

## UPWARD 100 DAYS OF PRAYER

DAY	DATE	PRAY FOR
1	12/4	New ways to interact with our Upward families
2	12/5	Peace and comfort for those families who are grieving the loss of loved ones
3	12/6	Our Upward children to stay active, learn and have fun
4	12/7	Spiritual growth of our Upward families.
5	12/8	Children to share their faith in Jesus with friends and family
6	12/9	Our partnerships with East Brandywine, Exton, Grace Covenant, Faith Community & Hopewell will continue into next season
7	12/10	Integrity among our Upward team that we will strive to be who we say we are, no matter who we are with.
8	12/11	For League Director - Ray Bruner
9	12/12	Consistent prayer among our Upward families
10	12/13	Our Prayer Commissioner - Julie Roberts
11	12/14	The health and safety of our Upward families
12	12/15	Those Upward families in financial need
13	12/16	Our Upward coaches and assistant coaches and their families
14	12/17	Blessings on the Upward families and give them hearts to follow after God. Numbers 6:24-26 "The Lord bless you and keep you; the Lord make His face shine on you and be gracious to you; the Lord turn His face toward you and give you peace."
15	12/18	Our Co-Director and Coach Commissioner - Dave Kolonauski
16	12/19	The Covid-19 vaccines that are being given out that they will be effective with no side effects.
17	12/20	Our Referee Commissioner - John Helmbrecht
18	12/21	Our Halftime Commissioner - Nancy Bruner
19	12/22	Our Cheerleading and League Commissioner Stephanie Holman
20	12/23	Our Cheerleading and League Commissioner Marcie Witmer
21	12/24	Encouragement and thankfulness in the midst of challenges. Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
22	12/25	Praise and thanks for the greatest gift of all - eternal life through Jesus Christ
23	12/26	Children to learn about God's plan for each of them through studying the Bible and prayer.
24	12/27	A personal Evangelism opportunity. Matthew 28:18 "And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.'"
25	12/28	Those families that do not have a church home to find one.
26	12/29	Our Kindergarten League Commissioner - Rich Roberts
27	12/30	Our Boys Grade 1 League Commissioner - Jim Hallinan
28	12/31	Thankfulness in all circumstances and for the blessings among the difficulties of this year. 1 Thessalonians 5:18 "Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."
29	1/1	A new year of growing closer to our Lord and Saviour Jesus Christ.
30	1/2	Strength to not be afraid and courage to stand up for what is right. Deuteronomy 31:6 "Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you."
31	1/3	The desire to spend time in God's Word, meditating on it and getting to know God more.

## UPWARD 100 DAYS OF PRAYER

DAY	DATE	PRAY FOR
32	1/4	An understanding of who Jesus is that He is the Son of God who came to earth and lived a perfect life so we could be forgiven for our sins. John 1:29 "The next day John saw Jesus coming toward him, John said, 'Look! The Lamb of God! He takes away the sin of the world!'"
33	1/5	Safety for the children and teachers that are attending school "in person"
34	1/6	Endurance and patience for the parents of children doing school at home
35	1/7	Our Girls Grades 1-2 League Commissioner - Sandy Bruton
36	1/8	All believers in Christ to share the gospel message to non-believers wherever they are today
37	1/9	The partnership between the churches will not be lost during this season of "rest"
38	1/10	Our Girls Grades 3-4 League Commissioner - Chris Andrychowski
39	1/11	Dear God, thank You for loving us. Thank You for being so good to us. Thank You for having a good plan for our lives! Please help us to not just know how you want us to live, but to actually live that way every day. Please show us how we can follow You and build our lives on the Solid Rock that will last. We love You and we ask these things in Jesus' name. Amen. (Matthew 7:24-27)
40	1/12	Moms and dads to encourage their children in their relationship with Jesus
41	1/13	Our lives to be a witness of our relationship with Jesus as our Saviour
42	1/14	An opportunity to show the love of Jesus to someone today
43	1/15	The health and safety of doctors and nurses working with COVID patients
44	1/16	Encouragement for the Upward Team as they will be missing the start of the Upward season
45	1/17	Our Boys Grade 2 League Commissioner - Jim Hallinan
46	1/18	A trust in Jesus to be our guide through life. Jesus sees us and knows us. He wants us to see Him and know Him. John 1:43 "The next day Jesus decided to leave for Galilee. He found Philip and said to him, 'Follow me.'"
47	1/19	A desire to follow Jesus.
48	1/20	Ideas and wisdom for the Upward team for devotional videos.
49	1/21	Successful uploads of the devotional videos.
50	1/22	New families to be reached through our online Upward devotional videos
51	1/23	Our church partners (East Brandywine Baptist, Hopewell United Methodist, Faith Community Baptist, Grace Covenant and Exton Unite Methodist) for wisdom in ministering and discipling families in unique ways during the pandemic.
52	1/24	Our Boys Grade 3 League Commissioner - Chris McHenry
53	1/25	Opportunities to show kindness and love to others as Jesus did. The gift of living water is offered to everyone. John 4:13 "But anyone who drinks the water I give them will never be thirsty. In fact, the water I give them will become a spring of water in them. It will flow up into eternal life."
54	1/26	Developing the character of every child by helping them grow as Jesus did: spiritually, physically, emotionally and socially
55	1/27	Our children will guard their hearts. Proverbs 4:23-27 "Above all else, guard your heart, for it is the wellspring of life. Put away perversity from your mouth; keep corrupt talk far from your lips. Let your eyes look straight ahead, fix your gaze directly before you. Make level paths for your feet and take only ways that are firm. Do not swerve to the right or the left; keep your foot from evil."
56	1/28	Opportunities to invite non Christian families to our church
57	1/29	Those who are in nursing homes and are lonely.
58	1/30	Choosing to love and honor one another in our community and our nation. Romans 12:9-10 "Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in brotherly love. Honor one another above yourselves."
59	1/31	Our Boys Grades 4-5 League Commissioner - Dave Harper

UPWARD 100 DAYS OF PRAYER

DAY	DATE	PRAY FOR
60	2/1	Our hope and focus to be on Jesus and not the world. Jesus does the imaginable for us. John 5:8 "Then Jesus said to him, 'Get up! Pick up your mat and walk.'"
61	2/2	An opportunity to be a blessing to someone in our community.
62	2/3	The health and safety of our Military men and women around the world.
63	2/4	Peace for the families of our Military men and women around the world.
64	2/5	Those in our communities that have financial burdens, need food and clothing and better living conditions.
65	2/6	Safety and wisdom for the police officers in our communities.
66	2/7	Our Boys Grades 6-8 League Commissioner - Michael Santilli
67	2/8	Dear God, thank You for keeping us safe! Thank You for always wanting what's best for us. You know us even better than we know ourselves but we struggle sometimes when we want to do things our way. Help us to have the courage to choose self-control. Help us to put up good walls and boundaries so we can live Your way every day. We love You and we pray these things in Jesus' name. Amen
68	2/9	Safety and wisdom for the firefighters and emergency personnel in our communities,
69	2/10	All Christians to use their God-Given gifts to honor and glorify God.
70	2/11	All volunteers to grow in Christ
71	2/12	The Lord will give each of us the wisdom and the words that will have the greatest impact on His Kingdom
72	2/13	Dear God, thank You for doing incredible things. You've healed so many people. Most importantly, You heal our hearts with Your grace and Your forgiveness of sins. Help us to follow You and trust You alone to heal us. Amen John 5:8 "Then Jesus said to him, 'Get up! Pick up your mat and walk.'"
73	2/14	Our Girls Grades 5-8 League Commissioner - Dave Norwood
74	2/15	Philippians 4:4 "Always be joyful because you belong to the Lord. I will say it again. Be joyful!" Dear God, all of us have had times where everything seemed to be going wrong. And all of us have had times where everything seemed just right. Thank You for showing us that our joy doesn't come from what's happening to us. Our joy comes from You! Please help us to live joyfully because we remember what's true about You: that You love us, that You'll never leave us, and that anything is possible with You. We love You and we pray in Jesus' name. Amen.
75	2/16	All children to grow in Christ
76	2/17	That we will view conflicts as ministry opportunities and seek God for His wisdom and words.
77	2/18	A spirit of courage and humility. Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
78	2/19	Our enemies that we would forgive them and love them. Matthew 5:44 "But I say to you, Love your enemies and pray for those who persecute you"
79	2/20	Dear God, thank You for giving us life. Thank You for comforting us when we mourn. Help us believe in Your resurrecting power. Forgive us for the times we've been impatient and not trusted You. Give us the strength to trust when we're tempted to doubt. Amen John 11:43 "Jesus said to her, 'I am the resurrection and the life. Anyone who believes in me will live, even if they die.'"
80	2/21	Peace and restoration of our nation and that we will repent and turn back to God.

## UPWARD 100 DAYS OF PRAYER

DAY	DATE	PRAY FOR
81	2/22	Dear God, thank You for sending Your Son, Jesus, to be our Savior. Thank You for giving us true and lasting joy in Him that nothing in this world can take away. Please help us to be brave like the apostles and live with confidence, even when things don't go our way. Help us to share Your joy with the people we see every day. We love You and we ask these things in Jesus' name. Amen (Acts 5:17-42)
82	2/23	Our churches Upward ministry staff (East Brandywine Baptist - Dave Norwood; Hopewell United Methodist - Heather Compton; Faith Community Baptist - JP Alexander; Grace Covenant - Bill Palmer; Exton United Methodist - Diana Vessells)
83	2/24	Dear God, it's so easy for us to lose sight of You and to separate ourselves from what You want from us. Help us to stay joined to You. Help our lives to bear fruit like love, patience, and self-control. We know that You are the Giver and Sustainer of Life. Help us trust You. Amen John 15:5 "I am the vine. You are the branches. If you remain joined to me, and I to you, you will bear a lot of fruit. You can't do anything without me. "
84	2/25	Families of our ministers (East Brandywine - Pastor Brian Fuller; Hopewell United Methodist - Pastor Amy Banka; Faith Community Baptist - Pastor Buddy Venable; Grace Covenant - Pastor Tim Brown; Exton United Methodist - Pastor Gary Jacobella)
85	2/26	Dear God, You are so good to us. We did nothing to deserve Your grace and mercy, yet You give it freely to us. Thank You for the gift of Your Son. Forgive us for our sin that put Him on the cross. We pray the story of Jesus' crucifixion helps us trust You more fully. In Jesus Name we pray, Amen. John 19:30 "After Jesus drank He said, 'It is finished.' Then He bowed His head and died."
86	2/27	Those who are suffering from addictions that they will seek God for healing and peace.
87	2/28	Dear God, we're so thankful for all You do for us, every day. You are faithful. You always do what You say you're going to do. Help us to remember that and live differently because of it. Help us trust in You in a way that gives us a deep sense of joy, even when things happen around us that might be difficult or uncertain. We love You and we pray these things in Jesus' name. Amen.
88	3/1	All to trust God and not rely on our own thoughts and feelings
89	3/2	Those children living in difficult family conditions.
90	3/3	Dear God, we praise Your Name! It's so wonderful to read the story of Your Son rising from the grave. Thank You for the great hope the resurrection gives us. Lord, we pray that this story will draw us even closer to You. We love You, Lord. Amen. John 20:31 "But these are written so that you may believe that Jesus is the Messiah the Son of God. If you believe this, you will have life because you belong to Him."
91	3/4	Promoting Salvation by putting ones trust solely in the finished work of Christ on the cross
92	3/5	Unity and wisdom as the Upward team plans for the next season.

UPWARD 100 DAYS OF PRAYER

**DAY DATE PRAY FOR**

93 3/6 **You are part of God's Big Story!**

**Scripture Verse:** 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 (NIV)

**Pray:**

Dear Jesus, I know that I am a sinner and I need a savior. I believe You took my place and died on the cross for my sins. I ask You to please forgive me for my sins. Come into my life and help me start living for You. Thank You, Jesus. Amen.

If you just prayed that prayer, we are so excited for you! We would like to know who you are by asking you to tell us ([ray@upwardchestercounty.org](mailto:ray@upwardchestercounty.org)). We would like to follow up with you.

94 3/7 Kindergarten children and their families

95 3/8 Grades 1-3 children and their families

96 3/9 Grades 4-5 children and their families

97 3/10 Grades 6-8 children and their families

98 3/11 A spirit of gratitude and thankfulness for God's blessings

99 3/12 That we will know the love of Christ and be filled with all the fullness of God. Ephesians 3:16-19 "that according to the riches of His glory He may grant you to be strengthened with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith - that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God."

100 **3/13** Dear God, thank You that even though we could not physically get together this season, we could still encourage one another and stay connected with our Upward families! Thank You for teaching us about Jesus, who He is and what He has done for us. Thank You for sending Your Son Jesus for each one of us. And thank You for reminding us that You will always forgive us when we mess up. You are incredible! In Jesus' name, we pray, Amen.