. It was a side of Ann we had never seen before. We listened and then reminded her that God had sent us to her that day because He saw her in her loneliness and darkness and wanted her to know she was not alone, not forgotten, and never forsaken.

Her tears flowed freely. Eventually, Ann sat up and stood to her feet, thanking us for simply being there. It was a God moment to hold a hand and 'be with' Ann when no one else could visit.

Whilst this was a face-to-face, in-person interaction, the fact remains – prayer made all the difference that day for Ann.

Today, focus on praying for those who are struggling and seeking prayer, that they would feel God's presence and receive strength. Let's pray for prayer ministries and intercessors to be empowered, sustained, and sensitive to God's leading, that they will not become weary in doing good.

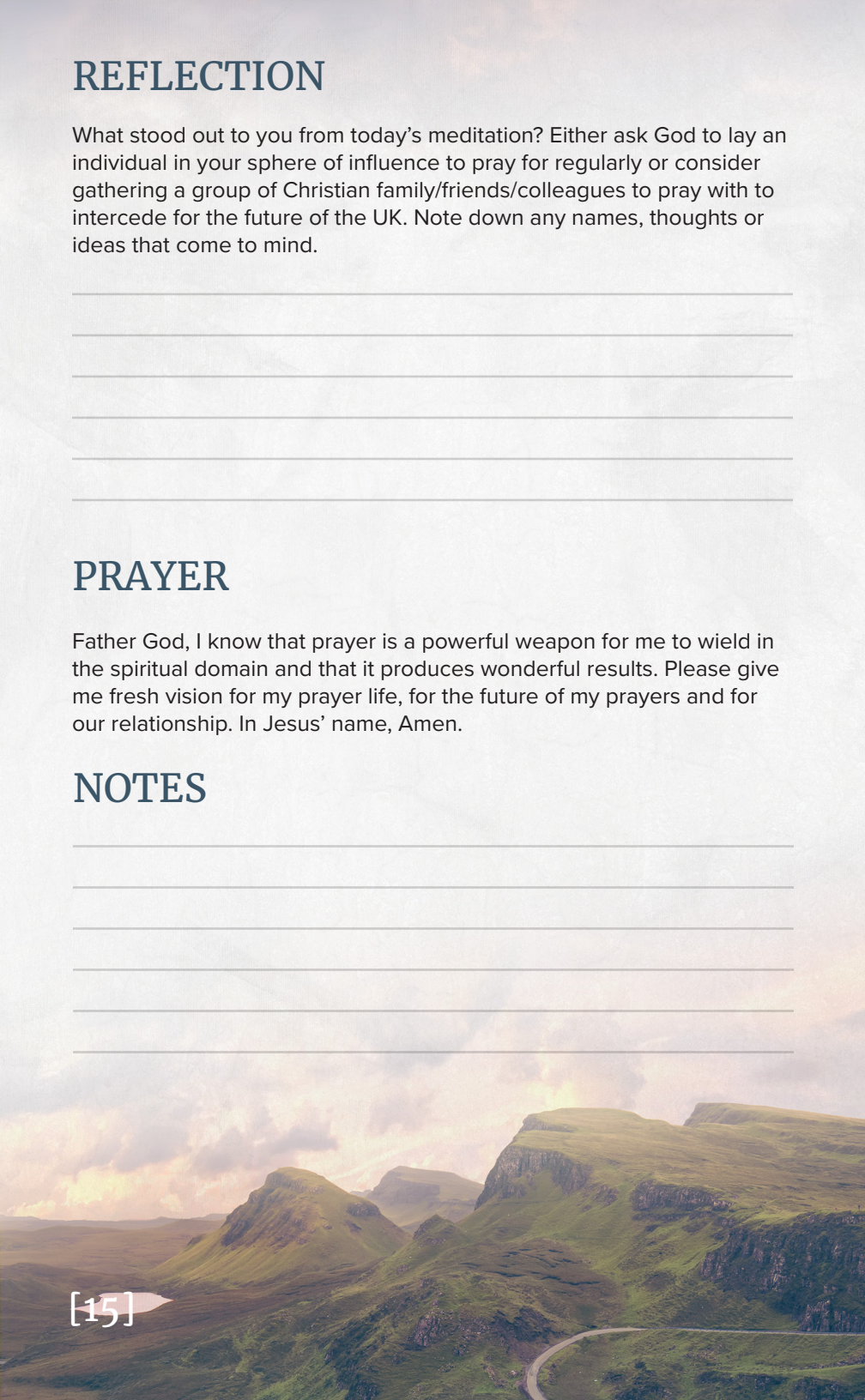
REFLECTION

What stood out to you from today's meditation? Either ask God to lay an individual in your sphere of influence to pray for regularly or consider gathering a group of Christian family/friends/colleagues to pray with to intercede for the future of the UK. Note down any names, thoughts or ideas that come to mind.

PRAYER

Father God, I know that prayer is a powerful weapon for me to wield in the spiritual domain and that it produces wonderful results. Please give me fresh vision for my prayer life, for the future of my prayers and for our relationship. In Jesus' name, Amen.

NOTES



DAY 5

INTERCEDING FOR THOSE WITH BARRIERS TO THE GOSPEL

SCRIPTURE READING:
ROMANS 10:14 & MATTHEW 24:14

“

BUT HOW CAN THEY CALL ON HIM TO SAVE THEM UNLESS THEY BELIEVE IN HIM? AND HOW CAN THEY BELIEVE IN HIM IF THEY HAVE NEVER HEARD ABOUT HIM? AND HOW CAN THEY HEAR ABOUT HIM UNLESS SOMEONE TELLS THEM?”

AND THE GOOD NEWS ABOUT THE KINGDOM WILL BE PREACHED THROUGHOUT THE WHOLE WORLD, SO THAT ALL NATIONS WILL HEAR IT; AND THEN THE END WILL COME.



MEDITATION

It is God's desire that none should perish (see 2 Peter 3:9).

In order for someone to receive the Gospel, they must be able to hear and understand it in a way that is accessible to them.

Here in the UK alone, over 50,000 children would find hearing or reading the Gospel message challenging.

These precious souls may be deaf or blind and therefore need the Gospel packaged in a way that they can understand. Not everyone can simply read or listen to the Word of God in ways that many of us take for granted.

We have it within our power, in this modern day and age, to make this happen for those with access issues to the Gospel.

Building on the success of our children's content, Superbook, which has already been translated into 60 languages, we have begun translating season 1 (of 5) into British Sign Language and have vision to develop Superbook stories into braille. Our dream is to ensure that every child in the UK can experience the Gospel in a meaningful and accessible way.

As one organisation in a pool of many, imagine what your fasting and prayer support can do to accelerate this initiative! Your fasting can also heighten awareness and empathy for the barriers that others face.

Today, pray for individuals with additional needs to encounter the love of Christ. Pray for the removal of obstacles in their spiritual journey and the shattering of any glass ceilings that may be placed above them.

Pray for churches and ministries to be more inclusive, providing accessible resources and support, never neglecting those who need a little more time, effort and energy in order to make their church experience more comfortable.



REFLECTION

What stood out to you from today's meditation? Consider how you can take personal ownership for the spread of the Gospel, particularly to communities of people who may have some barriers to reading about or hearing about Jesus' sacrifice. Note down your thoughts.

PRAYER

Father God, I may or may not be someone who has personal barriers to the Gospel but please, do not allow me to forget those who need the Gospel presented to them in a different way to me. Prompt me by your Holy Spirit as to how I can facilitate and encourage the spread of the Gospel to all people groups and all communities across the UK. In Jesus' name, Amen.

NOTES



DAY 6

INTERCEDING FOR THOSE ON THE FRINGES OF SOCIETY

SCRIPTURE READING: LUKE 19:10

“

FOR THE SON OF MAN CAME TO
SEEK AND SAVE THOSE WHO ARE
LOST.



MEDITATION

Jesus' ministry to those marginalised in society, such as the outcast, the lonely, and the broken was palpable. His heart for those who may be forgotten or cast aside by the average person was obvious and so beautiful to learn about in scripture.

Imagine being in a UK prison, in a care home or in hospital with perhaps one visitor per month. The rest of the time you are left to your own devices, your own thoughts. On your own.

You could be surrounded by other inmates, elderly neighbours or sick patients but never know the connection that comes with a 1-1 interaction of a friend or loved one.

Behind the walls of a prison, care home or hospital, it can be easy as one outside of those environments to forget that these people go hours, days, weeks and sometimes months without the loving care of a visit.

We are called to minister to these individuals, Church! We are called to be the hands and feet of Jesus Christ to these precious souls!

Fasting and prayer can help soften our hearts toward those who are often overlooked. Lean into that today as you focus on praying over those isolated in our nation. Pray for them, that they would experience God's love and be welcomed into a community of faith.

Pray that those who don't know Jesus will be met with the love of the Saviour through the hands of the Saints placed in their local community.

At CBN UK our Community Support Team visit hospitals, care homes and the like to ensure that people on the fringes are not missed.

Pray for ministries and individuals reaching out to them with compassion and understanding, like CBN UK. And pray over your own heart, that you would have the tenderness of soul to see the people who feel unseen, unnoticed and unloved in our nation.



REFLECTION

What stood out to you from today's meditation? Prayerfully consider visiting a care home/hospital/prison as a way to action today's meditation. Alternatively, consider financially supporting a ministry or organisation, like CBN UK, that visits those on the fringes of society regularly.

PRAYER

Father God, help me to put myself in the shoes of those on the fringes of society. May I consider what it must be like to live in such solitary conditions and do all I can to support those who support these individuals. Soften my heart where there may be hardness and encourage me to advocate for the lost and the lonely in my community and the UK. In Jesus' name, Amen.

NOTES



DAY 7

CLOSING THOUGHTS

SCRIPTURE READING: 2 CHRONICLES 7:14

“

THEN IF MY PEOPLE WHO ARE
CALLED BY MY NAME WILL HUMBLE
THEMSELVES AND PRAY...



MEDITATION

We have been on quite the journey over the past week! I'm sure that, along with us here at CBN UK, you are personally thanking God for the opportunity to pray and fast for our nation.

Let's not stop here, friends! Normal eating, drinking and being merry may resume but let's remember the importance of sustained prayer for the UK and trusting God's plan for the nation is vital.

Revisit these 5 prayer points throughout the course of the year and remember to lift up each element in fervent prayer to God. It is through consistent prayer that we will see the hand of God move.

He may decide to answer our prayers in an 'and suddenly' moment... yes. Or He may test our hearts in prayer to see how much we truly want to see the hungry, fed. The lonely, loved. The lost, found.

Advocacy for our communities and country is what will push back the darkness and see God's light shine in this dark hour in which we live. Ask God on this final day of fasting to lay methods on your heart for how you can remain with your finger on the pulse of all that is happening in your local community and the wider country.

Pray for God to continue working through the prayers of His people, bringing transformation to individuals, communities, and the UK. If we humble ourselves and pray,

united in our mission to see souls saved and restored, we will be a force to be reckoned with.

Thank you for learning about how CBN UK plans to actively change some of the issues in our country. We value your continued prayers and know that, together, we can achieve so much more.



REFLECTION

What stood out to you from today's meditation? Pray and note down any further action point that you feel led to take off the back of all that you have studied over the past few days – scriptures, thoughts, plans. Let this study guide catapult you into action and further prayer for the UK.

PRAYER

Father God, thank you for choosing to place me in the United Kingdom at this time in history. Help me to love you and serve you the best way I can in my generation and do my part to foster salvation and revival in this nation. In Jesus' name, Amen.

NOTES



– CONCLUSION –

If you feel overwhelmed by the needs in our nation, don't worry. If you can't go personally, consider partnering with us as we take action in the UK. Together, we can turn prayers into lasting change

INTRODUCING THE UK FOUNDERS CLUB

The UK Founders Club is a movement of believers who are committed to making a lasting impact through five key initiatives:

- **LAUNCH NATIONWIDE FOOD PANTRIES.**
- **REACH A DIGITAL GENERATION.**
- **EXPAND OUR PRAYER MINISTRY.**
- **BRING THE GOSPEL TO OVER 50,000 UK CHILDREN.**
- **EXPAND OUR COMMUNITY SUPPORT TEAM.**

YOU ARE INVITED TO BECOME A FOUNDING MEMBER OF CBN UK!

The UK Founders Club invites 700 believers to invest in the future of our nation.

As a Founding Member, you'll help make these vital initiatives a reality. Together, we'll bring hope and vital change to this nation.

**TO BECOME A FOUNDING MEMBER OF CBN UK, PLEASE VISIT
CBN.UK/FOUNDERSCLUB.**

We can make a huge difference when we 'go' together. God bless you.

**UK
FOUNDERS
CLUB**

SCAN THE QR
CODE TO TAKE
THE NEXT STEP
AND MAKE
AN IMPACT
TODAY!



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