



ROSEBANK UNION CHURCH

10

Days of Prayer

*Ascension Day to
Pentecost Sunday*

2026

10 Days of Prayer

Ascension Day – Pentecost Sunday

Welcome to this year's 10-Days-of-Prayer (our first of many to come, we pray)! We are excited about all that God will do in us and through us as we devote ourselves to prayer in this period between Ascension Day and Pentecost Sunday.

In fact, this is exactly what the disciples did after Jesus ascended to heaven as they waited for the fulfilment of the promise that the Holy Spirit would be poured out on them. In Acts 1, we read that the 11 disciples obeyed Jesus's command to return to Jerusalem from the Mount of Olives once he had ascended. They went up to the upper room, and "all these [the 11 and about 109 others] with one accord were devoting themselves to prayer..." (Acts 1:12–14). We are not told exactly what Jesus's followers prayed about, but it is very likely they were praying about what was, what was to come, and the period of waiting they had to endure in between.

Every believer today has already received the Holy Spirit, who helps, guides, convicts, comforts, and instructs us (Acts 2:38–41). So, in this sense, our waiting is different from that of those first disciples. However, we are also caught in an in-between period as we await the fulfilment of God's promise that Jesus will return again to fully and finally establish God's Kingdom. This will only happen once all nations have heard the good news of the gospel preached to them (Matthew 24:14). And so, even though we are not waiting for the Holy Spirit's arrival, we are actively anticipating the advancement of the gospel by the power and work of the Holy Spirit!

It is fitting, then, that we, just as the first disciples, devote ourselves to prayer. We will do this for the next 10 days: we'll look back at what Christ has accomplished through his life, death, resurrection, and ascension; we'll look forward to his work in the future; and we'll look up as we watch and wait for him.

Each of the 10 days will include a song to listen to, Scriptures to read and reflect on, and prompts to guide your prayers based on these Scriptures. As we go on this journey together, let us take courage and find comfort that "The LORD is near to all who call on him, to all who call on him in truth" (Psalm 145:18).

God bless
Ansuné & the RUC Team

1

Exalted at the Right Hand of God

Listen to: Our God Reigns - Martin Smith, Kari Jobe, Cody Carnes

Read: Acts 1:11, 2:32-36; Hebrews 1:1-4, 7:25; Ephesians 1:15-23, 2:4-7; Colossians 1:15-20

What does it mean that Jesus ascended into heaven? In short, Jesus withdrew upwards from human sight to signify that he, the Saviour, reigns in glory. More specifically, Christ's ascension means that believers can be certain of three things that make a profound difference to our daily lives:

1. Jesus really rules all of creation. His ascension shows that he has won a decisive victory over all evil and darkness, and that it is just a matter of time until he returns finally to wrap up the battle against Satan.
2. Jesus intercedes for us, appearing in the presence of God, applying the effects of his death on the cross for the propitiation for our sin.
3. All believers enjoy here and now fellowship with the Father and the Son that will last for all eternity (Romans 8:38-39).

As we pray today, let us keep these certainties in mind and:

- Praise God that our Saviour reigns with all authority over all creation;
- Ask that God will increase your faith in Christ and rest in his sovereignty;
- Thank God that Jesus always lives to intercede for us, ensuring that we receive grace to help in our time of need (Hebrews 4:16) and keeping us in the love of God to the end (John 10:27-29);
- Thank God that we are united to Christ by the Spirit now and forever, and that one day we will be glorified with him.

2

Worship with Joy

Listen to: King of Glory - CeCe Winans

Read: Psalm 96; Luke 24:44-53

On their return to Jerusalem, the disciples worshipped Jesus with great joy and continually blessed God in the temple. Pray that we too will continually worship Jesus with great joy, and that we will respond with sincere hearts to his "marvelous works".

As you pray:

- Give thanks to God for his salvation through Jesus Christ and ask him to lead you to live a life of grateful worship as you wait for his return;
- Repent of the things or people you may be prizing as more worthy of your time, resources, attention, praise, and love than God;
- Thank God for all the things he has made;
- Ask God for a deeper appreciation of his holiness, a greater reverence towards him, and increased love for Christ through whom we can approach God personally.

3 Staying and Waiting

Listen to: Waiting Here For You - Christy Nockels

Psalm 130; Acts 1:1-5; James 5:7-11

Just as the disciples had to stay and wait in Jerusalem for the Holy Spirit's arrival, we are waiting for Jesus to return. When he comes, he will bring an end to all sin and suffering, to judge the earth, and to create the new heavens and the new earth where all his people will dwell together with him forever.

Pray today:

- that God will enable you to persevere in your faith so that you may stand firm until Jesus returns;
 - that you would be patient with other people, especially other Christians, and that you would not grumble against them in any way;
 - that God will increase your confidence in his character, plans, and timing;
 - And thank God for his patience, mercy and compassion towards you.
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4 With One Accord

Listen to: This Is Our God - Phil Wickham

Read: Psalm 133; John 17:20-26; Acts 1:12-14, 2:42; Romans 15:5-6; 1 Corinthians 12:13

Before Jesus died, he prayed that his disciples would be one just as he and the Father are one (John 17:20-26). After his ascension, we see how the Father answered his Son's prayer as all the disciples were together in the upper room and "with one accord devoted themselves to prayer" (Acts 1:14). This declaration of dependence on God in total unity should characterise believers' lives today. The Church is described as one body with different parts, united to Jesus – the head of the Church – by the Holy Spirit (1 Corinthians 12:13). The Holy Spirit also indwells every believer at the point of conversion, bearing the fruit of unity among us. This fruit is a common understanding of biblical truth, love for one another despite differences and shortcomings, and shared labour to see the gospel advance.

As we remember the outpouring of the Holy Spirit at Pentecost, let us pray and:

- Ask God that our lives would be characterised by unity and devotion to prayer;
- Thank God for the gift of the Holy Spirit who enables people from every tribe, nation, and tongue to be united to Christ and one another;
- Confess to God when we have not had the same mind as Christ towards each other, but instead acted in divisive selfishness and pride;
- Ask that God would give us endurance, encouragement, and humility so that "with one mind and one voice [we] may glorify the God and Father of our Lord Jesus Christ" (Romans 15:6).

5

To Prepare a Place for You

Listen to: Christ And Christ Crucified - Lindy Cofer (ft. Mitch Wong)

Read: John 14:1-4; Romans 8:14-17

In John's gospel we read how Jesus comforts his disciples after he had predicted his betrayal and Peter's denial. He told them that he would leave to return to his Father, but that he was going to prepare a place for each of them in his Father's house. Jesus also promised that he will return for them and that he will not leave them as orphans, but send the Holy Spirit to be their Helper (John 14:18).

As you pray today:

- Share your heart with Jesus, especially about times you feel lonely or forgotten, knowing that he cares for you;
- Thank Jesus that he has not left you an orphan. Instead, the Holy Spirit testifies to your adoption as God's child through your faith in Christ;
- Ask God to reveal himself to your friends, family members, and co-workers who have not trusted in Christ for salvation, so that they might also be included in God's eternal family;
- Ask God to help you live patiently as you wait for Jesus to return.

6

The Helper Will Come

Listen to: King of Kings - Hillsong Worship

Read: John 16:5-15 and the Scripture references below.

When Jesus promises his disciples the Holy Spirit, he didn't promise to send an impersonal force or derivative of God's power. Instead, Jesus promised that when he leaves, he will send the Comforter who will take his place as his disciples' Helper (John 16:7). The Holy Spirit is God, just as the Father and the Son are God, and equal with them in his personhood. The ministry of the Holy Spirit is multi-faceted: he comforts (John 12:26, 14:16, 26; 15:26, 16:7), teaches (John 14:26, 1 Cor. 2:13), and speaks (Acts 8:29, 13:2). He makes decisions (Acts 15:28), grieves over sin (Eph. 4:30), and directs and overrules human actions (Acts 16:6-7). The Spirit searches the deep things of God and knows his thoughts (1 Cor. 2:10-11). He empowers believers for service in God's Kingdom (1 Cor. 12:11), intercedes for them (Romans 8:26-27); and assures them of their adoption (Rom. 8:16). His most essential work is to bear witness to and glorify Christ (John 15:26; 16:14). None of this could be done if the Holy Spirit was an impersonal force – an *it* – instead of a Person.

As you pray today:

- Ask God to give you a greater understanding of the deity, personhood, and work of the Holy Spirit;
- Repent of ways in which you live according to your flesh, instead of the Spirit (Rom. 8:5);
- Bring your needs before God and ask that you may enjoy the personal ministry of the Holy Spirit;
- Praise God for what Christ accomplished through his death and resurrection so that all who repent and believe in him are indwelt by the Holy Spirit.

Listen to: Song Of The Saints - Phil Wickham

Read: Isaiah 32:15, 44:3-4; Ezekiel 36:26-27; Jeremiah 31:31-34; Joel 2:28-32; Acts 2:1-41

The day of Pentecost fulfils Old Testament prophecy and ushers in a new era of redemptive history. Well before this day, the prophets spoke of a day when God's Spirit would dwell among his people. John the Baptist foretold the baptism of the Holy Spirit, and Jesus himself promised his disciples on several occasions that he would send the Spirit (Luke 11:13, 24:29; John 14:16-17, 26, 15:26, Acts 1:4-8). The Holy Spirit was certainly present and active in the Old Testament, but he moves into the foreground from Pentecost onwards and continues the ministry of the Father and the Son by indwelling, empowering, and renewing all those who have repented and believed in Jesus Christ. This happens exactly as God promised it would.

Pray today and:

- Thank and praise God for his faithfulness;
- Praise God that his promise to indwell his people by his Spirit has always included people from all over the earth;
- Ask God to enable you, by the power of the Holy Spirit, to trust him and be faithful to him as you wait for Jesus's return.

Listen to: I Give You My Heart - Hillsong Worship & Delirious?

Read: Psalm 51; Acts 2:14-41

On the day of Pentecost, the Holy Spirit emboldened Peter to preach to a crowd of thousands. He explained that Jesus was crucified, died, was buried, raised from the dead, and is now “exalted at the right hand of God” (Acts 2:33). Even though many of those in the audience had nothing directly to do with Jesus’s death, Peter said that “this Jesus, you crucified and killed by the hands of lawless men”. All this happened according to the “definite plan and foreknowledge of God” (Acts 2:23) who has made Jesus both Lord and Christ. The crowd was cut to the heart and asked the apostles what they should do in response. Peter answered, “Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit. For the promise is for you and for your children and for all who are far off, everyone whom the Lord our God calls to himself” (Acts 2:38-39).

As you pray today:

- Repent of how you, like those in Peter’s audience, have rejected Jesus as Lord and Saviour;
- Thank God that in Christ you have access to God’s mercy, unfailing love, compassion, and forgiveness;
- Ask God to make your heart pure, to renew your spirit to be steadfast and willing, and to restore to you the joy of your salvation by the power of his Spirit;
- Thank God that the promise of his salvation through Jesus is for all who are far off whom God has called to himself. Ask that unbelieving friends, family, co-workers, and neighbours will realise their need for Christ and respond to the gospel in repentance and faith.

To the ends of the earth

Listen to: Let Your Kingdom Come (feat. Chris Jackson)

Read: Matthew 9:35-38, 28:16-20; Luke 24:46-49; Acts 1:6-8; Romans 10:13-15

After his resurrection, Jesus appeared to his disciples and promised that they would receive power from above to fulfil their commission: to be his witnesses, proclaiming repentance and forgiveness of sins amongst all nations, starting in Jerusalem.

Every believer today has this same commission. Along with the Father, Jesus has poured out his Spirit to impart his presence and his power to the Church. Since that day until Christ returns, the Holy Spirit will continue to ensure the gospel advances throughout the world so that people from all nations will hear and know that Jesus Christ is the only One in whom salvation can be found.

Pray today for people who have not been reached with the good news of the gospel (whether they are in a far-off country or in your own neighbourhood) and:

- Praise God that the gospel is good news for all people of all nations;
- Ask God to fill you with more compassion for the lost who are “harassed and helpless, like sheep without a shepherd” (Matthew 9:36);
- Thank God for Jesus – the Good Shepherd – who laid down his life for his sheep, and ask that multitudes of people from unreached people groups would know him as their Shepherd;
- Ask God to use you as a worker in his harvest field in any way he wills.

Listen to: What He's Done (ft. Kristian Stanfill, Tasha Cobbs Leonard, Anna Golden)

Read: Acts 2:42-47

Jesus's promise that his disciples would receive power when the Holy Spirit comes upon them was fulfilled. Peter preached the gospel to a crowd of thousands, and 3000 people repented, were baptised, and received forgiveness and the gift of the Holy Spirit. This was the birth of the Church. In one day, the group of disciples grew from 120 to 3000! At the end of Acts 2, we read about the effect of the Holy Spirit's work in these believers' lives. They were learning from the apostles' teaching together, building meaningful relationships, devoted to praying together, meeting one another's needs, and day by day the Lord was adding to their number those who were being saved (Acts 2:42-47).

Pray today specifically for our Church, that:

- We would be devoted to learning from God's Word together and be committed to engage with God's Word personally and corporately;
- We would be devoted to spending time together to build meaningful relationships, and that we would use our time in a way that prioritises this kind of fellowship;
- Our church would be marked by a culture of prayer, and that we would delight in coming together to pray;
- We would be generous and sacrificial, always ready to meet the emotional, material, and spiritual needs of one another;
- We would be welcoming to newcomers and committed to seeing unbelievers put their faith in Jesus's saving work.

24/7 PRAYER WATCH

24 Hour Prayer to Pentecost

20 May 2026 7AM to 21 May 2026 7AM

Where : RUC Prayer Room (north side of auditorium)

Access from passageway on the right of the Chapel through external door Keypad controlled – code will be given to you by the security team at RUC upon arrival. For more details WhatsApp Joan

0832311465

**To sign up and reserve a slot in the Prayer Room,
please use the QR code.**



<https://pray.24-7prayer.com/signup/ce20be>

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