

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. At CBN UK, our bold vision is to see 1 million people encounter Jesus and become true disciples—disciples who in turn go out and make more disciples. This is the heartbeat of our mission, not just here in the UK, but across the world through the work of CBN. We are so pleased that you have this powerful resource in your hands, and we are praying for you. Our prayer is that you experience a deep and 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, for communities, and for our nation. Here at CBN UK, we want to provide you with guidance and encouragement to strengthen this 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

Right now, many of us sense God calling us to rise up, to stretch our faith, and to press into the great things He has in store. If that's you, then you are in the right place!

Taking time in this season to fast and pray is one of the most powerful ways we can align ourselves with His will and prepare for what He is doing in our nation. Over the next 7 days, we would love to guide you in prayer and fasting for the United Kingdom.

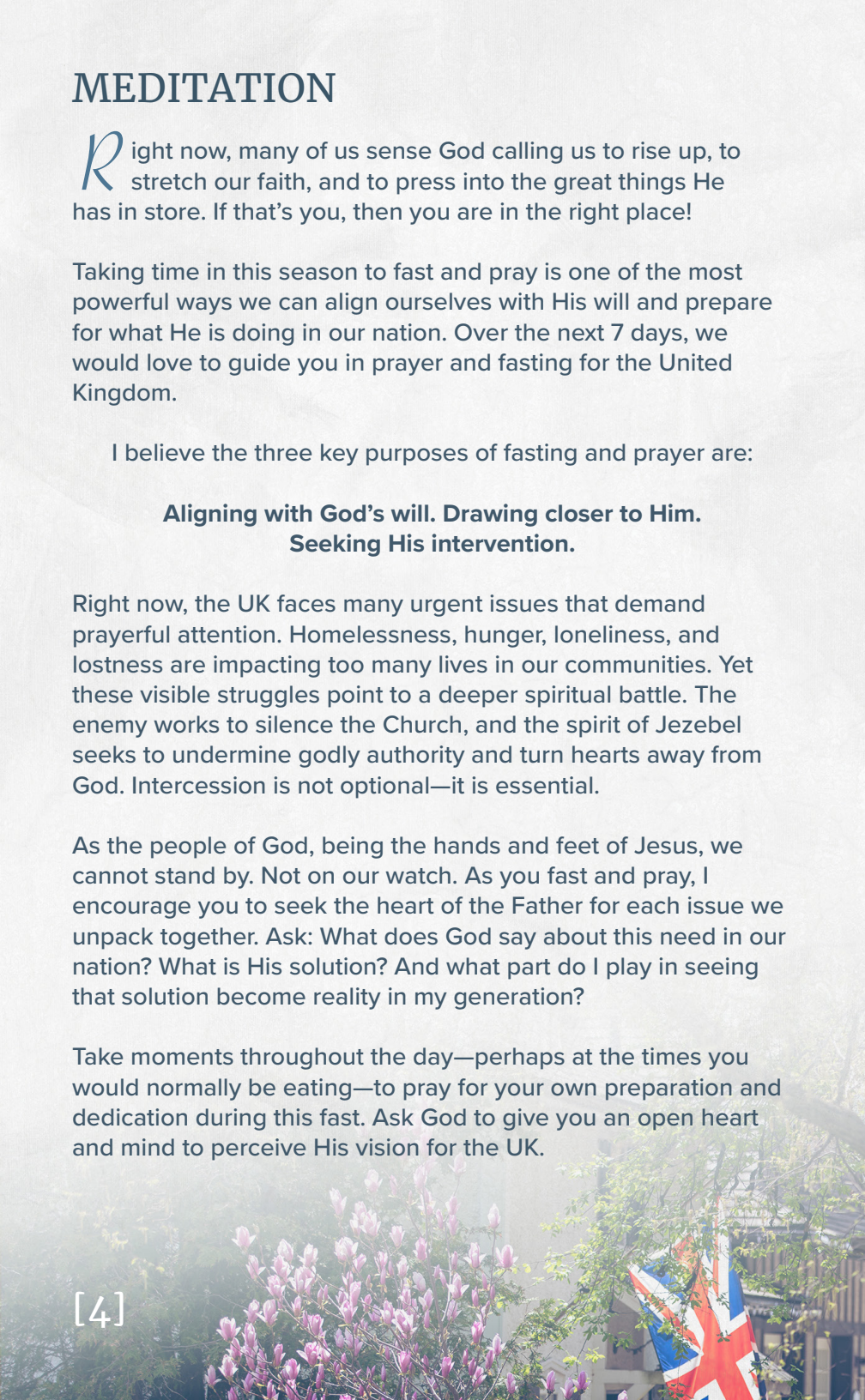
I believe the three key purposes of fasting and prayer are:

**Aligning with God's will. Drawing closer to Him.
Seeking His intervention.**

Right now, the UK faces many urgent issues that demand prayerful attention. Homelessness, hunger, loneliness, and lostness are impacting too many lives in our communities. Yet these visible struggles point to a deeper spiritual battle. The enemy works to silence the Church, and the spirit of Jezebel seeks to undermine godly authority and turn hearts away from God. Intercession is not optional—it is essential.

As the people of God, being the hands and feet of Jesus, we cannot stand by. Not on our watch. As you fast and pray, I encourage you to seek the heart of the Father for each issue we unpack together. Ask: What does God say about this need in our nation? What is His solution? And what part do I play in seeing that solution become reality in my generation?

Take moments throughout the day—perhaps at the times you would normally be eating—to pray for your own preparation and dedication during this fast. Ask God to give you an open heart and mind to perceive His 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 PEOPLE WHO ARE SEARCHING FOR MEANING ONLINE

SCRIPTURE READING: JEREMIAH 29:13

“

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



MEDITATION

In the privacy of our homes and in the ‘quiet’ of scrolling time, many are searching for something more than life offers. With 97% of the UK online and over 57 million active users, digital platforms give us an unprecedented opportunity to share the Gospel.

The digital mission field is vast, but many searches and scrolls lead to places that will not bring salvation. We want to ensure that in those moments people are met with stories of how Jesus transforms lives. We are unashamed of the Gospel and want to give people the chance to hear it and respond.

At CBN UK, we are committed to reaching this generation through online testimonies and our “digital altar call,” inviting those who don’t know Jesus—or who have strayed—to make or renew their commitment to Him. Time and again the Lord has used social media to reach the lost, and we will continue to harness this for the Kingdom. God promises in Scripture that when people seek Him, He will be found. He stands by His word.

As we fast and pray this week, let’s ask that those far from God would draw near and truly seek His face. Where people are undecided, pray they come across posts that confirm there is a God, He has a plan, and He loves them beyond measure.

Pray for those searching for meaning online to meet the One who gives true purpose. Where lostness exists, may online engagement point to life in Christ. And let’s also pray for Christian creators and organisations, including CBN UK, who share the Gospel online. Finding new ways to package the message can be challenging, but with the Spirit’s guidance it is possible—and lives will be changed.



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 REVIVAL: BUILDING A NATIONWIDE ARMY OF PRAYER WARRIORS

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, we know that prayer is our most potent weapon. Yet as the world changes, we must also find new ways to connect, pray with each other, and intercede for one another. If we want to see transformation in our nation, we must build an army of prayer warriors—united, equipped, and mobilised across the UK.

With 80–90% of the UK population owning a smartphone, CBN UK recognises the urgency of creating prayerful communities in a digital age. That's why we are developing a new prayer platform to empower Christians to pray together for the UK and for their personal needs. This initiative will allow believers to share requests, lift one another up in real time, and know they are not alone.

Through partnership with other prayer ministries, we believe that being united in prayer is our strongest strategy. Especially as we see a younger generation coming to know Jesus, we must ensure we provide fresh and accessible ways to help them pray and grow in their faith.

The importance of praying for and with others—especially those who need encouragement, healing, or breakthrough—cannot be overstated. When we pray, we stand in the gap and speak life, hope, and truth where it is needed most. Through this platform, we believe God is raising up a community of intercessors who will carry one another's burdens, strengthen the Church, and see His Kingdom come in every part of society.



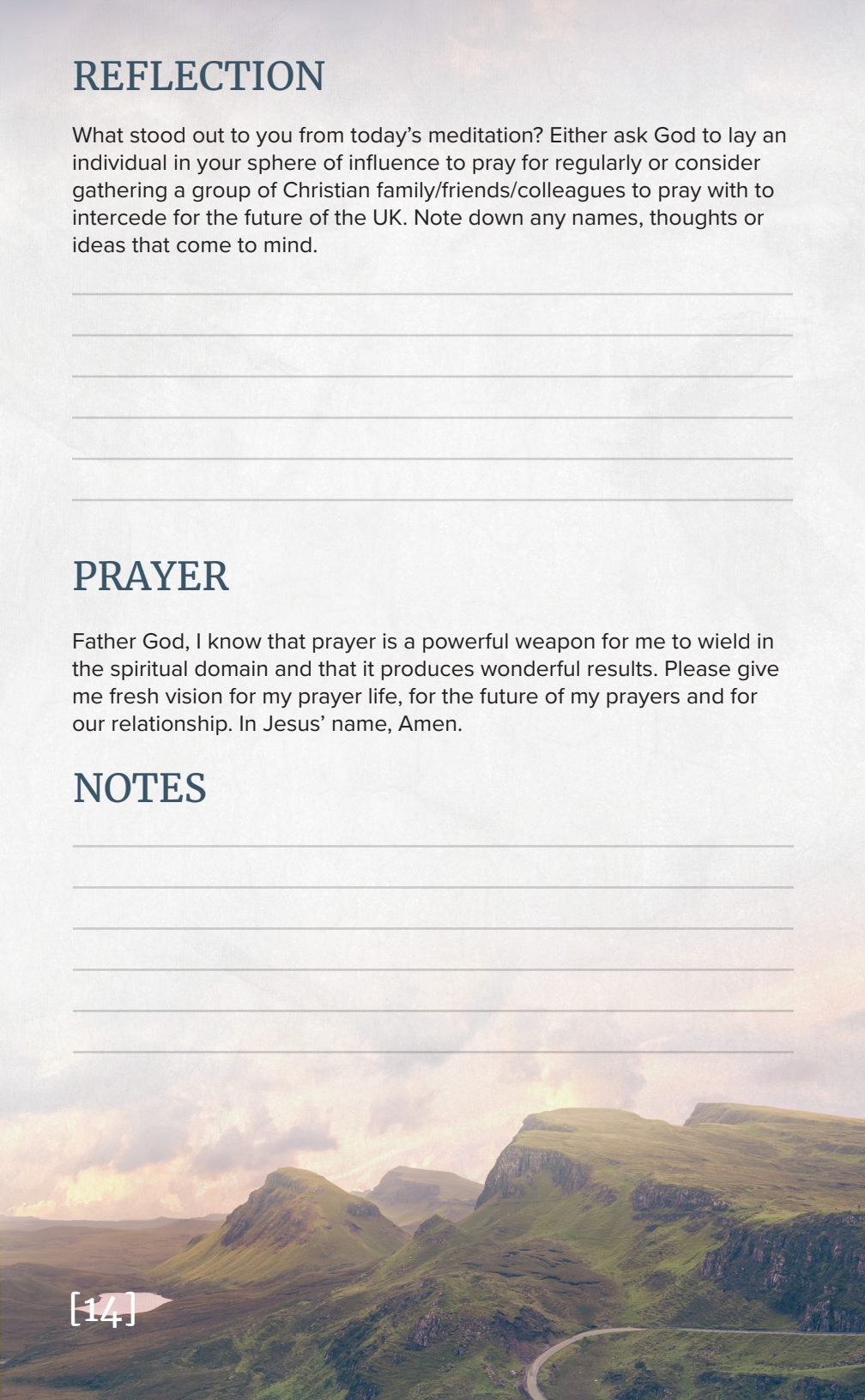
REFLECTION

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 TO PUT GOD'S WORD IN THE HANDS OF THE FORGOTTEN

SCRIPTURE READING: LUKE 19:10

“

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



MEDITATION

Jesus' ministry to those on the margins—the outcast, the lonely, and the broken—was unmistakable. His heart for people overlooked or cast aside by society shines through Scripture, and it is a model for us today.

Now imagine being in a UK prison, a care home, or a hospital, with perhaps one visitor a month. Hours, days, even weeks pass with little meaningful connection. Surrounded by others yet deeply isolated, many never experience the comfort of companionship—or the hope of God's Word.

Behind the walls of prisons, care homes, and hospitals, it is easy for us to forget that countless individuals go long stretches without the encouragement of a visit or the transforming truth of Scripture. Yet we are called, Church, to minister to these precious souls. We are called to be the hands and feet of Jesus Christ, bringing not just presence but the power of His Word. That is why we are committed to getting Bibles into the hands of people who need them the most.

Fasting and prayer help soften our hearts toward those who are often overlooked. As you pray today, ask that Bibles would reach those in prisons, hospitals, and care homes—that isolated men and women would encounter the living God through His Word. Pray that those who don't yet know Jesus will open a Bible and be met with the love of the Saviour on every page.

At CBN UK, our Community Support Team visits hospitals, care homes, and prisons to ensure that people on the fringes are not forgotten. We believe one of the greatest gifts we can offer is a Bible in someone's hands, so that even in solitude, they can encounter the voice of God. Pray for ministries and individuals distributing Bibles with compassion and understanding, and pray for your own heart to remain tender—ready to see and serve those 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 trust that, like us here at CBN UK, you are thanking God for the opportunity to pray and fast for our nation.

But let's not stop here, friends, let us remain steadfast in prayer. The future of our nation depends on the people of God standing in the gap—trusting His plan, lifting our voices, and remaining watchful in faith.

Revisit these five prayer points throughout the year. Each one represents not just a theme but a ministry initiative that we believe God has called us to steward: to see the hungry fed, the lonely loved, the broken restored, and ultimately, a million people encounter Jesus.

Sometimes God moves in an “and suddenly” moment, answering our prayers with speed and clarity. At other times, He invites us to press in—to show Him that we truly desire to see lives transformed, communities renewed, and the UK encounter revival.

As we close this season of fasting, I encourage you to search your hearts. Ask the Lord how He is calling you to partner in this mission: Pray consistently for our nation and for CBN UK's initiatives. Share the vision with others who need to hear of God's hope.

Come & Serve by volunteering your time and talents. Give generously to see these ministry initiatives expand and reach even more lives.

Together, if we humble ourselves and stay united in this mission, we will see the light of Christ push back the darkness and transform our land. Thank you for standing with us—in prayer, in action, and in faith.



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 your heart longs to see lives transformed but the needs of our nation feel overwhelming, take heart—you don't have to carry it alone.

If you can't go personally, you can still join us in the mission to see

1 MILLION PEOPLE ENCOUNTER JESUS.

By partnering with us, your prayers, service, and giving turn faith into action. Together, we can transform lives across the UK and see lasting change for God's glory.

YOU ARE INVITED!

We're inviting dedicated individuals to step into the mission with us. You can join as a Founder, make a one-time gift, or become a monthly partner. Every step of faith helps advance the mission, share the power of Jesus, and put your faith into action.

TO FIND OUT MORE, PLEASE VISIT: CBN.UK/FOUNDERSCLUB.

Together, we can make a powerful difference when we choose to "go" in unity. As Jesus commanded, "Go and make disciples of all nations" (Matthew 28:19). May God richly bless you.

**UK
FOUNDERS
CLUB**

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



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