



24 Seven Prayer

PRAYER GUIDE



Welcome to the Prayer Room

We have set aside this space as a quiet sanctuary, a peaceful haven, to spend time with your Heavenly Father. Make yourself at home.

Turn on the heater if you're chilly.

Make yourself a hot drink.

Get acquainted with the space and the resources.

Turn on your favorite playlist or simply sit in blissful silence.

We've designed the 24/7 Prayer Guide to give you ideas and templates for how to spend your time seeking the Lord. We also include helpful instructions for navigating the details of a vigil like this. If you've never spent an hour or more in prayer before, then know that there is no way to do this wrong.

There is no pressure to perform.

There is no right way to master.

It's simply about showing up to spend time with a Father who loves you deeply.

Part 1 - Instructions

Part 2 - Ways to Pray

Part 3 - Further Resources

Instructions

Handing Off

This is one of the coolest parts of the prayer room vigil, the opportunity to “pass the baton” of prayer on to the next person. It keeps us joined together in this venture of God’s people calling out to God. If you are the one leaving the prayer room, just take a minute to pray with and over the person coming in. It doesn’t have to be a big fancy prayer if this is in any way intimidating to you. But ask God to meet with that person or group in a very special way over the next hour. That act alone is powerful.

- Please stay at the prayer room until the next person is here for their time slot.
- When they get here, pray for/with them before leaving.
- When the doors to the building are locked, the person coming for their next time slot will ring the door bell to let you know they are entering the building
- If there is no one signed up for the next time slot OR the next person is not showing up, please call Steve Thompson [616.638.9599] to let us know that the prayer room is vacant.

Food and Drink

- Help yourself to the coffee or tea.
- If there’s something missing, feel free to check the kitchen.
- You’re welcome to bring in snacks, just please try to leave things tidy.

Restroom

Feel free to use the restroom at the opposite end of the office area.

Things You’ll Need

- Bible
- Journal
- Books/Devotionals
- Any art supplies you need
- Any other prayer resources that would be helpful for yourself or others

Odds and Ends

We want this prayer room to be a multi-sensory experience of communion with our Heavenly Father. So anything you can think of to bring and add to the prayer room is welcome. If it needs instruction, then just leave a note of explanation so it can be included in updated instructions.

Feel free to bring an instrument (ie. your guitar) with you if you enjoy singing, playing and writing music while in the prayer room. The same with any artwork, you can bring your canvas, paper, paints, brushes, pencils and leave them here for other people to use.

Take your shoes off and enjoy crawling into the arms of your Heavenly Father in whatever way you feel you need.

Ways to Pray

Listen

Have a pad of paper (your journal) and a pen or pencil with you for this. Still your heart and mind in the quiet and solitude. Start with confession, asking God to bring to mind any thought, action, attitude, etc. that don't please God (Psalm 139:23-24) and be honest before Him with those things. Listen to how he may want you to make restitution or reconciliation. Write it down. Follow through on it so you don't risk cutting off that line of communication.

Ask God questions that are on your heart. Ask God what is on His heart that He wants to teach you or lead you. Listen. Write anything down that comes to mind. Follow through on it.

If you're new to this, start the practice of silent listening for 5 minutes. Gradually move to 10, and then let it increase naturally. Don't try and sit in silence for an hour. That could be frustrating, especially if you don't feel like you're hearing anything. Read some of the stories from God Guides (on the bottom shelf). Know that comfort and hurry always make listening harder.

Read Scripture

The Bible is one of the primary ways through which God speaks. We learn God's character, we see God's overarching story of redemption and re-creation, and we see how God interacts with the individual and people groups, as well as how people from all walks of life have related to God. Take time to read it and not conquer. Remember, the main purpose is not to get through the Bible, but to get the Bible through you.

Oh, and do what it says! (James 1:22-25)

Memorize/Meditate

One of the best ways to allow Scripture to change us is by making it a part of our thoughts. Take a passage and read it over several times. Pray through it, asking God to speak to you through it, asking him to make it a part of you. If it's a narrative passage, envision it, interact with it, put yourself into the scene.

Use Lectio Divina to meditate on Scripture.

See Part 3 - Further Resources

Memorize an entire section. Work on it little by little, but repeat it to yourself often. Pray it back to God.

Paint/Draw

Let your prayers come out on canvas or paper. Bring your materials into the prayer room and let your art work become a prayer. Or articulate a response to a song, or Scripture, or something else you may have read. Simply create as a prayer of praise to your Creator.

Graffiti

The graffiti wall is a place to put requests or people's names before God. It's a place to write visions, or artwork, or poems, or phrases that God has put in your heart from Scripture. It's a place to write praises or answers to prayer. It's a place to join your heart and prayers with everyone else who has spent time in this room.

Too big of a canvas? Express your heart on one of the 1 x 3 cards and fasten it to the close line with a clip/pin.

Write

Bring a journal and write your prayers, thoughts, feelings, and "to do" lists. Write poetry or prose or request. Use the Prayer Room Journal – it basically serves the same purpose as the Graffiti Wall, but maybe less public.

Always write down what you feel God may be saying to you. You may want to keep a running list of requests and answers. The answer column may stay blank for a long time, but it will begin to fill in. After several months, even if the answer column looks scarce, read through the request column and see how God has changed how you ask for things. (James 4:1-3)

Read

Spiritual reading is also a way for God to communicate. Maybe you just need to read other people's thoughts and interactions with God, alone, and always include Him in the process. But don't make this your primary means of learning and hearing.

Read the Graffiti Wall. Read the Prayer Journal. Respond as led.

Intercede

Bring your own prayer lists. Call out to God for the lives of your friends and loved ones who aren't following Jesus. Open the prayer request box and pull out and pray over as many requests as you'd like. Ask God who He wants you to pray for and even listen for specifics.

Listen to Music

Let it be the background for your prayer. Or let it be your prayer itself. Meditate on the words.

Sing, shout, and dance before the Lord. You may be more comfortable if you're the only one here in the middle of the night with the doors locked, but if the Spirit leads, then who cares who might be around to hear it?!

Confess

When we draw near to God, Holy Spirit will frequently reveal areas of sin, selfishness, and brokenness in our lives. As you feel the weight of regret and the tears of remorse, pick up one of the nails out of the box, confess the brokenness honestly to the Lord, and then toss the nail at the foot of the cross. Leave it there, covered, washed and healed in his blood, submitted to his will and sacrifice.

Further Resources

Books

Praying Like Monks, Living Like Fools by Tyler Staton

God Guides by Mary Geegh

Prayer Tools

Explore different ways of praying at The Prayer Course: prayercourse.org/toolshed/

A.C.T.S - Spend 15 minutes in each

Adoration - Praising, worshiping, singing, reading Psalms, recognizing God for who he is.

Confession - Asking the Lord to search us and reveal our rebellion, disobedience, and sin. Admitting, agreeing, surrendering and allowing God to speak forgiveness and healing.

Thanksgiving - Listing out loud or on paper our gratitude and thanks for everything the Lord has done and given.

Supplication - Asking, seeking, and knocking for any requests on our hearts, for us or on behalf of others.

Try out Lectio Divina:

- Lectio 365 app on Apple or Android
- Great website that walks you through Lectio: valyermo.com/id-art.html

A quick introduction to the Lectio Divina

Lectio Divina is a Latin phrase meaning ‘divine reading’. This is a form of meditation on the word of God that trains us to listen to His whisper speaking personally to our hearts, allowing His word to become one with us.

Lectio Divina is a reflective and repetitive way to read the Bible, that is not so much focused on becoming informed by the text but rather being transformed by it. It does not replace the other types of Bible reading - rather Lectio Divina adds depth and value to all other forms of Bible reading, facilitating a movement from our hearts to more active ways of wrestling with scripture.

Here we are reading purely in the devotional sense – reading for relationship with God more than a type of mental assent to learn more about God. We read the passage not so much as a student seeking to master the subject but as a son receiving a love-letter from a deeply committed and adoring Father.

How to do the Lectio Divina

Lectio Divina is described in four main phases:

1. Lectio: Read and Listen. Bite into the candy bar.
2. Meditatio: Meditate. Explore it. No question is off limits. What did the author mean? How does it make me feel? What does it mean to me?
3. Oratio: Pray and respond. A place of intercession and repentance.
4. Contemplatio: Rest in God's word. A space of silence, resting in God's presence.

However, this can be adapted in different ways. Here, there are six simple steps:

1. Read

Pick a passage. To begin with, choose any of the Psalms or a passage in one of the Gospels. After inviting the Holy Spirit to come and guide you, read the passage slowly, out loud if you can. Read it twice with one minute of silence in between.

2. Relish

We could use the word 'reflect' here also, but relish describes more what we're aiming for at this stage. Meditating on the passage you have read, savor one word or phrase that you have noticed more than others during your reading. Write this word down and begin pondering what God might be saying to you through this. How is this word speaking to your life?

3. Re-read

Read the passage one more time.

4. Respond

Speak out in prayer what you sense God is saying to you. Tell Him how you feel encouraged, challenged by what He is saying to you and ask that the seed of His word in your heart would develop deep rooted truth that would lead to fruitfulness in your life.

5. Rest

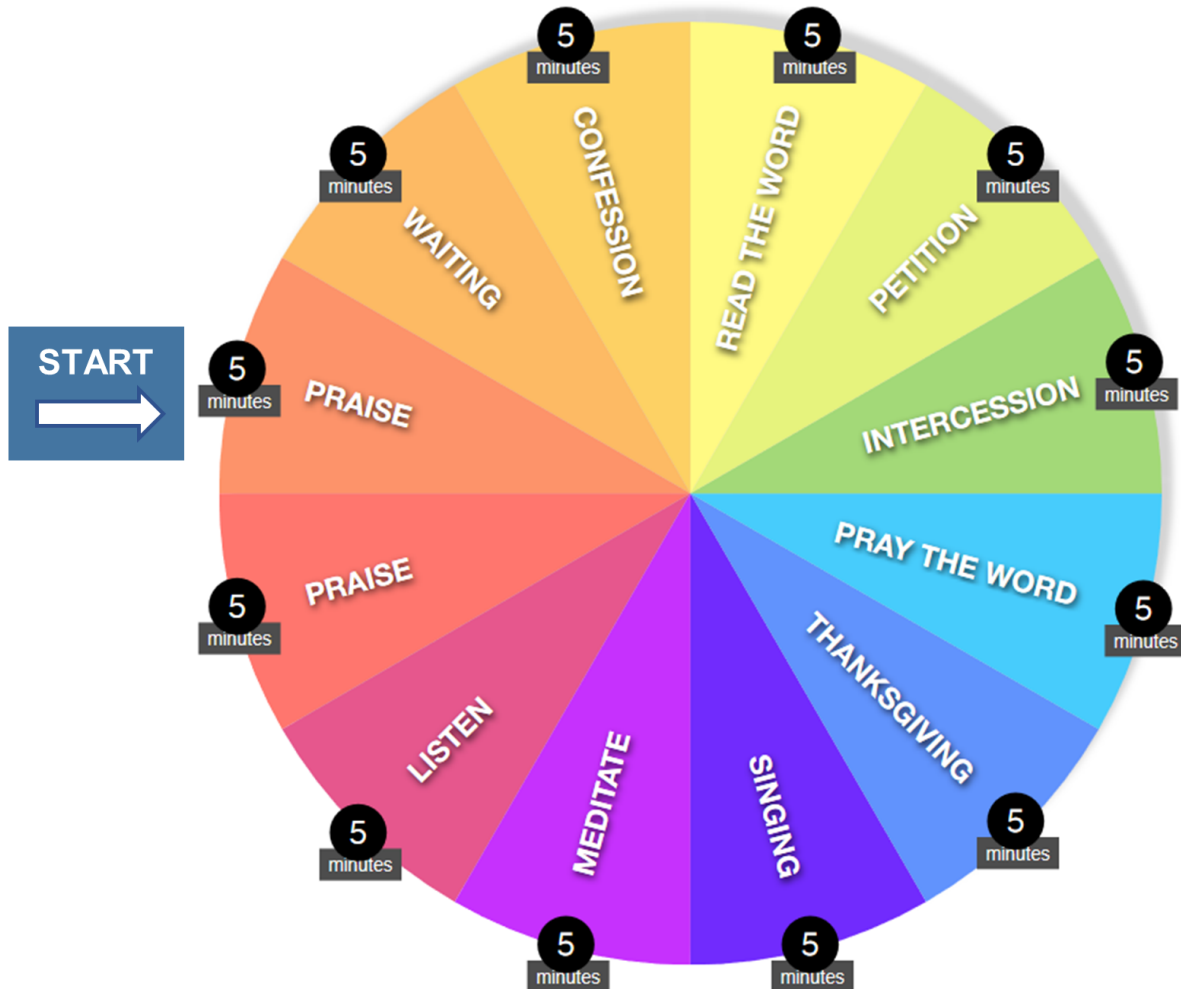
Simply take some time to allow God to wrap you in His love, and let the word He has given you rest on you.

6. Resolve

Finish by articulating one way you might be able to live out the word that has penetrated your heart in your daily life.

The Prayer Wheel

60 minutes with God in 5 minute increments



Praise

Praise God for who He is.
Psalm 103:1

Waiting

Just quiet your heart and wait. Say, "speak to me Lord, your servant is listening."
Psalm 46:10

Confession

Confess sin and anything that might be hindering your relationship with God.
1 John 1:9

Word

Pick a passage and read slowly, maybe even out loud.

James 1:25

Petition

Ask for anything of the Lord that you may need.

Matthew 6:11

Intercession

Pray specifically for one or two people or issues.

Ephesians 6:18

Pray the Word

Go back to the scripture you read. Read a verse and then pray the essence of that verse back to God.

Psalms 119:11

Thanksgiving

Thank God for all of his provision and blessings in your life.

Philippians 4:6

Singing

Sing along to your favorite song on Spotify or YouTube. Psalm 30:4

Meditate

Pick a phrase from Scripture, or a song, or an attribute of God and let it fill your mind and heart.

Joshua 1:8

Listen

Listen to what the Holy Spirit might be wanting to say to you through thoughts, pictures, feelings, visions, and any of the senses. Have a notebook and pen handy to write down anything you think you hear from God.

1 Samuel 3:10

Praise

End your time praising God.

Psalms 68:5

The Our Father

Praying as Jesus taught us

Approach [15 Minutes]

"This, then, is how you should pray: Our Father in heaven, hallowed be your name."

- Matthew 6:9

Think of all of the names that you use for God and write them down.

(For more read: Genesis 21:33, Exodus 3:14, Judges 6:24, Deuteronomy 7:9, Deuteronomy 10:17, Isaiah 5:16, Psalms 136:26, Isaiah 7:14, John 8:58).

Which name do you use most when you pray?

"What comes into our minds when we think about God is the most important thing about us."

- A W Tozer

How often do you use the name "Father"?

Read Matthew 7:9-11.

How does your identity as God's child affect the way you approach him now?

What does it mean that God is holy?

In what ways is he bigger, better, more powerful, and more perfect than we can imagine?

Ask [15 Minutes]

"Your kingdom come, your will be done, on earth as it is in heaven.

Give us today our daily bread."

- Matthew 6:10-11

Write your name in the centre of a sheet of paper, then surround it with the people, situations and places that you want God to move in.

Include anything that has been worrying you.

Ask God to teach you to pray His will for his kingdom in each of these situations.

Then, make a paper airplane from the paper. As you throw it across the room, thank God that He has all of your life in His hands.

Reflect [15 Minutes]

*“And forgive us our debts, as we also have forgiven our debtors.
And lead us not into temptation, but deliver us from the evil one”*

- Matthew 6:12-13

Think back through the past 24 hours; the things you’ve done, people you’ve met. Ask the Holy Spirit to highlight things you’ve done wrong, or times where you should have acted and did not.

Write everything that’s come up on a piece of paper and as you say sorry, tear the paper into a bin. Thank God for forgiving you.

Is there someone you need to forgive today? Ask God to show you who.

Are you needing guidance in your life? Questions about your future or decisions you need to make? Ask God for his wisdom and listen for his response.

Praise [15 Minutes]

*“...and has made us to be a kingdom and priests to serve his God and Father –
to him be glory and power for ever and ever! Amen.”*

- Revelation 1:6

Stand and speak the names of God aloud, adding after each one why this is true in your life. Write a song or poem that expresses your love to God.

If you need to, find inspiration from the book of Psalms, and modern day worship songs.

Pick a song that focuses purely on who God is and what he’s done.

Read it.

Listen to it.

Sing it.

Share it with someone else who comes to mind.

***“O Jerusalem, I have posted watchmen on your walls;
they will pray day and night, continually.
Take no rest, all you who pray to the Lord.
Give the Lord no rest until he completes his work,
until he makes Jerusalem the pride of the earth.”***

- Isaiah 62:6

***“Keep on asking, and you will receive what you ask for.
Keep on seeking, and you will find.
Keep on knocking, and the door will be opened to you.
For everyone who asks, receives.
Everyone who seeks, finds.
And to everyone who knocks, the door will be opened.”***

- Matthew 7:7-8

***“Always be joyful.
Never stop praying.
Be thankful in all circumstances,
for this is God’s will for you
who belong to Christ Jesus.”***

- 1 Thessalonians 5:16-18