

November 2026 - Prayer and Fasting Guide

Seeking to be growing in discipleship, growing in number and growing in Kingdom action.

We invite you to join us as we seek God together. Our heart is to grow closer to Him, listen for His voice every day and respond.

Weekly Rhythm

* **Worship & Adoration:** These are days to reflect on God's character, His redemptive acts through history, His ongoing work in our lives, His plans for the future, and respond with praise. We suggest beginning by reading the memory verse for the week and then spending time responding either in prayer or by listening to the playlist provided below and singing praise to Him!

UV Songs (YouTube)



UV Songs (Spotify)



* **Global Partners / Issues Around the World:** These are days to pray for revival across the earth and for global issues. We've provided a list of our partner churches and resources to guide prayers on global issues.

* **Our Local Community:** These are days to pray for revival in the Torbay area and for the local ministries that are serving the people here. We've provided some suggestions of ministries to pray for on these days.

* **Ourselves:** These are days to pray for ongoing needs in your life, the life of your family, and in the life of our church. We have provided some suggestions for areas of church life to pray for on each week.

Global Partners / Issues Around the World

Week 1

1. Visas for Gabriel and Mary as they seek to volunteer at UV
2. The staff at Guinebor 2 Hospital, especially those who worked with Claire

Week 2

1. Our member *** as they adjust to the culture and language.
2. Central Asia/Silk Road
3. The persecuted church, especially those in Nigeria

Week 3

1. Drita e Botës Church in Albania, Pastor Endri and Dyshe
2. Brinza Baptist Church in Moldova, Pastor Vasile and Maria

Week 4

1. The work of BMS and the European Baptist Federation
2. Christians in war-torn countries e.g. Iran, Gaza, Ukraine etc
3. Christian broadcasting stations e.g. Transworld Radio

Our Local Community

Weeks 1 & 2: Our local partners

Weeks 3 & 4: Our outreach ministries and events

Ourselves

Week 1: Our Church leadership (Pastors, Elders/Trustees, Staff)

Week 2: Our children's, youth, and B2gether groups

Week 3: Our Life Groups

Week 4: Our congregation

Praying with Children and Youth See separate children's and youth guide [here](#).

Fasting

Fasting is not about impressing God - it's about creating space for Him. You might fast from food (*if safe and appropriate - seek medical advice if unsure*), from screens or from another daily habit. If you haven't tried fasting before, start small - perhaps by fasting from one meal on one day - and build it up each week. Each time you feel the pull of what you've set aside, let it turn your heart towards prayer. Think rhythms, not pressure.