

2024 Year of Prayer Pack

A quick introduction to the year of prayer pack

As we turn 25, we're returning to the heart of our vision: to see the church revived and the culture rewired as people of every generation, culture and background give themselves to night and day prayer across England, Ireland, Scotland and Wales. We're believing for individual, local and national transformation and God hears the cries of His people, and we're thrilled you're joining us!

Whether you are a night and day prayer warrior, or this is your first exploration of prayer, this pack is designed to help you as you plan, prepare and pray through your time of 24-7 Prayer. In this pack you'll find everything you need, from prayer station ideas to our top tips of running a prayer meeting. However you choose to engage, we hope you'll find it helpful.

Contents:

How to Run a 24-7 Prayer Room.....	1-18
Prayer Room Starter Pack.....	19-29
60 Minute Prayer Guide.....	30-34
How to Run a Non-Boring Prayer Meeting...	35-38

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How to

Run a

24-7

Prayer

Room



24-7 PRAYER

24-7 Prayer Room

3 _____
Welcome

4 _____
What You Need to
Run a 24-7 Prayer Room

5 _____
Key Decisions to Make

7 _____
Mobilising your
Community to Pray

9 _____
The Prayer Room
Sign-up Tool

11 _____
Creating your
Prayer Room

12 _____
Sustaining Momentum

14 _____
What's Next?

16 _____
To-do Checklists





Welcome

The prayer room was a place of peace, a place where encounter with God was easy and natural. It was also a place where many, many people expressed their deep desire for Jesus and heartfelt desire for God to move and bring transformation to people and place. As the week went by, the room filled up with prayers of all types written all over the various available surfaces. There was also an increasing sense of the manifest presence of God from the cumulative effect of the unending chain of prayer in this place.

This resource is our gift to you. It's a practical guide, written from years of experience, to help you plan your 24-7 Prayer Room and to mobilise your community to "pray continually" (1 Thessalonians 5:17 NIV UK).

We're with you every step of the way. Our team is happy to discuss any questions you have which aren't addressed in this resource. We pray that your prayer room is the beginning of your community's next great adventure with God.

God bless,

The 24-7 Prayer Team
prayersupport@24-7prayer.com



What You Need

to Run a 24-7 Prayer Room

There are a million different ways to run a prayer room, but at the core of it all, day and night prayer isn't complicated.

You only need **three** things to pull off a 24-7 Prayer Room:

1

People who want to pray night and day.

2

Some kind of shared space to pray, which can be physical or virtual.

3

A way to organise time slots so that prayer never stops. When you register your 24-7 Prayer Room, you get our Sign-up Tool, which makes this super straightforward.

It's really that simple.

Everything else we'll talk about in this guide is optional – choose what works best for your community and know that, when we make the time to meet with God, He always draws near. Guaranteed.

Key Decisions to Make



Before you spread the word about your 24-7 Prayer Room and start to get people signed up, there are a few key decisions to make.



► **Who** will make your Prayer Room come to life?

24-7 Prayer Rooms work best when there's a core group of people committed to the vision. Gather people who are really excited about the possibility of non-stop prayer and work together to set plans in motion.

Need to motivate others?

We recommend sharing copies of Pete Greig's book [Red Moon Rising](#) or going to [24-7prayer.com](#) for inspiring stories of how God moves through prayer rooms.

► **How long** will you be praying for?

This completely depends on the size of your community and their hunger for prayer.

The key is to build momentum: you want your 24-7 Prayer Room to last a length of time that's stretching but also achievable. Many churches choose to do a week of prayer, but you can also start with 24 hours if a week is too much.

We've heard of small groups praying non-stop for weeks, and large churches who started out with 24 hours of non-stop prayer and then gradually built up their prayer stamina. Ultimately the aim is to have a focused time of unbroken prayer rather than a long period of prayer with gaps.

► **When will it take place?**

Choose dates that are far enough in the future that you have plenty of time to prepare and get people involved and excited. We recommend planning three months in advance, but you can pull a prayer room together much more quickly than that too.

When you choose to hold your prayer room is connected to your reason for holding it - your 'why'. Is it to seek the presence of God? Are you praying to see change in your university, town, or nation? Is there a specific area of injustice you are responding to? You might decide to run a prayer room at a significant moment in the Church calendar, like the week before Easter, or in response to a change or a need in your community, like a new church plant. Knowing your 'why' is important for communicating the vision of the prayer room and mobilising others to get involved.

► **What is your budget?**

The financial cost of running a prayer room varies, and you don't need a big budget to make it happen. Prayer rooms can be set up for almost no cost, borrowing and repurposing materials from your homes and your church, and just buying a few new things, such as pens, paper, and materials for prayer activities. On the other hand, some communities spend a lot on buying materials, cushions, lighting, and aids to prayer. The cost of your prayer room is up to you but do decide on it before you start planning your room set-up and decoration.

► **Where will you hold your Prayer Room?**

You can run non-stop prayer anywhere. We've seen prayer rooms in cupboards, churches and caravans!

You want a space large enough for small groups to gather, but not so big that one person feels lost. Ideally, it will be somewhere your community knows well, with good access to toilets and drinking water, and it should be comfortable enough to spend several hours there.

Safety is also a factor to consider – your prayer room should be secure, and safe to travel to and from at night.

Read more about the factors to consider in choosing the location of a prayer room, including safety and safeguarding:

24-7prayer.com/safety-and-safeguarding

► **Is it best to hold an in-person Prayer Room or a virtual one?**

Learn more about virtual Prayer Rooms and consider if this is the best fit for your community:

24-7prayer.com/virtual-prayer-rooms





Mobilising

your Community to Pray

When you're planning your prayer room, take the time to share your vision with your community and help them get excited about prayer!



Pray that people will pray

It might sound obvious, but take time to pray that people will be drawn to God's presence before you start your time of non-stop prayer!

Get leaders on board

Who are the motivators in your community who inspire others? Find these people and invite them to champion the Prayer Room. Don't forget to invite those who love prayer already!

This doesn't just mean church leaders (though definitely talk with them too!) Small group leaders, youth workers, and student representatives are all amazing people to involve.

Also remember the creative and logistically gifted people who will be able to provide support in making your prayer room come to life. People who have helped to make your prayer room come together will want to use the space and invite others to use it!

Communicate the vision

Often, the concept of non-stop prayer can appear daunting or confusing to others! As you talk about the prayer room, try to use simple, encouraging language. It's often helpful to share the impact that prayer has had on your life, or the lives of people around you. If you or others have been part of a prayer room before, share those stories!

Encourage people to learn about 24-7 Prayer using the website or by reading Pete Greig's books: *Red Moon Rising* contains background information and inspiring stories about how non-stop prayer can bring transformation.

Tell people about the prayer room dates and location

It can sound obvious, but make sure you communicate the dates and location of your 24-7 Prayer Room ahead of time! It can help to use different communication tools: group chats' and email messages are great, but so is sharing what you are doing in a church or youth group meeting, and even creating flyers and posters. People often need to hear about your prayer room multiple times before they sign up.

We've also seen 24-7 Prayer Rooms become engaging spaces for people who don't know God or haven't been around Church for a while. Consider encouraging your community to invite their friends and family members who don't know Jesus to engage in the prayer room too.



Make it easy for people to sign up

When you register your 24-7 Prayer Room (24-7prayer.com/register), you'll be given a link to our sign-up tool: a free, online calendar that allows everyone to see available slots in the Prayer Room and sign up for themselves.

If there are empty hour slots, it can work well to 'auction' them if you're in a community meeting: e.g. "Who can pray from 11-12pm?" The stats in our sign-up tool will show you when the prayer room is close to 100% full, which can be a great motivation to promote sign up for the remaining slots!

But remember not to put pressure on people to pray - encourage and inspire them to get involved. After spending an hour in a 24-7 Prayer Room, people often want to return. Have your sign-up sheet in the room (or a link to find it online) so people can book another hour right there and then. ▲

The Prayer Room Sign-up Tool

When you register your prayer room, you get access to the 24-7 Prayer Room Sign-up Tool. This is your key resource to keep unceasing prayer going in your community. Take a look:

- 1 Prayer Room details**
Your group name, prayer room name, time and date will show in the header section.
- 2 Language**
Select the globe icon to change the language displayed.
- 3 Settings**
Selecting the cog icon will bring up settings. See page 10 which explains this in more detail.
- 4 Admin settings**
From the drop down select 'Statistics' to view simple stats about your prayer room.

Select 'My notifications' to choose what notifications you would like to receive about prayer room bookings.

- 5 Themes**
Themes can be used to indicate different uses for the prayer room. See the following page for more details.
- 6 Calendar view**
Here you can see everyone who has signed up for a slot in your Prayer Room. To see all the slots, move your mouse onto the calendar and use your laptop trackpad or mouse scroll button.

Add and edit prayer slots

As an administrator you are able to manually add a prayer slot by clicking any date on the calendar view.

You are also able to edit the details for a particular person if you select a previously added slot.

Configuring settings

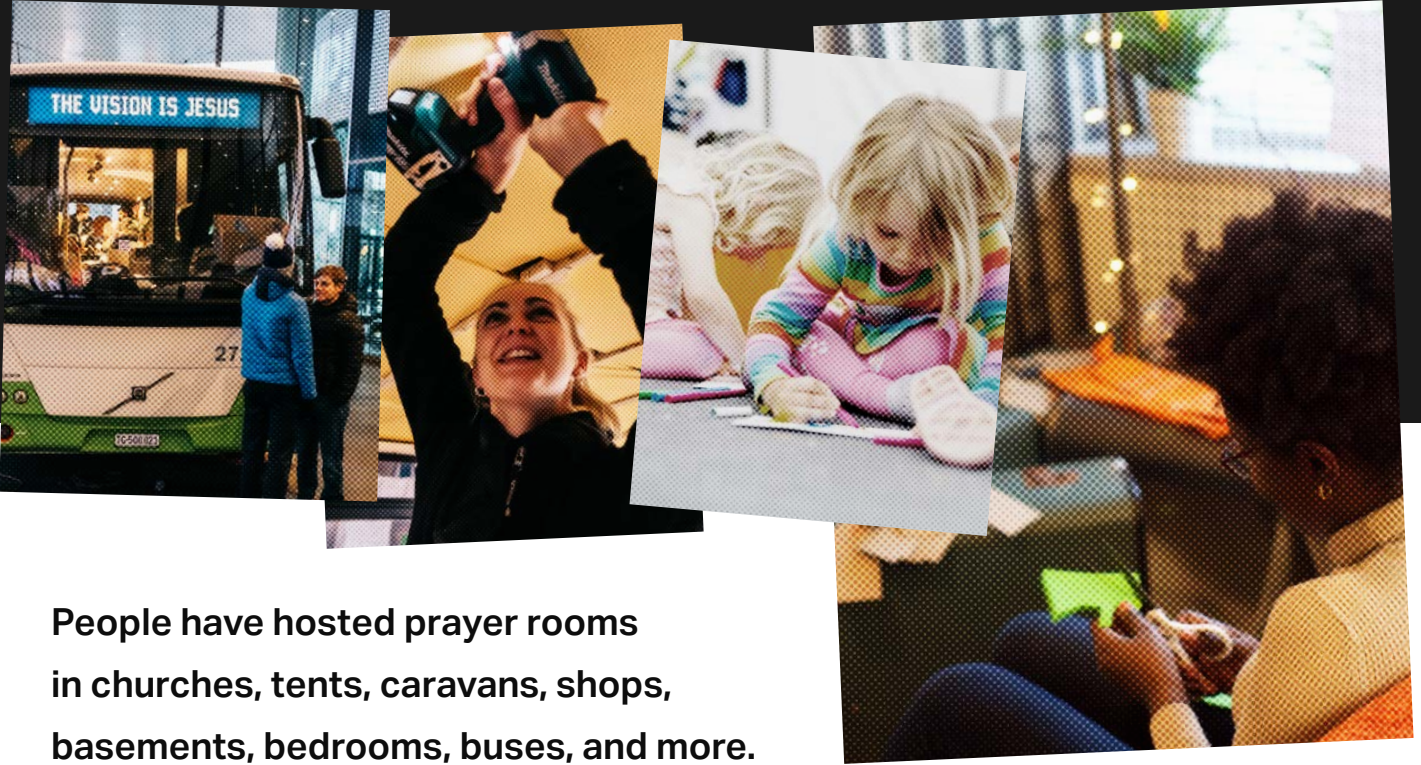
- 1 General**
 Control various time display settings and the requirements you would like to set for your bookings.
- 2 Messages**
 Here you can email everyone who signs up for a slot, decide the text you want people to receive in their confirmation and reminder emails, and choose when the emails are sent.
- 3 Themes**
 Do you have slots for families? A worship slot? A time of Bible reading? Set these themes to let users know what is happening in the room!
- 4 Export**
 Downloadable list of your sign ups. This is deleted two weeks after your prayer room has run.

For more info

Take a look at our FAQs for prayer room admins:

[24-7prayer.com/
prayer-room-admin-faq](https://24-7prayer.com/prayer-room-admin-faq)

Creating your Prayer Room



People have hosted prayer rooms in churches, tents, caravans, shops, basements, bedrooms, buses, and more.

There isn't one 'right' way to do it. We are made in the image of a creative God who uses words, stories, pictures, music, and so much more to speak. There are no rules. Just use your imagination to create a space that glorifies God and helps people meet with Him.

You could include

- ▶ A welcome area with a visual introduction to the vision of the prayer room, along with information like an 'on call' phone number and practical instructions
- ▶ Soft lighting
- ▶ Comfortable seating
- ▶ Paper, pens, paints, and other art materials
- ▶ Different kinds of art: music, images and paintings, poems
- ▶ Prayer stations that engage the senses

Prayer stations

Prayer is more than just closing your eyes, and people connect with God in different ways. That's why a 24-7 Prayer Room uses creativity to engage all five senses. Over the years, we've found the idea of 'prayer stations' to be incredibly effective to help all kinds of people pray for longer than they've ever done before.

For lots of practical ideas for prayer stations, visit 24-7prayer.com/ideas



sustaining Momentum

► Launching your 24-7 Prayer Room

How will you mark the beginning and end of your prayer room?

The Bible is full of holy fasts, feasts, and commissioning ceremonies, where people gather to mark significant moments. You can do the same!

Some communities launch their 24-7 Prayer Room during one weekly meeting and end it during another. Others bookend their Prayer Room with communal meals, or specially organised prayer and worship meetings. However you gather, remind everyone of your vision, dedicate the time to God, and invite everyone to get involved.

Don't forget

Make sure there is a way to sign up for slots in the prayer room at your launch event - maybe a laptop with the Sign-Up Tool on it. This is often a time when people get even more inspired to join in!





▶ Running your Prayer Room

It's a good idea to have a team of trusted people who have agreed to be 'on call' for one 24-hour period of your prayer room. During that time, an appropriate contact number should be displayed in the prayer room so they can be called upon if the next person doesn't arrive or if any issues come up. They should also make sure the room is tidy, welcoming, and restocked – including topping up refreshments and creative resources as needed.

Your 'on call' team can also fill any empty slots, either themselves or by recruiting others. The 24-7 Prayer sign-up tool gives you the ability to email everyone who has signed up for a prayer slot. This is particularly useful if you need to cover some slots later in your period of prayer; people who have enjoyed their first slot may be keen to return for another hour in the prayer room.

Top Tip

Keeping the prayer room clean and tidy will help those that use the space focus and not become distracted.

▶ Stewarding the story

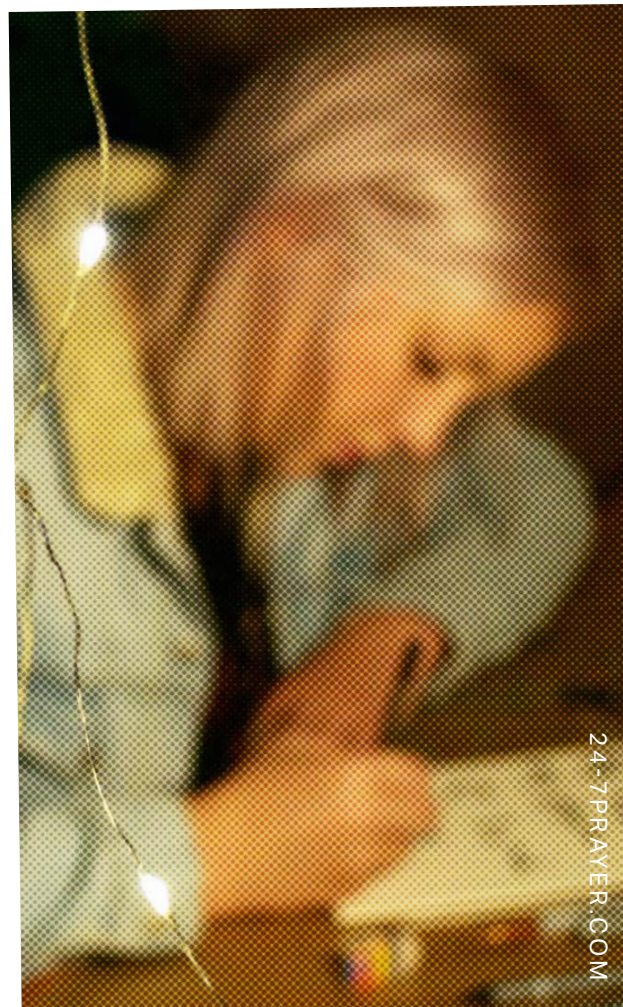
How will you capture what God says and how He responds as people pray?

It's important to record what happens as people pray. You could create a place where people can write what they are hearing from God, and where they can share encouraging stories.

This could be:

- a physical book in the prayer room where people can paint, write, and draw
- a digital space like a social media page or a group chat

When you look back at the end of your time of prayer, this will paint an amazing picture of what God has been doing.





What next?

So your time running a 24-7 Prayer Room has come to an end...

There are a few things you can do immediately after the prayer room wraps up to respond to what God has done in your community, and then you can look ahead to the future.

Immediately after your prayer room

Collect and share testimonies

This is such a fun part of running a 24-7 Prayer Room! It's amazing to hear what God's been doing all week. Make sure you are intentional about giving people a chance to share their testimonies from the time they spent in the room – whether that's through email, an online form you send round, or a final meeting with an open mic to celebrate together. Share these testimonies with your wider community to encourage them, too!



Listening to God

Spend time weighing what God has said and done during your prayer room. Prioritise gathering feedback in meetings and conversations, along with anything from the feedback and stories book, or from the walls of the prayer room. Weigh what's been heard carefully, testing it, and asking God how He wants you to respond. You may find that common scriptures, prophetic words, or themes emerge.

Let us know!

We want to hear about your prayer room! Celebrating the ways God is working throughout the world is a huge priority for us as a movement. Send us your testimonies and stories at prayersupport@24-7prayer.com. And if you have any feedback or suggestions of ways we can support you even better, please share those, too.



The impact of a Prayer Room can extend well beyond the week itself.

Looking ahead

A 24-7 Prayer Room can be a shot of adrenalin to the prayer life of a community.

It's a place where people can learn to pray in new ways, see the hopes, dreams and needs of their church expressed, and intercede for their city. The impact of a Prayer Room can extend well beyond the week itself.

So don't treat it as an isolated project - use it! Harness the enthusiasm to take personal, corporate, and mission-focused prayer forward. How might the prayer rhythms of your church develop from this experience?

For ideas about what to do next, head to 24-7prayer.com/what-next



To-do Checklist

We've summarised all the information you've just read into these at-a-glance checklists to help you as you prepare your prayer room.

Top Tip

You might want to divide up these actions between a few people according to their interests and gifts.



Before

Getting Practical

- Gather the **people** who will help you make your prayer room become a reality
- Decide on a **length of time** that is achievable but stretching for your community to pray non-stop
- Decide on start and end **dates** for your prayer room
- Find a suitable **venue**
- Register** your 24-7 Prayer Room (24-7prayer.com/register) and access our online sign-up tool
- Decide on a **budget** for your prayer room
- Create and **decorate** your prayer room

Casting Vision in Your Community

- Pray for people to be inspired to join in
- Mobilise** leaders and people who already love prayer
- Ensure your prayer room meets **safety and safeguarding** standards
- Communicate** the vision with stories of answered prayer and teaching on prayer
- Encourage people to read *Red Moon Rising*, *Dirty Glory*, or *How to Pray* by Pete Greig to stir a passion for prayer
- Inform** local churches, communities, and individuals you'd like to get involved
- Promote** how to sign up and get as many hour slots as possible filled in advance

During

Launching

- Mark the start of your time of prayer with a **gathering** – this could involve sung worship, sharing food, or praying for the space
- Continue to share the sign-up link during and after the launch event

Keeping it Running

- Keep the room tidy and inviting for visitors
- Replenish refreshments
- Maintain daily contact with the 'on call' team
- Arrange for appropriate people to respond pastorally to issues that may arise

Record the Story

- Gather and share stories and testimonies
- Take photos of your prayer room
- Keep a record of what God is doing



After

Celebration

- Finish together: share stories and celebrate what God has done

Feedback

- Gather feedback on the prayer room experience and testimonies of what God did
- Feed back to the 24-7 Prayer team

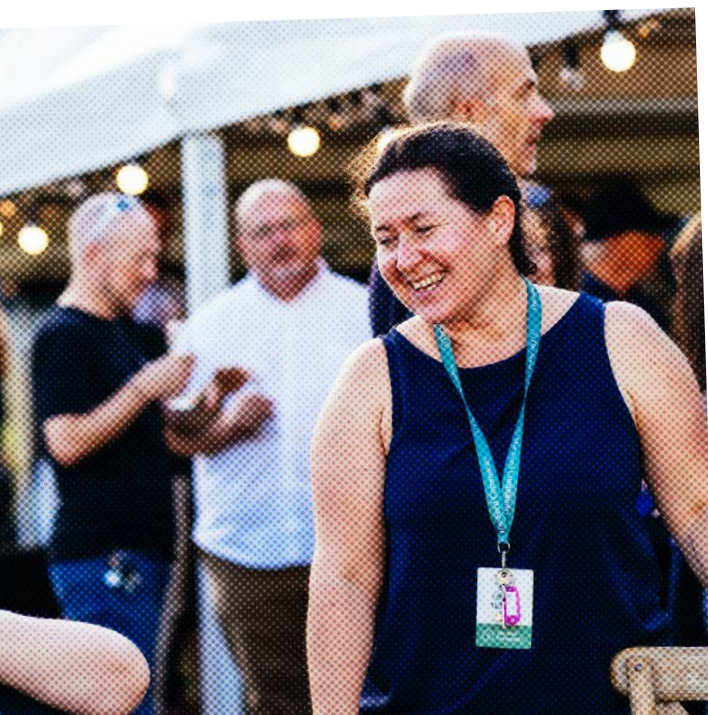
Discernment

- Consider what God said and did, as well as how you will respond
- Weigh the words you've received
- Monitor how your prayer and community life will change as a result

More info

For even more details on the ins and outs of running a 24-7 Prayer Room, read our Prayer Room FAQs.

24-7prayer.com/prayer-room-faqs



How to
Run a
24-7
Prayer
Room

prayersupport@24-7prayer.com

24-7prayer.com



24-7 PRAYER

Prayer Room Starter Pack

Want to run a prayer room but not sure where to start?

Every single prayer room is different, and there is no 'right' way to run one. But over the years, we've noticed a few key elements that people find helpful.

We suggest that your prayer room has at least one prayer activity to help people engage with each of these five areas:

- **Worship:** lifting our eyes to God
- **Forgiveness:** allowing the Holy Spirit to convict us and lead us in repenting and receiving forgiveness
- **Contemplation:** being still and allowing God to speak
- **Thankfulness:** practicing gratitude
- **Intercession:** contending in prayer for God's Kingdom to come in our communities and our world

In this guide, we've assembled a variety of prayer stations under these themes. If you've never run a prayer room before, this is a great place to start. Some of these activities are incredibly simple and some of them require a little more set-up - choose the prayer activities that will work for your prayer room and your community.

For more prayer activities, explore the ideas section of our website:
24-7prayer.com/resource_cat/ideas/

WORSHIP

Prepare your heart

For the organiser

You will need:

- Cardboard or paper crowns
- Pens
- A chair decorated as a throne

How to set up:

Set up the chair with space to kneel before it. Have the pens and cardboard crowns available at the foot of the throne.

For the prayer room

After Jesus was born in Bethlehem in Judea, during the time of King Herod, Magi from the east came to Jerusalem and asked, "Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him.

Matthew 2:1-2

Instructions for using the prayer activity

1. As you go into this time of prayer, prepare your heart.
2. We are called to lay down everything before Jesus in worship.
3. Ask God if there is anything He is inviting you to give up to Him. Take a card crown and write down the things you need to lay down before God.
4. Once you have written them down, place the crown at the foot of the throne and kneel before it. Spend some time worshipping His name.

FORGIVENESS

Fizzy Forgiveness

For the organiser

You will need:

- Large clear jar or vase
- Soluble vitamin C tablets (orange or lemon tend to work best)
- Water
- Optional: a light to shine through the water

How to set up:

Fill the jar with water and place it on a table with a bowl of vitamin-C tablets and the instructions next to it. A tip is to break the tablets into smaller pieces – they will dissolve quicker, and the water will have to be changed less often.

For the prayer room

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:31-32

“Come now, let us settle the matter,” says the LORD. “Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.”

Isaiah 1:18

Instructions for using the prayer activity

1. We all carry pain from ways that people have hurt us, and we all have made mistakes in our turn.
2. Do you need to ask for forgiveness, or do you need to forgive someone else? Spend some time in quiet, asking the Holy Spirit to show you.
3. Pick up a tablet and think about what you are surrendering to God – either the pain and resentment from a difficult situation, or the sin you are turning away from.
4. When you feel ready, drop the tablet into the water.
5. If you are forgiving someone else, watch the tablet dissolve and imagine letting go of the grudge you have been holding.
6. If you are receiving forgiveness for yourself, watch the tablet dissolve and imagine it is your sin being dissolved in God’s mercy and love.

FORGIVENESS

Search me and know me

For the organiser

You will need:

- Torches
- Paper
- Pens

How to set up:

Place each torch with a stack of paper and a few pens, along with the instructions.

For the prayer room

O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways.

Psalm 139:1-3

Instructions for using the prayer activity

1. Take a torch and a piece of paper.
2. Shine the torch on to the piece of paper, and place your hand in the light, creating a shadow on the paper.
3. As you look at the shadow formed, is there anything God is highlighting to you?
4. If you feel led, engage in a time of confession and repentance before God as you enter this time of prayer with Him. Is there anything in 'shadow' that God is bringing into the light today?
5. Feel free to write down anything you feel led to pray on your piece of paper if you find it helpful.

THANKFULNESS

Gratitude Cards

For the organiser

You will need:

- Card
- Paper
- Pens
- Optional: Markers, stickers, scissors, glue and other craft materials

How to set up:

Put all the materials on a table with plenty of space. If you're providing scissors and crafting materials, it's a good idea to have a wastepaper basket nearby.

For the prayer room

Therefore encourage one another and build up one another, just as you also are doing.

1 Thessalonians 5:1

Instructions for using the prayer activity

The Bible tells us to encourage one another, to build up the Body of Christ.

1. Take a moment to still yourself.
2. Ask God to bring to mind someone who would appreciate an encouragement card.
3. Thank God for whoever comes to mind.
4. Get creative and make or write them a card to encourage them.

THANKFULNESS

Thankfulness Tree

For the organiser

What you will need:

- Ribbon or string
- Paper – you can get luggage-tags that already have holes punched in them if you wish
- Pens
- Somewhere to tie the ribbons or hang a piece of artwork, such as a plant, tree, door handle, or wall

How to set up:

Cut the ribbon or string into lengths the right size to tie on the tree. Lay out your supplies in front of your tree or equivalent. You may want to hang a few 'thank you' cards on the tree from the beginning to help people get the idea.

For the prayer room

Let everything that has breath praise the Lord. Praise the Lord.
Psalm 150

Instructions for using the prayer activity

1. Take a moment in silence with God.
2. What are you thankful to Him for? You could use your senses: what can you see, feel, touch, smell, or hear that reminds you of the goodness of God? You could also look through the Psalms and find lines of praise to write down.
3. Begin writing down your responses on your paper – feel free to get creative and draw, too.
4. Thread your paper onto string or ribbon and hang it up.

CONTEMPLATION

Refiner's Fire

For the organiser

What you will need:

- Pebbles or stones
- Fake fire: you can make this with coloured tissue paper, construction paper, or fabric, or you could print out a photo or drawing
- Fake gemstones
- Optional: a container for the fake gems

How to set up:

Set up the fake fire – it can be on the ground or on a table. If you are doing a '3D' fire, place the container of gemstones in the centre of the fire. If you are using a flat picture of fire, heap the gemstones at the base of the photograph.

Take the pebbles and spread them around the fire – put some very close to the flames, have some far away, and everything in between. Put some pebbles in groups and leave others by themselves – the idea is to have a good variety.

For the prayer room

In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honour at the revelation of Jesus Christ. Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls.

1 Peter 1: 6-9

Instructions for using the prayer activity

1. Look at the stones at various places around the fire. Which stone represents your heart today? How close does it feel to the fire of God's passion and presence?
2. As you identify a stone, what would it look like for your heart to move closer to the fire? Spend some time in conversation with God.
3. Place your stone in the 'fire', surrendering to the work of the Refiner.
4. As you pray, take out a gem from the fire in place of the stone. We are refined in the fire. Where in your life is God refining you at the moment?
5. Take the gem with you to remind you of the work God is doing within and around you. He is making all things beautiful.

CONTEMPLATION

Be Still

For the organiser

You will need:

- A cosy, comfortable place to sit
- Optional: a small tent
- Optional: pillows and blankets
- Optional: string lights

How to set up:

This can be as simple as some cushions and blankets on the floor or a comfortable sofa or armchair. Create a cosy space and place the instructions in clear view.

For the prayer room

Be still and know that I am God
Psalm 46:10

Instructions for using the prayer activity

The Bible tells us to encourage one another, to build up the Body of Christ.

1. This space is a space for you to rest with God.
2. If you find being still challenging, set a timer on your phone for 10 minutes so you're not watching the clock.
3. Sit comfortably and notice your breathing; breathe deeply.
4. Welcome the Holy Spirit.
5. From your head to your feet, notice how your body feels; relax any tense muscles.
6. Random thoughts filling your head? Don't feel discouraged – keep handing them to God.
7. Try using a breath prayer to help you focus – a short phrase or bible verse that focuses your attention on God (e.g. 'I love You Father' or 'Speak Lord, Your servant is listening')
8. Be attentive to what God might be saying – does a word, picture, bible verse or something else come to mind?
9. After 10 minutes, thank God for spending this time with You.

INTERCESSION

A Place at the Table

For the organiser

You will need:

- A table
- Two chairs
- Communion elements
- Cards with facts about the world and your area – you might look for statistics about poverty, loneliness, crime, and/or unbelief
- Optional: two place settings

How to set up:

Set up the table with the chairs on opposite sides. If you have place settings, set the table. Place the communion elements in front of one chair along with the instructions. Put the fact cards in front of the opposite chair.

For the prayer room

Then he said to his servants, 'The wedding banquet is ready, but those I invited did not deserve to come. So go to the street corners and invite to the banquet anyone you find.' So, the servants went out into the streets and gathered all the people they could find, the bad as well as the good, and the wedding hall was filled with guests.

Matthew 22:8-10

Instructions for using the prayer activity

1. Take a moment to take a seat at the table.
2. Reflect on the bread and wine in front of you. Jesus' body and blood, broken and shed for you. What do you feel as you think of this?
3. When you are ready, stand, and walk around the table
4. Pick up the prayer cards and pray for the oppressed, the marginalised, the lonely and the poor in heart. Pray they would know they have a place at the table.

INTERCESSION

A Ripple Effect

For the organiser

You will need:

- Stones
- Water
- A container for the water: a trough or large bowl

How to set up:

Fill the container with water and place the stones beside it.

For the prayer room

Your kingdom come, Your will be done, on earth as it is in heaven...
Matthew 6:10

Instructions for using the prayer activity

1. Take a stone and think of it as the power of your prayer.
2. Drop it in to the water and watch the ripple effect.
3. As you call for God's Kingdom to come, what could the ripple effect across the nation(s) look like?

INTERCESSION

Be Bold

For the organiser

You will need:

- Envelopes
- Paper
- Pens

How to set up:

Set the supplies up on a table along with the instructions.

For the prayer room

On the day the Lord gave the Israelites victory over the Amorites, Joshua prayed to the Lord in front of all the people of Israel. He said, "Let the sun stand still over Gibeon, and the moon over the valley of Aijalon." So the sun stood still and the moon stayed in place until the nation of Israel had defeated its enemies. Is this event not recorded in The Book of Jasher? The sun stayed in the middle of the sky, and it did not set as on a normal day.

Joshua 10:12-13

Instructions for using the prayer activity

Throughout the Bible we see evidence of the people of God praying bold prayers, to bring about change in their lives and the lives of those around them for the glory of God. What "Sun Stand Still" bold prayer can we pray to God and have faith for Him to answer?

1. Make a list of five big, bold prayers you can pray to God. Maybe it's for your friend to become a Christian, maybe someone needs healing, maybe you need a job - where do you need a significant breakthrough?
2. Pray over your list.
3. Put the list in an envelope.
4. Write the date on it one year ahead. So, if today is 19th April 2024, then write on the envelope "Open on 19th April 2025."
5. Put it somewhere safe at home, and open it in a year's time. Tick off what God has done. Maybe put the envelope in your Bible and set a reminder on your phone to do this.

60 Minute Prayer Guide: The Lord's Prayer

Spend an hour reflecting on the most famous prayer in history.
You'll need: paper, a pen, a bin

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 (For others 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?

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

60 Minute Prayer Guide: The Lord's Prayer

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.

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.

Intercession

Prayer Tool: How to Run a Non-Boring Prayer Meeting

What?

Joining together in corporate prayer is powerful and can bring about transformation. This prayer tool contains practical tools for engaging a community in prayer and intercession

Why?

“O for thousands upon thousands, divided into small bands in their respective cities, towns, villages, and neighbourhoods, all met at the same time, and in pursuit of one end, offering up their united prayers, like so many ascending clouds of incense before the Most High.” John Sutcliffe

Bible reference:

“Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.” Matthew 18:19

A quick introduction to Non-boring Prayer Meetings

There is a particular power that is unlocked when we come together to intercede. The first Christians regularly prayed together in this way, and concerted prayer has marked church life ever since.

On one occasion, as they prayed, the room in which they were meeting shook with the power (Acts 4:31). Another time, Peter was miraculously released from prison by their prayers (Acts 12). Jesus had told them that when they came together in His name, He would attend, and that when they agreed together in His name, He would hear their prayers and perform miracles. No wonder the instinct of the early church, whenever they faced trials, was simply to raise their voices together and intercede.

Do it: How to Run a Non-boring prayer meeting

Your number one aim when leading a prayer meeting is to allow the Holy Spirit to be the ultimate leader. And your number two aim should be to ensure that it is never boring!

With a little planning and imagination, it's easy to fill an hour with dynamic intercession.

A healthy framework or flow for a time of corporate prayer includes the three dimensions – **Up / In / Out**.

Up

We should begin our prayer meetings in worship encouraging everyone to lift their eyes up unto King Jesus. Our opening songs should 'point upward', declaring Jesus' victory and the character of God.

We are told to bring our petitions before the Lord with thanksgiving (Philippians 4:6) and to enter His courts with praise (Psalm 100:4)

Worship helps lift our eyes from the problems we're addressing in prayer, to the possibilities of God's power.

Teaching people the often ignored Biblical principle, 'our worship is our warfare' is really important. As we sing songs, in an atmosphere of prayer, that declare the victory of Jesus over our lives and the principalities and powers: this is intercession.

Seeking to combine sung worship with spoken intercession, ebbing and flowing from one to the other during your prayer meeting, is great way to release faith.

In

Through the flow of worship, you may become aware of God speaking to you corporately.

Listen well and be sensitive to the Holy Spirit's leading as He may be gently leading you corporately into a response: through a scripture, an impression or a word of prophecy.

This could be a call to fresh surrender, an invitation to confession and repentance, a stirring up of renewed passion, a revealing of new direction or vision, or simply a tarrying in His presence that He wants you to enjoy.

While you may lead people to personally respond to any of the above, this time also might flow quite naturally into some 'body-ministry' – allowing people to pray for

one another in twos or threes, concerning the things the Lord is speaking to you about.

Out

It is important to move the flow of corporate prayer into an 'outward focus'.

Some of the things you pray for in this area may be a response to what has been revealed by the Spirit during the flow of the worship, but it is also good to be prepared beforehand, thinking through some creative ways you could lead people to pray for issues within your local community.

(If you are leading the prayer time, it's worthwhile saying most of your praying needs to be done before the prayer meeting, discerning the things God is putting on your hearts to pray for within your community when you come together. Then you can carry these things into the prayer meeting itself while still being sensitive to the Spirit about how it all flows together.)

During this part of the prayer meeting, it is helpful to alternate between different models of prayer and break into sections. This will enable you to maintain momentum while keeping everyone fully engaged.

Some of the following models might be helpful:

ABC - a great way to actively engage everyone in prayer is to split the room into groups of three, asking each person to allocate themselves 'A', 'B', or 'C'. Having done this, give three prayer pointers relating to the issue you are addressing, allocated to each of the three letters. This simple model multiplies the prayer and engages everyone, providing them with clear guidance. Invite everyone to draw their prayers to a close as soon as you see the first group finishing. Don't wait for the last group to run out of steam!

Zones - try splitting the room into zones, according to the size of the prayer meeting, around particular themes. Provide written prayer pointers for each one, or allocate different people to lead the prayers in each zone while the rest of the people spend a few minutes in each one.

Crying Out - we know that Jesus sometimes prayed in a loud voice and that the early church also 'raised their voices together in prayer to God.' This model of simultaneous corporate intercession is a mark of revival contexts around the world.

Praying in this way is efficient because God hears every single voice, and it's more engaging than listening to one person at a time praying a long prayer. It also helps us stir ourselves to get passionate about the things that really matter.

If a group is not used to this model of prayer, it is important to explain it to them first and to allow them a few moments to work out what they are going to pray.

At first you may just manage a minute or two, and it's important to stop as soon as voices begin to trail off, but gradually you'll be able to go for longer.

Kingdom Come

Kingdom Come prayer meetings combine free-flowing worship, intercession and listening to God. When this model was introduced at a church called HTB in London, the prayer meeting grew from 40 people to 700, and the average age halved.

Kingdom Come prayer meetings are now spreading around the world.

Books on Running a Non-boring Prayer Meeting

- A Humble Attempt – Jonathan Edwards
- Only a Prayer Meeting – Charles Spurgeon