

# Prayer Diary

June to July 2026



**“Binding up the broken hearted and setting the captives free.”**

**Isaiah 61:1**

URBAN OUTREACH (BOLTON)  
232-236 St George’s Road  
Bolton BL1 2PH



Urban Outreach Bolton



urbanoutreachbolton

www.urbanoutreach.co.uk  
Company No. 3019108  
Charity No. 10442023

<p><b>Monday 1st June</b> We are excited at the opportunities afforded to us with the new offices on St Georges Road, the location near to the Amber Centre is fantastic. We thank God for all His continued blessings over so many years and now as we discern His future direction for us.</p>	<p><b><u>Please pray daily for:-</u></b></p> <ul style="list-style-type: none"> <li>• <b>Wisdom and strength for Urban Outreach staff and volunteers.</b></li> <li>• <b>God’s love to be made known through every act of service.</b></li> <li>• <b>God’s protection.</b></li> <li>• <b>Bolton Lunches 2026</b></li> </ul> <p>admin@urbanoutreach.co.uk <span style="float: right;">01204 385848</span> www.urbanoutreach.co.uk</p>	
<p><b>Tuesday 2nd June</b> As shared in earlier prayer diaries, we were grateful to receive a significant reduction in the cost of double glazing for the Amber Centre. The main hall now has an excellent heating system, opening up new possibilities for its future use. The roof still needs repair, and we are waiting to hear about a funding application. Please pray for wisdom as we consider how best to use this valuable resource, and that it will continue to bless many who seek faith.</p>	<p><b>Wednesday 3rd June</b> Members of the team will be going on leave over the next couple of months, please pray for some good times of renewal and re envisioning as they spend quality time with family and friends.</p>	<p><b>Thursday 4th June</b> As we celebrate Volunteers Week 2026, please thank God for our amazing volunteers who faithfully and generously support the work of UOB. Without them we would be unable to have the wider impact on our town. “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” (Ephesians 2:10)</p>
<p><b>Friday 5th June</b> Praise God for all the partner agencies who work collaboratively with Urban Outreach. Through this we are able to meet the needs of children, young people, families and individual adults. Today thank God for these amazing opportunities.</p>	<p><b>Saturday 6th June</b> Please pray for God to protect and bless all our buildings that we are blessed to have responsibility and stewardship for. May they be places of safety, encouragement, hope, practical assistance and joy. “You are my hiding place; You preserve me from trouble; You surround me with songs of deliverance.” (Psalm 32:7)</p>	<p><b>Sunday 7th June</b> Today is Bolton (half) Ironman. Please pray for safety for all those taking part and everyone who attends to watch and cheer. A couple of years ago a gentleman travelled to Bolton to cheer on his son but saw rough sleepers which moved him to find out about Urban Outreach and he gave us a very substantial donation. Praise God for that person’s response.</p>

*“I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink ... Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”*

*(Matthew 25:35-40)*

<p><b>Monday 8th June</b> Please thank God for all the friendships which are cultivated through people's contact with Urban Outreach. Thank Him for how friendships enrich our lives and for how strong social support boosts our happiness, improves self-confidence and increases our sense of belonging and purpose.</p>	<p><b>Tuesday 9th June</b> Please pray for members of the food team who are delivering a poverty lesson to children from the Olive School this morning. Thank God for their skills in communication and pray for young receptive ears to understand the reasons behind poverty and how we all can help.</p>	<p><b>Wednesday 10th June</b> Please pray for the young people of our town whose mental health is affected by the hours they spend playing games online. Pray for parents to have wisdom in how to best manage this and to be strong in their resolve to limit gaming time. Pray also for our RISE workers who often work with young people, struggling to manage this.</p>
<p><b>Thursday 11th June</b> Please pray for our RISE young people's group as this cohort meet for their last session today. Pray that the young people will feel positive about everything they have learnt and experienced together and that they will now move forward with increased confidence and self-esteem. Pray that this will consolidate and build and not be crushed by negative experiences.</p>	<p><b>Friday 12th June</b> Please pray for a young mother and her children, whom Street Life continues to support after they were housed in a two-bedroom property last year. With no wider support network in Bolton, they now need more suitable accommodation due to ongoing difficulties with a downstairs neighbour. Please pray that an appropriate home becomes available soon.</p>	<p><b>Saturday 13th June</b> Please pray for a gentleman known to Street Life for many years, who returned to the Drop-In in October 2025. He had been free from substance misuse for four years but was in need of accommodation. Praise God that after five months he was debt-free and rehoused. He has since suffered a stroke, so please pray that he will know God's love, healing, and strength.</p>
<p><b>Sunday 14th June</b> Let us spend time today praising the Lord for the Street Life project and the many lives they have been able to support and rehouse. This past year from April 2025 to March 2026 they have been able to accommodate and assist 359 individual people, many of them in desperate situations. Thank you Lord for the privilege of serving you!</p>	<p><b>Monday 15th June</b> At the start of a new working week, please pray for the many people who are facing the frightening prospect of homelessness many through no fault of their own. Pray that Street Life will be equipped to support and assist each individual person they see and they would receive hope for the situation they find themselves in.</p>	<p><b>Tuesday 16th June</b> Please pray today for professionals who are involved in looking after young people in Bolton, that they would be able to make a real, good change in these young lives. Pray that circumstances that could cause issues would be resolved, and that the children and young people involved would be hopeful for their futures.</p>

*"The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you." (Romans 8 v 11)*

<p><b>Wednesday 17th June</b> Pray for Urban Outreach staff who work with children and families today. Pray that they would have deep and meaningful conversations with the young people that they see, and that they would listen and think carefully together about the situations they are trying to change. Pray that outcomes would be positive leading to life improving decisions.</p>	<p><b>Thursday 18th June</b> Please pray today for children and young people throughout Bolton who have lost someone close to them. Pray that they would be able to talk about how they are feeling, and that they would have peace. Please pray that the young people and any family they have are well supported and don't feel they are on their own.</p>	<p><b>Friday 19th June</b> Please Pray that those who are despondent due to their need for accommodation will experience God's parental love in a practical way and recognize Him through the power of the Holy Spirit, this Pentecost.</p>
<p><b>Saturday 20th June</b> Pray for the hope on offer to all people in Bolton. Enable us to continue serving others, and in doing so demonstrate the love, compassion and hope of knowing Christ. "May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit." (Romans 15:13)</p>	<p><b>Sunday 21st June</b> Join us in praying for churches who will join together in worship across Bolton today. Pray that God fills us afresh with the Holy Spirit, that we may be His light and city on a hill.</p>	<p><b>Monday 22nd June</b> Please pray for the volunteers who serve each week to distribute Local Welfare Provision and Storehouse food parcels. Pray that they would be encouraged and blessed in their continual acts of love and service.</p>
<p><b>Tuesday 23rd June</b> Please join us in praying for the housing situation in Bolton. Pray that local authorities, support workers and our own workers in the Street Life project may make wise and sustainable decisions in seeking to house the unhoused.</p>	<p><b>Wednesday 24th June</b> Pray for all the children who have participated in an open day at the Food Hub. Pray that they will be thoughtfully moved with compassion and a motivation to make a difference in their world.</p>	<p><b>Thursday 25th June</b> Join us in prayer for the NHS staff in Bolton who work specifically with adults who are vulnerable. Pray that God gives them wisdom and love to serve those on the margins of society.</p>

*"..... and what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."  
(Micah 6:8)*

<p><b>Friday 26th June</b> Join us in praying for our volunteers on the food team who faithfully serve week in and week out. Pray that God renews their strength and blesses them as we enter the summer months.</p>	<p><b>Saturday 27th June</b> Our women's team is supporting a young woman who is seeking employment in an area she feels called to. Please pray for encouragement, open doors, and the right opportunity at the right time.</p>	<p><b>Sunday 28th June</b> Please pray for several women connected with Eve's Space. Each of them would benefit from alcohol counselling but cannot access support until they have been abstinent for 12 weeks. Pray for strength and determination as they work to reduce and stop their drinking.</p>
<p><b>Monday 29th June</b> A young woman known to our women's team is living in a difficult situation with a manipulative and controlling sibling. She longs to move forward, attend university, and fulfil her potential. Please pray that she finds a way out of this environment and is able to step into a more hopeful future.</p>	<p><b>Tuesday 30th June &amp; Wednesday 1st July</b> Times are continuing to be challenging for so many people, the healthy life expectancy of those from disadvantaged and poverty backgrounds is now 20 years less than those from more affluent situations. But the challenge to support people out of poverty is still very difficult. Please pray for us and all those seeking to alleviate poverty across the nation, the impact of poverty is huge and it affects every area of society and particularly children who begin life with an even steeper hill to climb. Poverty sadly in some places can be a breeding ground for other darker and more sinister activities, in some of more deprived communities some of our young people are subject to criminal exploitation and child sexual exploitation. Please pray for the team that work with these young people, for wisdom and opportunities to intervene and to shine the light of hope into these dark spaces.</p>	
<p><b>Thursday 2nd July</b> Please pray for families in our community facing financial pressure, poor mental health, and uncertainty. Pray that they would receive the support, peace, and encouragement they need, and that God would strengthen and sustain them through difficult times.</p>	<p><b>Friday 3rd July</b> Please pray for a lady who desperately needs a ground floor flat due to poor physical health. She has been waiting such a long time and her health is deteriorating. She has an inoperable brain aneurysm and would love to have a better quality of life.</p>	<p><b>Saturday 4th July</b> Pray for a lady who is trapped in a very abusive relationship. Pray for her to pluck up the courage to finally break free from her terrible situation so that she can start a new life and get her self-worth back.</p>

*"Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy."  
(Proverbs 31:8-9)*

<p><b>Sunday 5th July</b> Please pray for a lady who has been caring for her mum for a number of years but is now facing a diagnosis of cancer. Pray she receives the same support she has given to others and that there is a positive outcome to the interventions of medical staff.</p>	<p><b>Monday 6th July</b> Please give thanks for a successful outcome to a PIP tribunal after almost a year of fighting. We are grateful for such a positive result which opens the world up again for a disabled young woman.</p>	<p><b>Tuesday 7th July</b> Please pray for young people who are out of school for a variety of reasons, including anxiety and finding mainstream schooling hard to manage. Pray that they receive the right support so they can thrive and get the education they need.</p>
<p><b>Wednesday 8th July</b> Please pray for children in Year 6 as they come to the end of primary school. Pray for a positive transition into secondary school, and that they enjoy these final weeks - feeling supported, celebrated, and ready for the next step.</p>	<p><b>Thursday 9th July</b> Please pray for young people whose parents are unwell or have died. Pray that they receive comfort, steady support, and the help they need as they grieve.</p>	<p><b>Friday 10th July</b> Food parcels will be delivered across Bolton today. Please do pray that the food parcels being delivered would provide some relief to those who receive them. Also, join us in giving thanks for our volunteer drivers, who give up their time each week to get the food parcels to those who need them.</p>
<p><b>Saturday 11th July</b> Give thanks for the many volunteers who have already given so much time to make the lunch packs for Bolton Lunches 2026 and for the many more who are planning on making sandwiches throughout the summer holiday. Without the commitment of each and every volunteer, we would not be able to provide the lunches every day.</p>	<p><b>Sunday 12th July</b> Please pray for the many people who Street Life are working with that have mental health and substance misuse addictions. Pray the Lord would equip and give us the opportunity to share His unconditional love and the freedom they could experience from their destructive lifestyle. "And you will know the truth, and the truth will set you free." (John 8:22)</p>	<p><b>Monday 13th July</b> Please pray for Street Life as they seek to support the many people referred to them, especially as the cost of living crisis continues to make this work more challenging. Many are struggling to pay their rent and are falling into debt. Pray that we would be able to offer hope, and that more affordable housing would become available.</p>

*"Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me."  
(Revelation 3:20)*

<p><b>Tuesday 14th July</b> Praise the Lord! A gentleman who Street Life has known for over 20 years with a drug addiction has now been in a rehab for 10 months and is doing extremely well. Pray this will continue and he would be given the strength to overcome the addiction once and for all.</p>	<p><b>Wednesday 15th July</b> Please pray for the food collection point that is open today in Horwich. Pray that people get more than just the actual food parcel from visiting here and that they feel they can access lots of support. Please be praying that people would find friendly faces who want to journey with them and who genuinely care.</p>	<p><b>Thursday 16th July</b> Please pray for all the children and young people who are finishing school this week for the summer holidays. For some children this is a hard time so please be praying that they will find safe spaces to be and will not go unnoticed. Pray they will have fun and make good memories with people who care about them.</p>
<p><b>Friday 17th July</b> A child currently being supported by the Children &amp; Families team is navigating the impact of an acrimonious parental divorce, with ongoing conflict continuing to affect them. Pray for peace, healing, and a pathway to resolution for the whole family.</p>	<p><b>Saturday 18th July</b> Please pray for a child and family being supported by the Children &amp; Families team who are experiencing some unsettling and frightening things at home. Pray for comfort, protection, and lasting peace for the child and their family.</p>	<p><b>Sunday 19th July</b> A child known to us will be returning to mainstream school in September following a period of home education. Pray for God's peace over their heart and mind as they prepare for the new school year. Please pray for good friendships, a smooth return, settling in well, and for anxiety to be eased.</p>
<p><b>Tuesday 20th July</b> On the first day of Bolton Lunches 2026, we thank God for His provision over the years and pray a prayer of blessing over each lunch that will be provided for children that need it this summer. We thank God for the many volunteers that will give up their mornings to join in this act of service for the children of Bolton.</p>	<p><b>Wednesday 21st July</b> We thank God for opportunities over the school holidays for our Children and Families team to deliver extra activities for the young people they work with. We praise God for His Creation, that the team can take young people out on wellbeing walks, and into our Amber Centre building which can be a space of fun activities for young people that struggle with a range of issues.</p>	<p><b>Thursday 22nd July</b> Pray for all involved in Bolton Lunches, the food team, volunteers, and the children receiving them. Ask for strength, unity, and joy in serving, and that every child feels valued, cared for, and nourished - both physically and emotionally.</p>

*"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."  
(Galatians 6:9)*

<p><b>Thursday 23rd July</b> Pray for everyone in the Bolton community enjoying holidays and breaks. May they experience genuine rest, relaxation, and renewal as they step away from daily pressures, and return to their routines refreshed in mind, body, and spirit.</p>	<p><b>Friday 24th July</b> Pray for the Urban Outreach food team. Ask for provision, energy, and encouragement, that their work continues to bless many and that they feel appreciated and supported in all they do.</p>	<p><b>Saturday 25th July</b> Please pray for the new Changing Futures programme which is reaching the end of its first quarter in operation. This programme is aimed at supporting those individuals in Bolton who are experiencing any combination of multiple disadvantages: homelessness, mental ill health, substance use, domestic abuse and/or contact with the criminal justice system.</p>
<p><b>Sunday 26th July</b> Pray for our Lived Experience Peer Navigators, supporting those individuals on the Changing Futures programme. Each team member is new to Urban Outreach and has experienced their own disadvantages. Please pray for courage, strength, and resilience for them, to enable each navigator to utilise their experience to empathise, support and journey with others.</p>	<p><b>Monday 27th July</b> Please pray for a young person known to RUNA who has recently been placed on a child protection plan. Pray that the family are willing to work towards the suggestions and actions that social services put in place to help them. Pray that the young person knows his worth and begins to see a glimmer of hope for his future.</p>	<p><b>Tuesday 28th July</b> Please pray for the Children &amp; Families team as they put on summer activities for children and young people. Pray that the activities will be well attended, lots of fun, a space where the children/young people feel safe and valued and full of good conversations.</p>
<p><b>Wednesday 29th July</b> Please pray for children and young people who might be feeling lonely, isolated and missing the routine and safety of school during the summer holidays.</p>	<p><b>Thursday 30th July</b> Please pray for all the clients who come to the Amber Centre to collect Local Welfare and Storehouse food. They are all extremely grateful for the help they receive. May they know that they are valued, loved, and not alone.</p>	<p><b>Friday 31st July</b> Please give thanks for the faithfulness, generosity and compassion of our volunteers who serve alongside us in our ministry. Thank God for their willingness to give their time, energy and care to support others. May they be a living reflection of God's love and grace to all who walk through the doors of The Amber Centre.</p>

*"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit."  
(Romans 15:13)*