



# PRAYER EXPERIENCE

## GROUP PRAYER TIME (30 MINUTES)

**Look Up** by focusing first on the greatness and goodness of God.

All things begin first with God... His glory, majesty and power. We want to begin our time by simply looking to Him and acknowledging His worth about all things. In looking up, we set out to focus our hearts together on Him.

- Scripture Reading 1: Psalm 8
- Silent Reflection
- Responsive Group Prayer
  
- Scripture Reading 2: Philippians 2:1-11
- Silent Reflection
- Responsive Group Prayer
  
- Scripture Reading 3: Psalm 148
- Silent Reflection
- Responsive Group Prayer

## INDIVIDUAL PRAYER TIME (60 MINUTES)

**Go Deeper In** into God's truth and what it reveals about who He is + who He is calling us to become.

In prayer we are led by the Holy Spirit to look deeper in. Deeper into the trust of His word and deeper into our own hearts as He reveals to us those areas that we have attempted to hide away from His view and the view of others. Take time to allow Him to speak by His word and by His Spirit as you journey deeper in.

*(Turn this sheet over for further instructions.)*

## GROUP PRAYER TIME (45 MINUTES)

**Pray Out** that His kingdom would come to transform our hearts and the world around us.

As we pray together for specific needs of each other, our church, our community and our world, we are joining together and asking God to intervene - to bring His Kingdom "on earth as it is in Heaven." This is a sacred and special time. In all things, pray that you are within His will.

*(Your facilitator will start by praying out loud for one category/subject at a time. When he/she stops speaking, anyone else is welcome to pray out loud for specific requests under that same item/subject. Your facilitator will move on to the next subject/category, and the group will repeat this process until he/she closes the time of prayer with an, "Amen.")*

- Your personal needs (physical, emotional, mental and spiritual)
- Your purpose
- Those with whom God wants you to tell your story
- Your immediate family members (spouse, children, parents + siblings)
- Our church (mission, vision, leaders)
- Our community (neighborhoods, schools, local government leaders)
- Our nation + leaders
- Our world + leaders
- Our group (what God wants you to do, where/who you should serve)

## DEBRIEF + CELEBRATION (45 MINUTES)

After your prayer time, take time to share a meal together to break your fast. Share how you heard God's voice, what this focused prayer time meant to you, and how it affected you. Share how the fasting time prepared you and whether your prayer time felt more intense from this discipline. Share any other relevant feelings or revelations from God during this time in fasting and prayer and if it is something you want to continue to add to your life on a more regular basis.

**INDIVIDUAL PRAYER TIME** (continued...)

**Divine Reading (Lectio Divina)**

**1. Read.**

Don't give into the temptation to simply glance over these passages, some of which may be very familiar to you. Take time to read them and in turn allow them to read you. You may find it helpful to read each passage a few times, pausing each time before reading and asking God to speak the truth of each word to your heart.

**2. Reflect.**

After reading, allow time and space to reflect or ponder in your heart what you have just read. Allow God's word to become His word to you and illuminate the deep truth of the text by the Holy Spirit.

**3. Pray.**

After you've read and reflected on the passage, move on to prayer. Through your spoken and written word and dedicate the truth of His word to Him in your heart.

**4. Contemplate.**

Then contemplate on the truth of what has been revealed through His word. God speaks... take time, listen, wait and rest in the reality of His presence and the fullness of His love.

- Scripture Reading 1: Psalm 139
- Silent Reflection
- Responsive Prayer/Journaling

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- Scripture Reading 2: Romans 6:1-14
- Silent Reflection
- Responsive Prayer/Journaling

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- Scripture Reading 3: Ephesians 1:3-11, Galatians 5:16-26
- Silent Reflection
- Responsive Prayer/Journaling

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