

# 10 DAYS

OF PRAYER FOR THE  
FYLDE COAST





# WHAT IS 10 DAYS OF PRAYER?

For the next 10 days, we are going to be praying together as the Church across the Fylde Coast.

The main ways you can get involved are:

1. Use this guide to pray each day
2. Join one of the 7.30am zoom calls by visiting [10days.uk/zoom](https://10days.uk/zoom)
3. Book time in one of the prayer rooms by visiting [10days.uk](https://10days.uk)
4. Join us for prayer and worship with churches from across the region on Saturday 18th May at 7.00pm at Blackpool Church St John's

# HOW TO USE THIS GUIDE?

This guide is designed to give ideas of what to pray for each day. There are ideas for families, Bible verses to read and notes about what else is happening.

You can read it on your own or you could pray with a friend or a small group; there's no formula. Just take a moment to look at the inspiration and begin asking God to make a difference in our region.

For more details about the prayer calls and gatherings, visit [10days.uk](https://10days.uk)

PRAYER IS...

# DAY 1 - PRAYER IS PLEASING TO GOD

PLEASING TO GOD

Prayer is about pleasing God. When we decide to come before God, and communicate with Him, it brings Him delight. To pray takes faith and believing that He exists, and recognises that we can't deal with every situation without God.

We come to Him and as we begin to speak in faith, He smiles upon us and rewards us as we seek Him. As we pray, hear Him say: "With you, I am well pleased."

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## FOR FAMILIES

Draw a Picture -  
Think about something that makes you happy and draw it together.

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## PRACTICAL PRAYER

What is the greatest achievement in your life? Write it down and think about it, giving thanks to God that it makes you feel good.

## DAILY SCRIPTURE

Without faith, it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him.

**HEBREWS 11:6**

# SCHOOLS + FAMILIES

Across the Fylde Coast, there are many children involved in schools, but also living in poverty. As we begin our period of prayer, we look to the young generation and for them to experience God in their early years.

## WE PARTICULARLY PRAY FOR:

### 01.

secondary schools in the area that have worked with local churches on the No More Knives Tour and for open doors for relationships to build;

### 02.

Family Hubs run by Better Start across the area and that families can learn skills to give children the better start in life that they need;

### 03.

youth work and children's teams attached to churches across the town, that they can provide memorable activities and share Jesus;

### 04.

children who appear to be living in neglect and at risk of abuse across the Fylde Coast, that local services will be able to help them;

### 05.

the work of Blackpool schools and Youth Workers who are working in schools across Blackpool, Fylde and the Wyre taking lessons, assemblies, clubs and workshops.

### DON'T FORGET

Daily Zoom Calls  
7.30am each day  
[10days.uk/zoom](https://10days.uk/zoom)

PRAYER IS...

# DAY 2 - PRAYER IS PRAISE

PLEASING TO GOD

**PRAISE**

Prayer is about recognising who we are speaking to and adoring Him; we pray in the name of Jesus and recognise that He is the King of Kings. We are so privileged that Jesus is willing to be in the room close to us, but He is still the one who reigns in Heaven.

In the Lord's Prayer, Jesus teaches us that God's name is Holy; He's a King on Earth and in Heaven, and that He has the power and the glory. As we pray, come let us adore Him.

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## FOR FAMILIES

Worship Together -  
Listen to your favourite  
worship song together and make  
up your own actions.

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## PRACTICAL PRAYER

In the Bible, there are many names used that describe the character of God. In your prayer time, make a list of 5 ways to describe God.

## DAILY SCRIPTURE

For in Him, all things were created; things in heaven and earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through Him and for Him.

**COLOSSIANS 1:16**

# EMPLOYMENT + TOURISM

Many people come to the Fylde Coast area to visit and bring back childhood memories, leading to a thriving, yet competitive tourist industry. Large events such as the Lytham Festival and Strictly help to bring a focus on Blackpool, and lead to investment in the area.

## WE PARTICULARLY PRAY FOR:

### 01.

the work being done around Blackpool Central and the Talbot Gateway, leading to new buildings, more jobs and entertainment for tourists;

### 02.

the residents in these areas who have been forced to move away from their homes to new places as these new developments take place;

### 03.

local residents to be able to fulfil many of the new employment opportunities, and for training to be given to locals to gain the skills needed;

### 04.

those who are currently unable to work, and are relying on local groups and services for their essential needs;

### 05.

the work of Blackpool Community Grocery who are partnering with local businesses to provide food that keeps the people of Blackpool fed.

### DON'T FORGET

Prayer Rooms Available  
24 hours  
[10days.uk/book](https://10days.uk/book)

PRAYER IS...

# DAY 3 - PRAYER IS PLANNED

PLEASING TO GOD

PRAISE

PLANNED

Prayer is often made easier when we make it a daily act of discipline. In our busy, hectic lives, where other things catch our attention and seem to be more urgent, making time for creator and created to communicate is essential.

In our schedules, when we take time to focus on God and God alone, we find a fresh perspective and can ease our stress. To have a productive day, prioritise prayer.

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## FOR FAMILIES

Making Time for God -  
If you don't already, eat together as a family and begin that time in prayer. Pray one sentence at a time going round the table.

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## PRACTICAL PRAYER

Have you ever considered keeping a prayer diary or journal? Every time that you pray today, keep a note of all that you have prayed for... and make space for the answers!

## DAILY SCRIPTURE

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

**1 THESSALONIANS 5:16-18**

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# LEISURE + PHYSICAL HEALTH

Whilst the Fylde Coast has two league football clubs and various leisure centres, the area still has one of the lowest life expectancies in the UK, as well as high levels of obesity, significant problems with malnutrition and low mobility.

## WE PARTICULARLY PRAY FOR:

**01.**

staff and players at Blackpool Football Club and Fleetwood Town FC, and especially for the chaplains at each club, giving spiritual care;

**02.**

leisure centres and facilities used in the area to help improve physical fitness and provide social activities;

**03.**

more people to have improved mobility and be able to use the many miles of coastal wall that run along the Fylde Coast, helping them to reflect on creation;

**04.**

those who are struggling with the cost of living, unable to afford good, nutritious food and seeing their health suffer because of poor diets;

**05.**

the work of ROC Blackpool who use their garden services team to transform outdoor spaces across the Fylde Coast and transform the lives of their team.

### HAPPENING TODAY

Prayer Up The Tower  
Blackpool Tower 9.30am

Ticket Needed  
[simon@refreshment.org.uk](mailto:simon@refreshment.org.uk)

PRAYER IS...

# DAY 4 - PRAYER IS POWERFUL

PLEASING TO GOD

PRAISE

PLANNED

**POWERFUL**

Prayer is a powerful resource for the church. As we gather together as a community with fellow believers, we ask for an intervention from God and that he will move in action.

After all, that's what he has promised through Jesus - in His name, there is great power to set people free, change our communities and see glimpses of heaven on the Fylde Coast. With other believers, pray with power.

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## FOR FAMILIES

Speak Jesus -

Each family member tells someone that Jesus loves them.

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## PRACTICAL PRAYER

We end our prayers traditionally in the name of Jesus. Think of places in your area that you feel need God - take a risk and go today, simply praying for His kingdom to come, in Jesus' name.

## DAILY SCRIPTURE

You may ask me for anything in my name, and I will do it.

**JOHN 14:14**

# THE LOCAL CHURCH

Across the Fylde Coast, there are many buildings and groups of Christians meeting together today to worship Jesus. History and the Bible tells us that when churches work together in unity, God blesses the church. On our day of worship, we pray for renewal in the church.

## WE PARTICULARLY PRAY FOR:

### 01.

empty church buildings that are up for sale or lying derelict across the Fylde Coast, for them to see congregations planted back into those areas;

### 02.

regular meetings between different churches across the Fylde Coast and for a renewed passion for them not to give up on meeting together;

### 03.

more people to be called to the area to serve the local community and get actively involved in sharing their faith;

### 04.

pastors and leaders as they seek to direct churches in the area, as well as providing for the pastoral needs of the congregations;

### 05.

the work of Churches Together in Lancashire as they work across denominations to promote mission and unity through service in the community.

### DON'T FORGET

Save the date  
18th May 7.00pm  
Blackpool Church St John's

PRAYER IS...

# DAY 5 - PRAYER IS PERSEVERING

PLEASING TO GOD

PRAISE

PLANNED

POWERFUL

**PERSEVERING**

Prayer is something we keep on doing over and over again to see God move. It's often thought that there are three answers to our prayer requests - Yes, No and Not Yet.

When God seems to imply 'Not Yet', we are encouraged to keep on repeating the same prayers and as long as it remains on our heart, we should pray for it. When we persevere in prayer, we can find that the Not Yet turns into Now - just like at Pentecost!

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## FOR FAMILIES

Show and tell -  
Find an item that you use everyday at home (like cutlery). Thank God that he provides for our everyday needs.

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## PRACTICAL PRAYER

Can you think of any prayers that you remember praying for in the past that are yet to be answered? Today, pray again for these things.

## DAILY SCRIPTURE

Yet, because of your shameless audacity, He will surely get up and give you as much as you need.

**LUKE 11:8**

# MENTAL HEALTH

Blackpool within the Fylde Coast has a significant number of people who are diagnosed with a mental health condition. In fact, more than 1 in 5 people have GP-diagnosed depression. Other conditions are also prevalent.

## WE PARTICULARLY PRAY FOR:

### 01.

healthcare services across the Fylde Coast who are managing high case loads and for their welfare as they cope with the stress of their roles;

### 02.

education and learning opportunities for people within the local church to have an understanding of how best to support people with depression;

### 03.

all of those who are dealing with delusions and elements of psychosis, for their protection as they are at risk of causing harm to themselves;

### 04.

for people to access places that will not only provide them with coping strategies, but give hope of recovery;

### 05.

the work of Refresh Deansgate in the centre of Blackpool as they provide a space and opportunities for people with managed mental health.

### HAPPENING TODAY

Prayer Walk  
Stanley Park  
Athletics Track  
7.30pm

PRAYER IS...

# DAY 6 - PRAYER IS PERSONAL

PLEASING TO GOD

PRAISE

PLANNED

POWERFUL

PERSEVERING

**PERSONAL**

Prayer is about finding time alone in a place of intimacy with God. We are encouraged by Jesus to get into a room and get honest with God, using language that we feel comfortable with.

After all, He knows us intimately and there's no need to hide anything - and no hurt or pain that we need to keep from Him. As we pray, commit to saying what is really on your heart - and in that quiet place, allow Him to speak back.

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## FOR FAMILIES

A letter to God -

Encourage each person to write something that they want God to do and seal them in an envelope without reading them.

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## PRACTICAL PRAYER

Is there a space in your house where you can get alone with God one-to-one? Make time today to use that space or consider booking yourself into one of the 24-7 prayer rooms.

## DAILY SCRIPTURE

But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret will reward you.

**MATTHEW 6:6**

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# LOCAL GOVERNMENT

Across the Fylde Coast, we have three main councils who are responsible for looking after their residents - Wyre Council, Fylde Council and Blackpool Council. They each have to balance the needs of a transient population with bringing in investment to the area.

## WE PARTICULARLY PRAY FOR:

### 01.

MP's working across the Fylde Coast that they will be able to keep focused on the best interests of their residents;

### 02.

good relationships to develop between the Christian organisations and churches in the area with the local councils;

### 03.

wisdom to make decisions with finance and budgets that will honour God and support the people that need it the most;

### 04.

all of those who are employed by all of the councils who may feel that their roles are insecure due to the need to save money;

### 05.

the work of His Provision CIC who work at various locations across the area providing support for families and food provision.

### DON'T FORGET

Daily Zoom Calls  
7.30am each day  
[10days.uk/zoom](https://10days.uk/zoom)

PRAYER IS...

# DAY 7 - PRAYER IS POSITION

PLEASING TO GOD

PRAISE

PLANNED

POWERFUL

PERSEVERING

PERSONAL

**POSITION**

Prayer is being in the right position for you. Someone with a lot of time on their hands did a study on prayer body language in the Bible and discovered the most popular position was lying prostrate on the ground.

We are often told heads bowed, hands together, eyes closed is the proper position as it shuts off all distractions, but do whatever works for you. Focus on God and pick your position.

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## FOR FAMILIES

Getting outdoors -

If you are able, go on a short walk and point out things to pray for on the way.

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## PRACTICAL PRAYER

How do you position yourself when you pray? You can sit, kneel, stand, lie down or dance and still be praying. In your prayer time today, do something different and change your position.

## DAILY SCRIPTURE

I lay prostrate before the Lord those forty days and forty nights because the Lord had said He would destroy you.

**DEUTERONOMY 9:25**

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# COMMUNITY + ISOLATION

Despite being a busy area with lots of tourists, there are a lot of people who find themselves isolated across the Fylde Coast, in particular many seniors are socially isolated. Loneliness can lead to dementia and depression, and a lack of trust in other people.

## WE PARTICULARLY PRAY FOR:

### 01.

those who are currently living in fear, afraid to go out and about in the community. Help us, Father, to meet them where they are;

### 02.

people who are suffering from dementia, now living in care homes and no longer recognising family members;

### 03.

the various social groups that meet in local churches and community centres across the Fylde Coast, and that people can be signposted to them;

### 04.

restoration of trust across the area and the rebuilding of community that brings an end to those who feel isolated and hopeless;

### 05.

the work of the Well Community Café in St Annes providing free food and other services to the homeless, marginalised and vulnerable in our community.

### HAPPENING TODAY

Prayer Walk  
Refresh  
Deansgate  
10am

PRAYER IS...

# DAY 8 - PRAYER IS PERPLEXING

PLEASING TO GOD

PRAISE

PLANNED

POWERFUL

PERSEVERING

PERSONAL

POSITION

**PERPLEXING**

Prayer is not always easy and we don't always know how to pray. It can seem unoriginal each day to pray for the same things, but when we run out of ideas, the Holy Spirit intervenes.

Sometimes, we just need to sit and wait, allowing the Spirit to 'groan' on our behalf. Some people use a different language, not knowing what exactly they are praying - but God knows! I've been known to pray simply: "Father, I don't know but you do! In Jesus' name, Amen." A short, but Spirit-led prayer. Don't overthink it- just get before Him and simply be.

## FOR FAMILIES

Playdough Prayers -

Using playdough or plasticine, begin your prayer time and as you pray, see what shapes you can make using it.

## PRACTICAL PRAYER

We don't always know what to pray for. Today, in a time of prayer, take a blank sheet of paper and sit in silence. Note any thoughts that come to mind. See whether God is speaking as you sit.

## DAILY SCRIPTURE

We do not know what we ought to pray for but the Spirit Himself intercedes for us through wordless groans.

**ROMANS 8:26**

# EMERGENCY SERVICES

Our emergency services work in a demanding, difficult and dangerous set-up, often carrying out their roles around the clock. By praying for them, we can help boost their morale and keep them protected.

## WE PARTICULARLY PRAY FOR:

### 01.

reduction in crime across the Fylde Coast, and for all of those suffering as they are victims of crime;

### 02.

those responding to health emergencies and dealing with people who are in life-threatening situations;

### 03.

good relationships between the emergency services and the local communities, with particular protection in dangerous situations;

### 04.

courses and training being held for local emergency services that help them focus on their own mental health, enabling them to cope with their jobs;

### 05.

the Christian Police Association, the Christian Ambulance Association and Firefighters for Christ as they share fellowship and good news within their services.

### DON'T FORGET

Daily Zoom Calls  
7.30am each day  
[10days.uk/zoom](https://10days.uk/zoom)

PRAYER IS...

# DAY 9 - PRAYER IS PROPHETIC

PLEASING TO GOD

PRAISE

PLANNED

POWERFUL

PERSEVERING

PERSONAL

POSITION

PERPLEXING

**PROPHETIC**

Prayer is not just about telling God what we want, but waiting to listen to hear what His heart is for our areas. As we seek Him, he speaks. Sometimes our thoughts drift in prayer, but with the Spirit leading us, we are reminded of Scripture, pictures and other ideas that may come from God.

Through us and in our dedicated prayer time, God is sharing His heart for the Fylde Coast, directing us as to what to pray for. Allow the space for Him to speak. "To wait in silence may seem pathetic, but His still small voice makes prayer prophetic."

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## FOR FAMILIES

Newspaper Prayers -

Buy a local newspaper. Colour in what you would like to say thank you to God for. Tear up what you would like to see the Lord change.

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## PRACTICAL PRAYER

If you saw heaven come to earth in your neighbourhood, what would you expect to change? As you pray today, make a list of the things you want to see happen in your area.

## DAILY SCRIPTURE

I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.

**JOEL 2:28**

# VULNERABLE PEOPLE

Within the Fylde Coast, there are areas that have a reputation as being a haven for those struggling with addiction, as well as those stuck in vulnerable circumstances. This can lead to problems that accelerate a lack of housing, abuse and financial problems.

## WE PARTICULARLY PRAY FOR:

**01.**

those that currently have no place that they can call home, and that the Lord will direct them to places that can offer the support that they need;

**02.**

protection for those who are stuck in a cycle of addiction, and that Lord will provide them with a place where they can find hope;

**03.**

those who are stuck in financial difficulties, that the Lord will be able to meet them as the provider that they need;

**04.**

those who are victims of all types of abuse, and that the Lord will be the rescuer to those that need releasing;

**05.**

the work of Blackpool & The Fylde Street Angels, an organisation dedicated to helping those in need on the streets of Blackpool and the Fylde Coast.

### DON'T FORGET

Final Celebration - tomorrow  
Blackpool Church  
7pm

## PRAYER IS...

PLEASING TO GOD

PRAISE

PLANNED

POWERFUL

PERSEVERING

PERSONAL

POSITION

PERPLEXING

PROPHETIC

**PASSIONATE**

# DAY 10 - PRAYER IS PASSIONATE

Prayer is often about being passionate, hungry and desperate for God to move. When I worked in India, we had wristbands that had PUSH on them - Pray Until Something Happens - but as we saw people weeping over those who didn't know Jesus, we changed the acronym to 'Pray Until Something Hurts.'

We wept over the villages because we were desperate to see many come to know God and many did. As we come to the end of our period of prayer, how passionate are we to see the Kingdom of God come on the Fylde Coast? Be encouraged to continue to pray passionately until God moves and revival comes - nothing less. -**Simon Cooper**

## FOR FAMILIES

Jump and shout -

Have a time of prayer together and try to make as much noise as you can, maybe stamping your feet or clapping your hands as you pray.

## PRACTICAL PRAYER

Have you ever shouted in prayer because you were so passionate? Find a place where you feel comfortable today and as you think on things you desperately want to happen, shout it out.

## DAILY SCRIPTURE

The prayer of a righteous person is powerful and effective.

**JAMES 5:16**

# HIS KINGDOM COME

As we come towards the end of our time of prayer, across the Fylde Coast we turn our focus to see God's Kingdom Come, meaning that many more people in our area will come to know Jesus and make a commitment to choose to follow Him daily.

## WE PARTICULARLY PRAY FOR:

### 01.

confidence in the gospel, which will lead people to freely share the reason for the hope they have in Jesus, in many ways, across the Fylde Coast;

### 02.

God to call people in a supernatural way that causes them to seek after Christians through our local churches;

### 03.

passion for equipping new believers across the Fylde Coast through many Alpha courses or similar, and for these to be oversubscribed;

### 04.

ourselves, as local Christians, to be able to share the gospel in all our relationships - in our workplaces, our leisure time and with our families;

### 05.

the work of Hope Café in Lytham where people not only have a chance to make great connections, but enjoy food and drink in a relaxed environment.

### HAPPENING TODAY

Final Celebration  
Blackpool Church  
7pm

# PENTECOST SUNDAY - PRAYER CREATES POSSIBILITIES

Prayer is believing that the impossible becomes possible. As the Holy Spirit came at Pentecost, the believers went outside and saw three thousand respond. That would have been amazing to see.

From a place where they were afraid, the Spirit took them out to see revival in the streets and their expectations were raised! When we pray, led by the Spirit, our expectations can be raised and we will find out that truly, with God, the impossible can become possible.

If you truly believed that nothing is impossible with God, what would you be doing with your life? As you finish this week of prayer, make a list of these things and pray for God to help you keep faith.



If you have faith as small as a mustard seed, you can say to this mountain; "Move from here to there" and it will move. Nothing will be impossible for you.

**MATTHEW 17:20**

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A series of horizontal dotted lines for journaling.



