

Arena Church

Prayer Journal 2025

***Prayer should be our first
response not our last resort***

Prayer Journal 2025

Dear Church

Over the past ten years or so we have been on an intentional journey in Arena to make space and create a place for us to meet with God in prayer... God has come!

This year our word for the year is **FOUNDED**. The simple yet profound truth is that our faith and love for God needs to go deeper as we grow. For our foundations to be totally upon Jesus Christ who is the Cornerstone of life and faith. Deeper so God can build wider, taller and bigger.

The challenge is that we all make a commitment to pray and to intentionally and passionately seek the Lord.

The prophet Isaiah prophesied in chapter 55 verse 6

"Seek the Lord while he may be found; call on him while he is near."
Isaiah 55:6 NIV

This prophetic word from 1000's of years ago still speaks loudly!

May this year's Prayer Journal inspire you to contend in prayer personally and corporately - to seek the Lord.

My prayer as Pastor is that we all:-

May we be FOUNDED in Prayer. May we seek the Lord. May we come to the God who loves us and to the one who is able to move mountains!

May we be FOUNDED in God's word. May his word be on our lips, written on our hearts. May we stay true to the word and his instruction which brings direction, protection and blessing.

May we be FOUNDED in fellowship. May we not forsake gathering together in our locations, in worship, in groups, in prayer gatherings and in service to our locality and world. May we know

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that our worship exalts God and touches Heaven, shakes hell and fragrances our world!

As we pray and allow our lives to be FOUNDED in God may this result in our lives, marriages, families, careers, homes, campuses, finances and influence strengthened, established and solidified.

I hope that this Prayer Journal becomes inspirational, helpful, directional for you personally and for you as you pray for the church. May our prayer lives go deeper and our prayers become like missiles in the hands of God.

I am committed to another year of building... are you?

Love in Jesus

Kristian Thorpe

Senior Pastor of Arena Church

The Lord's Prayer

Pray like this:

*Our Father in heaven,
Hallowed be your name
Your kingdom come,
Your will be done,
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we forgive our debtors.
And do not lead us into temptation,
but deliver us from the evil one.
For yours is the kingdom
and the power and the glory forever.
Amen.*

Matthew 6:9-13

Arena Word for the Year:

FOUNDED

"For in Scripture it says: "See, I lay a stone in Zion, a chosen and precious cornerstone, and the one who trusts in him will never be put to shame." 1 Peter 2:6 NIV

"Therefore whoever hears these sayings of Mine, and does them, I will liken him to a wise man who built his house on the rock: and the rain descended, the floods came, and the winds blew and beat on that house; and it did not fall, for it was founded on the rock."

"But everyone who hears these sayings of Mine, and does not do them, will be like a foolish man who built his house on the sand: and the rain descended, the floods came, and the winds blew and beat on that house; and it fell. And great was its fall.""

Matthew 7:24-27 NKJV

Jesus Christ is the Cornerstone, the foundation upon which we build. If we will build our lives, homes, marriages, education, careers and churches upon him we will continue to stand even in the midst of challenges.

The bigger lives and bigger influence we desire to have must have deeper foundations. Knowing God, being led by the spirit, immersed in his word, consistent in our worship and quality time in prayer these are the properties of a solid Christian foundation.

Personal Word for the Year:

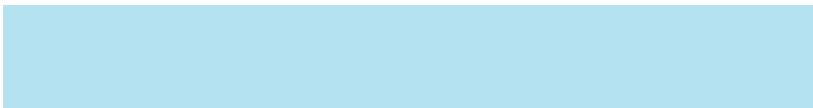
As we pray this year may our lives be ever immersed in God. In his word... meditating, delighting, declaring. In prayer... finding the quiet places to speak and listen. May discipleship be the hallmark of all our lives.

God, I believe you have given me this word or phrase because

I want my walk with you to be deepened, strengthened and enlarged. May I walk this year into the wide open spacious places that you have planned and may I walk in increased freedom and liberty that is found in Jesus. **Amen.**

"The Lord is not slow in keeping His promise, as some understand slowness. Instead He is patient with you, not wanting anyone to perish, but everyone to come to repentance." 2 Peter 3:9 NIV

3 People I am praying for to find Jesus:



The Power of Vision

*The only thing worse than being blind is
having sight but no vision.*

Helen Keller

*"Where there is no vision, the people perish". **Proverbs 29:18 KJV***

Vision moves. Vision clarifies. Vision focuses. Vision motivates. Vision cheers. Vision shouts. Vision holds strong. Vision brings change.

The Vision of Arena Church across all locations and ministries is :

**"TO GO AND GROW AND TO LOVE AND
SERVE OUR WORLD"**

A people who go, a people who grow and advance, a people who love unconditionally, a people who serve everyone, everywhere and a people who touch the world, local and global.

Our weekly prayer headings flow from our VISION.

Monday

Go

*"Go and preach the good news
to everyone in the world." - Mark 16:15*

People matter to God and to us.

We are called and compelled to go:-

- May we go to be personal witnesses with the good news of Jesus to whoever and wherever. To every language, background, colour and experience. To show God's love.
- Pray for children, young people, students, singles, families and seniors.
- In our campus locations; For our neighbours, businesses, shops and homes to be influenced and reached.
- An aligned approach as we go as one church in six locations.

"People are the prize, heaven is the goal."

***For walls of cynicism, hatred, scepticism, mistrust and
accusation to come tumbling down.***

Tuesday

Grow

"Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ." - Ephesians 4:15

Praying for growth in all campuses, across Belper, Ilkeston, Ilkeston Hub, Mansfield, Nottingham and Toulouse:-

- Growth in number - The Lord added daily those being saved - Acts 2:47
- Growth in maturity - Discipleship - Ephesians 4:15-16
- Growth in grace and favour - Luke 2:52
- Grow in strength - Isaiah 40:29-31
- Grow in wisdom - Proverbs 9:10 & 4:5
- Grow in influence - Acts 19:20
- Grow in teams, serving (Acts 2:42) and generosity

Growth is a hallmark of healthy churches & disciples

Wednesday

GROW

In the same way, the gospel is bearing fruit and growing throughout the whole world—just as it has been doing among you since the day you heard it and truly understood God's grace. - Colossians 1:6

Praying that we would grow and be committed to growing:-

- Pray for growth in Arena vision. Multiplication, acceleration and exponential growth.
- Growth in our groups with new leaders and people being added.
- For new leaders to arise who are willing, called, capable and committed.
- Growth in number. We are believing for more salvations, many baptisms, growth tracks and new peoples events.
- For healthy growth in childrens, young peoples and seniors ministries.
- For our Arena Ministry School to grow in number and influence, for students, leaders and pastors to be trained.
- Growth in our serving teams, dream teams and ministries as we discover our purpose.
- Growth in our financial base. A 20% increase in our giving, both in tithes and Legacy Builders.

For prodigals to return, lives to be saved, addicts set free and for baptisms to become a monthly occurrence in every location.

Thursday

Love

'By this everyone will know that you are my disciple if you love one another.' - **John 13:35**

May love be the hallmark of our lives:-

- For us to love one another more deeply, expressed in sharing, serving, encouraging, caring and generously giving.
- For love and prayers for Arena pastors, staff, ministry leaders, the board and their families.
- For love and prayers for the A-Z of Arena.
- For us to contend for unity, worship, God's word and the gatherings.
- May we 'Raise the Praise': Worship is an expression of our love for God. May our worship and services be marked with love for God. May this be seen, felt and heard.
- For us to urgently share and give away God's love to everyone.

For our gatherings large or small to be filled with God's love. May we encounter Jesus more. Reach down to the broken, lonely and hurting and encourage one another in the Lord.

'Love never fails.' - **1 Corinthians 13**

Friday Serve

*'Now that I your Lord and Teacher have washed your feet
you also should wash one another's feet.' - John 13:14*

Serving is what we do. We are saved to serve. Flowing from a heart of gratitude we are so pleased that we 'get to' serve individually and in Arena Dream Teams.

Pray:-

- For our Community serving teams. The staff and volunteers. For protection, strength and wisdom.
- For the most broken, disadvantaged, disillusioned and disenfranchised in our locations to be helped, loved and served.
- For generational walls and cycles in our locations to be broken, healed and made whole. Significant 'known' families to be loved, served, and saved. Whole family trees to be shaken by God's power.
- For everybody to know that they are somebody. For the community to feel like they've come home and they belong.
- For resources to be in abundance; Finance through individuals, businesses and grants. Thousands of pounds needed each year to do more. For windows of heaven to open.
- For donations of food, clothing and furniture; and for more volunteers.

Everybody is somebody at Arena Church.

For the different, lost, broken, addicted, poor, wealthy, angry, confused, hopeless and indifferent people to experience the love and grace of Jesus as we practically engage, serve and help all people.

Saturday

Our World

"For God so loved the world that He gave his one and only Son, that whoever believes in him shall not perish but have eternal life." - John 3:16

Regionally and Nationally:

- Pray for a spiritual atmosphere change across neighbourhoods, villages, towns and cities within the East Midlands and its 4.8 million population (as of 2023) Across the 1.1 million people living in Toulouse and the region.
- Pray for the Moving Forward Partnership that is led from Arena Church. This is a partnership with around a dozen leaders and churches from Scotland down to London across the Midlands and onto the East coast. Many of these leaders are pioneering or repurposing churches with small resources, budgets and teams. Pray that God would protect their families.
- For strong, uncompromising Christian voices to arise in politics, media, sports, government, business and the arts.
- For businesses, civic leaders, MP's, local councillors, schools, police, emergency services, healthcare providers, courts, doctors' surgeries and hospitals to have wisdom, integrity and righteousness.
- We pray for the King and his family. The Government, all the armed forces and Civil Servants to have wisdom, blessing and protection across the British Isles.
- For business owners, influential and wealthy people, the rich and famous to have an encounter with Jesus.
- For the M1 corridor to be reached, impacted & influenced - May God's Kingdom come.

Sunday Our World

Internationally:

We are pleased to partner with the below ministries across the nations. We partner in prayer, significant financial support and communication with:-

- Rachel Wilson in Albania: Reaching children as well as teaching and training.
- Ghita Ritisan in Romania: APME, a missions sending ministry.
- Sandu and Marinela Maghiar in Namibia: Church planting and children's ministry.
- Stefan and Jamilla Pap in Slovakia: Church planting and Bible training amongst the Roma community.
- Patrick and Lucile in France: Their team in Toulouse. Church planting in one of France's largest cities.
- The Shafati family in Greece: Serving and church planting in Thessaloniki amongst Persians.
- Mission India: supporting 10 church planters and their families in India.
- Compassion International particularly in the Mugumo Village, Kenya: Many people support over 80 children with education, schooling, clothing, medicine and food for them and their families.
- Open Doors (opendoorsuk.org, a charity doing tremendous work supporting the persecuted church worldwide). 340 million Christians are in a persecuted context. We pray for those people who love God yet are persecuted or are in prison for their faith.

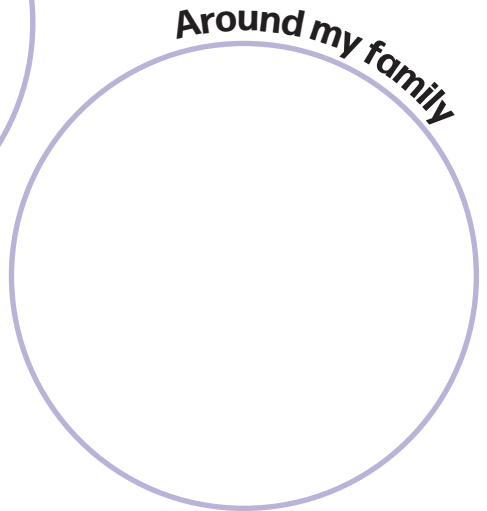
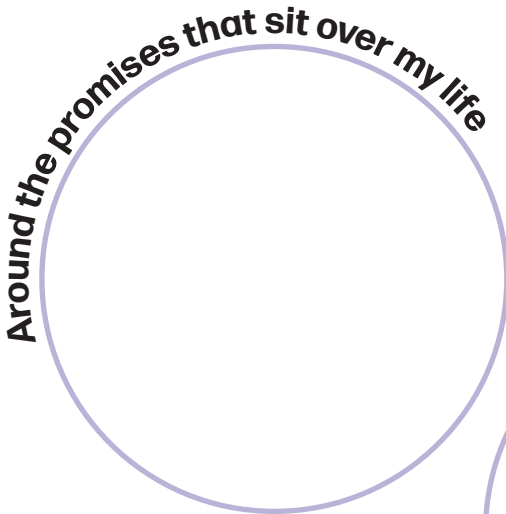
Sunday Our World

- For terror groups to be caught and thwarted in their plans.
- For people affected by war who have been displaced.
- For those who are trafficked, abused and in slavery.
- For refugees. Those who are starving due to famine, those in prison and subject to violence and wickedness.
- For those in the world in great need without food, clean water and medicines.

'Ask me, and I will make the nations your inheritance, the ends of the earth your possession.' - **Psalm 2:8**

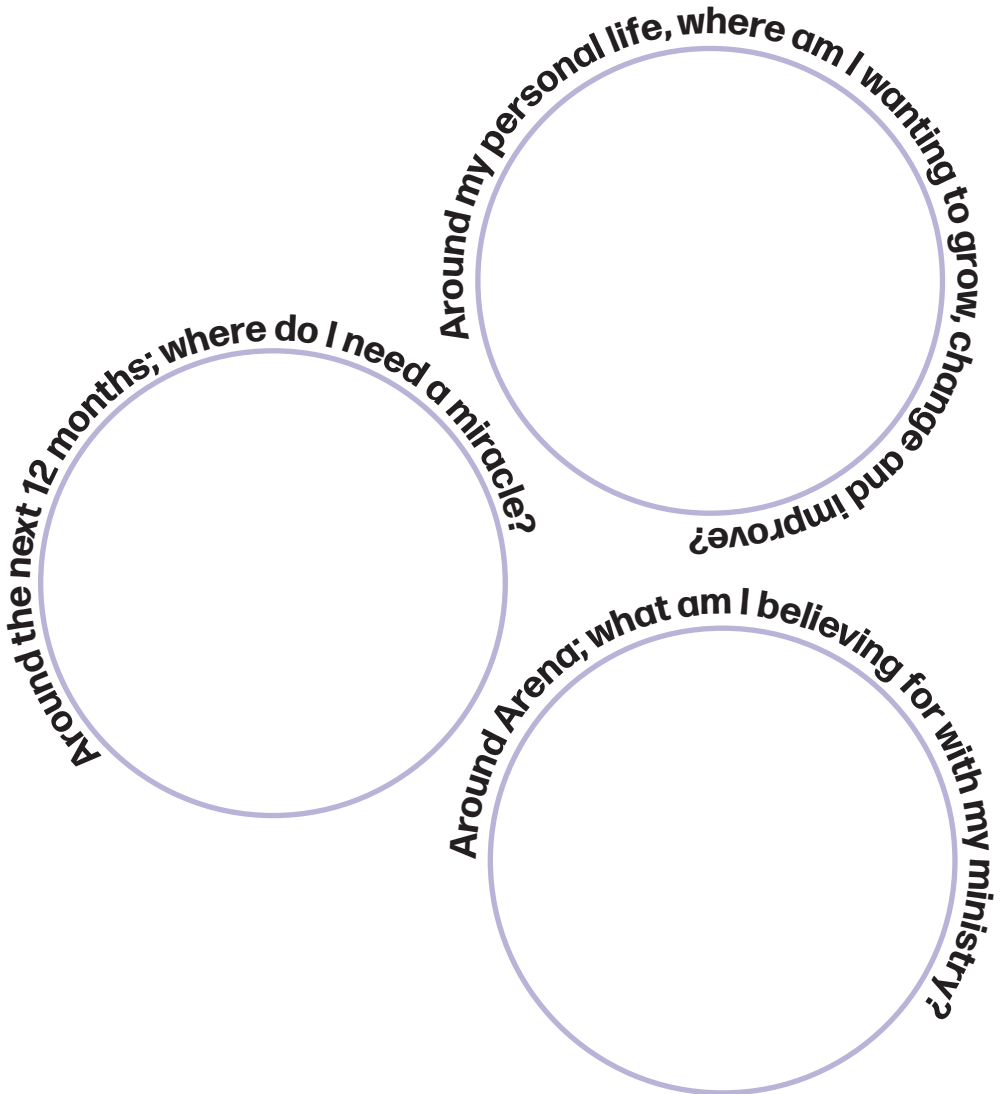
Draw the Circle

STOP. DROP. PRAY.
Draw some circles...



Dream big, pray hard, think long

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Recommended reading:

The Circle Maker by Mark Batterson

A Guide to Biblical Fasting

1. FASTING BASICS

Simply stated, biblical fasting is refraining from food for spiritual purpose. According to the Bible, there are 3 duties of every Christian: give, pray and fast.

Biblical fasting takes a lot of discipline and strength - strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6.

Why Should I fast?

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only He can make possible?
4. Are in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with God?
6. Are you ready to have a heightened sensitivity to the desires of God?
7. Do you need a break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs salvation?
9. Do you know God's will for your life?

There are many needs, challenges and situations that individuals are facing. The most important thing is for you individually or even as a couple or family to join in prayer. Don't just miss a meal or meals and then not pray - this then becomes just a diet.

The real power is when we pray and fast. It's the double combination punch - we yield our bodies, our earthly appetite to God, and as we pray we are nourished and fed by God and his eternal word. Please join with us - do the fast that is best for you. Be under no pressure but I do pray as do the leaders that collectively we will embrace this God - given discipline and see something spectacular and miraculous

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come about in this breakthrough season.

2. BIBLICAL FASTING FOCUS

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” (Romans 12:1).

But seek first his kingdom and his righteousness, and all these things will be given to you as well.
(Matthew 6:33).

3. TYPES OF FASTING

There are several types of fasting. The one you choose is between you and God. He will honour your best sacrifice.

Full Fast

Drink only liquids (you establish the number of days).

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting -
a Full Fast, Daniel Fast or give up at least one item of food.

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3-20, Joel 2:12-17, Luke 2:37, Acts 10:30-33, Acts 13:1-3

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Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Jonah 3:5-10.

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!

4. FASTING - FAQs

Q: How Do I Begin? What Can I Do To Prepare For My Fast?

A: Before beginning a fast, think it through. Write down a plan so that you do not waiver or start justifying your appetite during the fast. Make a verbal commitment to the Lord. Start your fast with a committed heart.

Q: Can I Have Salt, Pepper, Seasonings, Milk, Eggs, Protein Drinks, Vitamins Or Butter?

A: The general guidelines for each fast can be found in the "Types of Fasts" Section. However, fasting is a private discipline. It is not something that is meant to be unattainable. Decide what is feasible for you and do make the effort. If you are on a full fast and just cannot consume broth without salt and pepper, that's OK. Do what you can and put it in God's hands. Just do your best.

Q: What Can Children Fast?

A: The best way to show children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up deserts. Or soft drinks. Or one item of food that would be a sacrifice to each of you. Now if they want to do without broccoli and they don't even like broccoli- giving it up wouldn't be a sacrifice for them. Just lead by example and they will understand. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing bible stories.

Q: What If I Have A Medical Condition?

A: Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try something else that would be a sacrifice or distraction for you and replace that time concentrating on prayer and Bible study.

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Q: What If I Start And Can't Finish Out My Fast... Have I Fasted For Nothing?

A: Seeking God through prayer and fasting is never a waste of time. When you make the effort, God takes notice. Just determine within your heart that you will make an even better effort next time. Or maybe you need to try finishing up with a partial fast.

Q: I Forgot And Ate Something; Do I Need To Start Again?

A: No, think of fasting as a marathon, rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering 'king stomach' is difficult, but you'll make it.

Q: What Type Of Fast Are You Going On? Do I Have To Do The Same Fast?

A: Fasting is a private and personal discipline. Consider the types of fasts outlined in this brochure and select one that works for you. You don't have to go on the same type of fast as someone else to see God's hand at work. Just do your best.

Q: Do I Have To Fast Food? What About TV, Sports, etc?

A: Fasting food is the traditional type of fast that is outlined in scripture. However, if you are unable to fast food for health reasons, feel free to give up something else that might have control in your life or be preventing you from experiencing spiritual growth. Replace that time with prayer and study of God's word.

Q: Do I Continue To Exercise While Fasting?

A: Moderate exercise is good. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy needed to maintain a high level of exercise.

Q: What If I Have A Manual Labour Job?

A: If you have a job that requires you to expend a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

A big thank you to Pastor Jentezen Franklin of Free Chapel Church, Gainesville, USA for sharing his fasting notes with us.

"NEVER STOP PRAYING"
1 Thessalonians 5:17

W: www.arenachurch.co.uk

E: admin@arenachurch.co.uk T: 0115 944 2996

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