

Autumn
2026

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WAIT
LAMENT
PRAISE
LISTEN
SPACE
TO **PRAAY**
ADORE
REST
SEEK
ASK
BE

Welcome.

We aim to increasingly become a church who are hungry for God, through prayer, faithfulness to the Bible and being filled with the Spirit, which is why we are encouraging you to spend time with family, with friends, or on your own, to pray.

This resource is to help us to learn to pray together, using the riches of scripture... Our hearts are not always reliable guides in prayer, but the Bible always is. We've chosen a weekly scripture to use as a starting place for prayer. That way we can go on this journey together, whether you are able to attend a weekly prayer meeting, meet to pray with friends, or pray on your own, we'll all be praying as one using the same scripture. So make some time, alone or with other people, and open your Bible to the scripture for the week.

How to Use This Resource

1. **Invite:** Ask the Holy Spirit to be with you and lift your eyes to God.
2. **Read:** Slowly read the passage. Notice:
 - What stands out?
 - What does it say about:
 - God (**Up**)
 - You (**In**)
 - The world (**Out**)
3. **Pray:**
 - Up** – *Praise and worship God*
 - In** – *Reflect, repent, listen*
 - Out** – *Pray for others, the church, the city*

Prayer is simply communicating with God, listening to his heart and laying our requests before him. It doesn't need to be complicated, just honest and based on who God is, which is why we start with scripture.

However much time you have set aside to pray, make sure that you spend at least 5 minutes reading the scripture and listening to the Holy Spirit before you start to speak.

If you're praying with children, you can still use this format, but feel free to use a small section of the scripture passage.

Overview

Psalm 84 v 10a

**Better is one day in your courts
than a thousand elsewhere;**

Week from	Scripture for the week
Sun 11th October	Psalm 84
Sun 18th October	Isaiah 40 v 25-31
Sun 25th October	Matthew 6 v 9-13
Sun 1st November	Psalm 24
Sun 8th November	Psalm 146
Sun 15th November	Psalm 34 v 1-9
Sun 22nd November	Psalm 130

Join others from Life Church to pray:

Sunday 9.30am - 10am King Edward VI School

Wednesday 12.30pm - 1.00pm (Online)
lifesouthampton.org/space/

11th October

Psalm 84

How lovely is your dwelling-place,

LORD Almighty!

My soul yearns, even faints,

for the courts of the LORD;

my heart and my flesh cry out

for the living God.

Even the sparrow has found a home,

and the swallow a nest for herself,

where she may have her young –

a place near your altar,

LORD Almighty, my King and my God.

Blessed are those who dwell in your house;

they are ever praising you.

Blessed are those whose strength is in you,

whose hearts are set on pilgrimage.

As they pass through the Valley of Baka,

they make it a place of springs;

the autumn rains also cover it with pools.

They go from strength to strength,

till each appears before God in Zion.

Psalm 84 continued...

Hear my prayer, LORD God Almighty;
listen to me, God of Jacob.
Look on our shield, O God;
look with favour on your anointed one.

Better is one day in your courts
than a thousand elsewhere;
I would rather be a doorkeeper in the house of my God
than dwell in the tents of the wicked.
For the LORD God is a sun and shield;
the LORD bestows favour and honour;
no good thing does he withhold
from those whose way of life is blameless.

LORD Almighty,
blessed is the one who trusts in you.

18th October

Isaiah 40 v 25 - 31

‘To whom will you compare me?
Or who is my equal?’ says the Holy One.
Lift up your eyes and look to the heavens:
who created all these?
He who brings out the starry host one by one
and calls forth each of them by name.
Because of his great power and mighty strength,
not one of them is missing.

Why do you complain, Jacob?
Why do you say, Israel,
‘My way is hidden from the LORD;
my cause is disregarded by my God’?
Do you not know?
Have you not heard?
The LORD is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.
He gives strength to the weary
and increases the power of the weak.
Even youths grow tired and weary,
and young men stumble and fall;
but those who hope in the LORD
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.

25th October

Matthew 6 v 9-13

'This, then, is how you should pray:

“Our Father in heaven,

hallowed be your name,

your kingdom come,

your will be done,

on earth as it is in heaven.

Give us today our daily bread.

And forgive us our debts,

as we also have forgiven our debtors.

And lead us not into temptation,

but deliver us from the evil one.”

1st November

Psalm 24

The earth is the LORD's, and everything in it,
the world, and all who live in it;
for he founded it on the seas
and established it on the waters.

Who may ascend the mountain of the LORD?
Who may stand in his holy place?
The one who has clean hands and a pure heart,
who does not trust in an idol
or swear by a false god.

They will receive blessing from the LORD
and vindication from God their Saviour.
Such is the generation of those who seek him,
who seek your face, God of Jacob.

Lift up your heads, you gates;
be lifted up, you ancient doors,
that the King of glory may come in.

Who is this King of glory?

The LORD strong and mighty,
the LORD mighty in battle.

Lift up your heads, you gates;
lift them up, you ancient doors,
that the King of glory may come in.

Who is he, this King of glory?

The LORD Almighty –
he is the King of glory.

8th November

Psalm 146

Praise the LORD.

Praise the LORD, my soul.

I will praise the LORD all my life;
I will sing praise to my God as long as I live.
Do not put your trust in princes,
in human beings, who cannot save.
When their spirit departs, they return to the ground;
on that very day their plans come to nothing.
Blessed are those whose help is the God of Jacob,
whose hope is in the LORD their God.

He is the Maker of heaven and earth,
the sea, and everything in them –
he remains faithful for ever.
He upholds the cause of the oppressed
and gives food to the hungry.
The LORD sets prisoners free,
the LORD gives sight to the blind,
the LORD lifts up those who are bowed down,
the LORD loves the righteous.
The LORD watches over the foreigner
and sustains the fatherless and the widow,
but he frustrates the ways of the wicked.

The LORD reigns for ever,
your God, O Zion, for all generations.

Praise the LORD.

15th November

Psalm 34 v 1-9

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.

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.

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.

22nd November

Psalm 130

Out of the depths I cry to you, LORD;
Lord, hear my voice.
Let your ears be attentive
to my cry for mercy.

If you, LORD, kept a record of sins,
Lord, who could stand?
But with you there is forgiveness,
so that we can, with reverence, serve you.

I wait for the LORD, my whole being waits,
and in his word I put my hope.
I wait for the Lord
more than watchmen wait for the morning,
more than watchmen wait for the morning.

Israel, put your hope in the LORD,
for with the LORD is unfailing love
and with him is full redemption.
He himself will redeem Israel
from all their sins.



Looking for space to pray together?

Find these resources and prayer meeting
details at: **lifesouthampton.org/space**