

# 21 Days of Prayer

Prayer Experience

**Devote at least 1 hour to prayer. Don't think you can pray for an entire hour? Don't worry. Here are some suggestions to help you not only pray for 1 hour but make it a powerful prayer experience.**

## **Things to remember:**

- Prayer is a conversation with God. You don't need fancy words.
- A good conversation involves speaking and listening. So often our prayers are one-sided, just us doing the talking. Don't be afraid to spend some purposeful time listening.
- Find a spot that isn't full of distractions (TV, smartphones, tablets, etc) so you can stay focused on God.

## **Things to do:**

- **P.R.A.Y.** (based on Matthew 6:9-13)
  - **Praise:** Acknowledge how great God is.
  - **Repent:** Confess and turn away from any sin.
  - **Ask:** God's Kingdom come. His will be done.
  - **Yield:** Be quiet and listen.
- **Read & Journal Scripture**
  - Highlight and underline. Don't just blow through it. Meditate on it.
  - Write out different verses in a journal. Write a prayer after each Scripture.
  - Approach Scripture with the **S.O.A.P.** method
    - **Scripture:** The passages that you choose to read and write down.
    - **Observation:** How is this verse or passage speaking to me?
    - **Application:** How should I change in light of the truth in this verse?
    - **Prayer:** Write out a prayer in response to this passage of Scripture.
  - What Scripture do I read?
    - Pick your favorite Scriptures
    - Scripture suggestions from the Psalms:
      - Psalm 1
      - Psalm 23
      - Psalm 40
      - Psalm 118
      - Psalm 150
- **Prayer Walk your neighborhood**
  - Pray for the neighbors you know as you walk by their homes
    - Check-in on them
    - See if you can pray for them
  - Pray for the neighbors you don't know as you walk by their homes
    - Opportunities to get to know them

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- Opportunities to invite them to online church
- Opportunities to share your story with them
- **B.L.E.S.S.** prayer for your neighborhood
  - **Body:** pray for the physical well being of the people in your neighborhood.
  - **Labor:** pray for the jobs/work of the people in your neighborhood
  - **Emotional:** pray for the emotional well being of the people in your neighborhood.
  - **Social:** pray for the relationships of the people in your neighborhood.
  - **Spiritual:** pray for the spiritual lives of the people in your neighborhood.
- **Fast**
  - Throughout Scripture, you can find a lot of people partner prayer and fasting together as they sought God and His will.
  - Fasting is a way we eliminate the noise and distractions of the world around us and focus more completely on hearing God's voice.
  - Consider fasting from food 24 hours before your prayer experience. Try fasting from dinner to dinner. After dinner on any evening, you seek out God with some Scripture and prayer before bed. Then during breakfast and lunch the next day, forgo solid food, and read Scripture and pray during those mealtimes. Do your hour-long prayer experience at the end of this fast, and then celebrate your prayer experience with a meal at the end.