

Prayer Diary

August to September 2026



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

Isaiah 61:1

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Urban Outreach Bolton



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Company No. 3019108
Charity No. 10442023

Saturday 1st August

We continue to make lunches for children during this month so please continue to pray that we have enough volunteers and especially for the children that receive them, that not only would they have enough to eat but that the holidays will be easier due to not being hungry.

Please pray daily for:-

- **Wisdom and strength for Urban Outreach staff and volunteers.**
- **God's love to be made known through every act of service.**
- **God's protection.**
- **Bolton Lunches 2026**

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Sunday 2nd August

This summer, we are involved in a number of community events, mainly providing catering. Please pray that we would have opportunities not only to cook, but also to share excellent food, build positive connections and inspire residents to enjoy the wonderful adventure of food.

Monday 3rd August

We are involved with a fabulous organisation called Community Shop who are opening their first venture in Bolton very soon. This is being sponsored and supported by Warburtons Bakery as part of their 150 yr celebration who are huge supporters of all we do. More info will come soon but please pray that as the building work is completed and members of the community begin to use the facility that this amazing project will lift so many out of difficulty and give them access to good food and employment.

Tuesday 4th August

As we continue to serve the town of Bolton in this holiday season, please pray for all the UOB staff, including new staff joining the UOB family, that they would feel warmly welcomed and supported in their new roles. Ask that God may bless staff who are having a holiday with rest and relaxation. For those who are working and covering roles, pray for stamina and strength. Philippians 4:13 "I can do all things through Him who strengthens me."

Wednesday 5th August

Lift to the Lord, those who are in need this day in our town. Particularly pray for those who are collecting food and those who are accessing support at Urban Outreach. Ask God to grant an experience that is welcoming, helpful and impactful. "Therefore welcome one another as Christ has welcomed you, for the glory of God." (Romans 15:7)

Thursday 6th August

Please pray for Val (our Finance Manager) and our auditors as they work together during August to clear up any outstanding points in the annual audit of the accounts. Please pray for a continuation of the good relationship that we have with them and for the advice and guidance which they give us.

Friday 7th August

We are at the end of the 3rd week of Bolton Lunches and at the halfway point. Please thank God for our amazing volunteers and pray for continued strength for the Food Team as they embark on the remaining weeks. "Those who hope in the Lord will renew their strength; they will fly up on wings like eagles; they will run and not be weary." (Isaiah 40:31)

Saturday 8th August As weekly activities continue over the summer holidays, for children supported by the Children and Families Team, please pray that these will be meaningful opportunities to build resilience and confidence. Please also pray that those children who need this the most will be able to attend.	Sunday 9th August Please pray for a young boy, working with our RISE team, he will be returning to Year 5 in September. He struggles very much with all aspects of school life, and this is affecting his behaviour at school and home and his emotional health. Please pray that the new school year will see positive relationships built with school staff and some appropriate adaptations put in place for him.	Monday 10th August In the last Street Life prayers, we asked you to pray for a gentleman who had been housed in a lovely property but had suffered a stroke. Praise the Lord that he is doing well and receiving the help he needs from family, friends and Street Life. As we continue to support him during this time, please pray that he would experience God's love, care and encouragement.
Tuesday 11th August Please pray for the many people who are still waiting for housing, including families living in temporary accommodation, hotels, or sofa surfing with relatives and friends. Pray for peace and resilience during this stressful and difficult time, and ask that suitable accommodation would become available soon.	Wednesday 12th August As the Street Life Drop-In takes place today between 1pm and 3pm, please pray that the team be equipped to support everyone who comes through the door. Street Life may see around 15 to 25 people, including new clients facing distressing situations. Pray that each person would experience God's love, hope and care in their circumstances.	Thursday 13th August After 24 years of faithfully supporting some of the most vulnerable and exploited women in Bolton, Sheila is retiring. Today we celebrate her remarkable dedication and commitment, giving thanks for the difference she has made in the lives of so many women. Please pray for Sheila as she steps into this new season and follows God into the adventures ahead.
Friday 14th August Today please pray for Urban Outreach staff who work with children and their families. Pray that they would have good conversations with the young people and parents that they see, and that there would be opportunities to make changes that impact their futures in a positive way. Pray for encouragement for the workers as they face difficult situations.	Saturday 15th August Please pray today for school and teaching staff who are enjoying their holidays. Give thanks for the work they do with the children and pray for a refreshing time for them ready for the new school year. Thank God for our schools, all carers and all social workers who work hard to keep children safe and cared for.	Sunday 16th August Pray for all those who are homeless, especially those who are rough sleeping. Give thanks that the summer months bring less risk from severe weather, but pray that every person would know the dignity, safety and security of having a place to call home.

"May He equip you with all you need for doing His will. May He produce in you, through the power of Jesus Christ, every good thing that is pleasing to Him. All glory to Him forever and ever!." (Hebrews 13: 21)

Monday 17th August Pray for those who attend our Genesis project as they adjust to life in accommodation and the responsibilities that come with it. Give thanks that Genesis has become a safe and welcoming place where people can return for support, friendship and encouragement when they need it.	Tuesday 18th August Pray for our clients who may feel overwhelmed by fear, anxiety and stress. Ask God to surround them with hope, joy and love, and pray that they would know peace, reassurance and support in the midst of difficult circumstances.	Wednesday 19th August Please pray for all the children receiving free lunches at various sites across Bolton today. Pray that they enjoy the food they receive and that they are kept safe and well as they continue to have fun with their friends during their school holidays.
Thursday 20th August We are blessed at Urban Outreach to receive the support of so many wonderful organisations across the town. Please pray that these relationships continue as together we seek to make a difference in Bolton for those who appreciate our support.	Friday 21st August With one week to go before the end of Bolton lunches for another year, please pray that all the children who so desperately needed food over the summer, continue to receive the support they need along with their families to make sure they don't ever go hungry.	Saturday 22nd August Please join us in praying for those who have been looking after children over the summer, that they will be blessed and will look back on this summer period with joy.
Sunday 23rd August Join us in prayer for the elderly and the lonely who are often forgotten. Pray that God would strengthen them and bring people to care for and love them.	Monday 24th August Please pray for those who are grieving the loss of loved ones in our town. Pray that the love of God is poured into their hearts, and the comfort of the Holy Spirit will be with them.	Tuesday 25th August Please pray for one of our women as she prepares for a house swap so that she can live closer to her mum and receive the support she needs. Moving home can be a stressful and complicated process, so pray for peace, patience and practical help as she navigates all the arrangements involved.

*"We love because He first loved us."
(1 John 4:19)*

Wednesday 26th August Please continue to pray for a young woman seeking employment. Give thanks that she has secured an apprenticeship and pray that a suitable placement would soon open up. Pray that she would not lose heart, and that God would guide her to the right opportunity.	Thursday 27th August Please pray for a woman whose attacker is due to be considered for parole this October, after serving 11 years of a 23-year sentence. Pray that justice would be upheld, that the right decisions would be made, and that she would be able to live free from fear, with peace, safety and reassurance.	Friday 28th August Please pray for a young woman experiencing serious mental health difficulties and ongoing psychosis, who is not yet able to recognise her need for help. Pray that the right person would come alongside her with compassion and wisdom, and that she would be gently encouraged to seek the support and advice she needs.
Saturday 29th August Please pray for a woman who is paraplegic and currently facing unsuitable housing options, with a care home being offered despite not meeting her needs. Pray that appropriate extra-care supported housing would become available soon, after 18 months of waiting, and that she would receive the dignity, independence and support she needs.	Sunday 30th August Please pray for young people who are being home educated because school has become an anxious or difficult environment for them, or because home education is being used to avoid ongoing challenges in school. Pray that they would receive the education, encouragement and support they need, along with opportunities for positive social interaction and friendship.	Monday 31st August Please pray for the young people we are supporting who have recently lost a parent or loved one and are carrying deep grief. Pray for sensitivity as we work with them, and for wisdom to know how best to talk with each young person and support them through the grieving process.
Tuesday 1st September We have just completed another year at the Food and Drink festival running our interactive Omelette stand. This has become very popular with the 4 days being non-stop. Please pray for some rest now as we will have been in the tent for the full 4 days and it is exhausting. But it is a great opportunity to have fun with families and talk about what we do as a charity.	Wednesday 2nd September Many children will be returning to school today, and for some this marks the beginning of a new stage in their education as they move up to high school. Please pray that this will be a positive experience for them all, especially for those who feel anxious, daunted or afraid. Pray too for the children we have supported as they prepare for this new phase, that they would feel confident, settled and ready for the days ahead.	Thursday 3rd September Friends there are many times when things overwhelm us and give us cause for worry. Over the last 37 years we have experienced the Lord's favour, but we have also had to make hard and tough decisions sometimes to the detriment of friends here at UOB. Please pray that we always remain full of compassion and reflective of Gods love to everyone in the team and those we are called to work with.

*“Be completely humble and gentle; be patient, bearing with one another in love.”
(Ephesians 4:2)*

Friday 4th September Please pray for a first-time mother who is struggling with postpartum depression. She is caring incredibly well for her little boy but has little time to meet her own needs. Pray she finds strength, support and rest as she continues to raise her new family.	Saturday 5th September Please pray for two sisters who are refusing school. Pray mum feels supported and able to implement the necessary changes to benefit her children and for the girls to feel able to express their concerns and tackle their fears about returning to education.	Sunday 6th September “Our help is in the name of the Lord, the Maker of heaven and earth.” (Psalm 124:8) When life feels overwhelming and out of control give thanks for the presence of the Lord who is our strength, guide and comfort. Give thanks for His love and forgiveness which shines on through our ever-changing world.
Monday 7th September Praise God for the wonderful host of volunteers who help to support the work of Urban Outreach and have such a significant impact upon the landscape of Bolton. Thank Him for those who: support physically with food collection, sorting, deliveries and distribution; help out across projects; are committed to fundraising and are faithful in prayer. Hallelujah!	Tuesday 8th September This morning, the Urban Outreach Trustees are meeting. Please thank God for them and pray for wisdom as they discern which direction God is leading Urban Outreach.	Wednesday 9th September Please pray for the Food Team as they go through a season of change. As they face some departures and some new people joining, pray that they would be able to keep serving the people of Bolton well and projects would continue to run smoothly.
Thursday 10th September Please continue to pray for the mum and her two young children we previously mentioned. Pray that we would be equipped to support them well as they wait to be rehoused in an area that meets their needs. Please also pray that a suitable nursery place would become available for the older child, and that these practical challenges would soon be resolved.	Friday 11th September Please continue to pray for the many people currently being supported by Street Life, each needing accommodation or help with additional challenges. Pray that God would equip and strengthen Street Life as they tirelessly seek suitable accommodation and offer practical support to those who need it most.	Saturday 12th September Please pray for the Urban Outreach team and their families as they take time to rest and recuperate over the weekend. Pray that the Lord would protect, refresh and strengthen them as they continue to show God's love and compassion to the many valued people they meet throughout the week.

“Give all your worries and care to God, for He cares about you.” (1 Peter 5: 7)

Sunday 13th September Please pray for two brothers who are in separate care placements and are going missing regularly. Both of the brothers are reluctant to speak to anyone about what is going on for them. Please pray that they would feel they can trust someone and that they can communicate what help they need. Thank you.	Monday 14th September Please pray for the young people who will be starting at universities, colleges and other new opportunities in the next few weeks. Please pray that they have the support they need as they transition into adulthood and that they will reach out for more support if they need it.	Tuesday 15th September Please pray for the Food team during this busy time of moving from Bolton Lunches straight into Harvest. Please pray for moments of rest and for all the staff and volunteers as they work hard to make the projects run smoothly.
Wednesday 16th September Pray for a mum and her family as they move into refuge following domestic violence. Ask God to give her peace, courage and strength as she packs up their belongings, and pray for safety, protection and reassurance as they begin this new chapter.	Thursday 17th September Pray for a child who is struggling with mental health and not yet receiving the support needed in school. Ask God to bring comfort, understanding and the right wrap around help, and pray that those responsible for care would respond with wisdom and compassion.	Friday 18th September Pray for a family supporting their neurodiverse child, asking God to strengthen and guide them as they seek the right support. Pray that the child would be understood, valued and well supported both at home and in school.
Saturday 19th September Please pray for a young boy known to our RUNA team who has moved between multiple foster placements and had an unsettled period of missing episodes as a result. Pray for his protection as he is exposed to drugs whilst missing and for him to know God's love for him.	Sunday 20th September Please pray for the RUNA missing from home team as they continue to respond to high volumes of missing children with up to 200 missing episodes a month. Help them to carry God's light into difficult situations.	Monday 21st September Please pray for a generous harvest this season as our staff visit schools and churches to share the work of Urban Outreach and encourage support for those experiencing hardship. Pray that God would inspire generosity among pupils, staff, families and congregations, so that every donation received brings hope, dignity and practical care to those who need it most.

*“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.”
(Galatians 5:22 – 23)*

Tuesday 22nd September Please pray for a gentleman with significant health and mobility issues who is experiencing homelessness following a relationship breakdown and has been sofa surfing since April. Pray that Street Life would be able to find suitable accommodation for him soon, as his current situation is becoming increasingly difficult to manage.	Wednesday 23rd September Matthew 9:37 “Then he said to his disciples, ‘The harvest is plentiful, but the workers are few...’” Paul reminds us, as he did the church in Corinth, of our responsibilities to act as Ambassadors for Christ. As we enter harvest, pray for our team as they step into schools across Bolton and share how others can support those in need.	Thursday 24th September Pray for people across Bolton that continue to experience multiple disadvantages and for our Lived Experience Peer Navigators, as they continue their own personal journeys, supporting and making a difference in the lives of others.
Friday 25th September As Urban Outreach receives generous harvest food offerings over the next few weeks, pray for every individual and family that contributes. Join us in praying that we can continue to sustain ongoing food provision services for people across Bolton. In Matthew 5:6 Jesus says, “Blessed are those who hunger and thirst for righteousness, for they will be filled.”	Saturday 26th September Please pray for the young people we work with as they continue to settle back into school after the first few weeks of term. Pray especially for those who find the school environment challenging or struggle to feel they belong. Ask God to help them build positive friendships and connect with trusted members of staff who can support and encourage them on their school journey.	Sunday 27th September Please pray for two of our staff members and one of our trustees as they prepare to travel to Kenya for a mission trip in the coming days. Pray that they would learn much, grow in their faith and return with fresh insight, renewed vision and encouragement to share with others.
Monday 28th September Please pray for our Food team, staff and volunteers alike. Pray that they would be encouraged, strengthened and guided as they continue to support people and families facing hardship.	Tuesday 29th September We ask for prayers for the Harvest assemblies being presented this week. Please ask God to inspire the children to be thankful for what they have and to grow in generosity as they learn about sharing with those in need.	Wednesday 30th September Please pray for those who come to us for food and utility top-ups. Ask God to meet them in their often complex life situations, and pray that they would receive the practical help, dignity and support they need.

*“Come to me, all you who are weary and burdened, and I will give you rest.”
(Matthew 11:28)*