



60 MINUTES - PERSONAL PRAYER

You will need: a Bible, paper, a pen and a bin or paper shredder.

Ask God to help you pray and read the Lords prayer in Matthew 6:9-15

APPROACH 15 MINUTES

- Read Matthew 6:9
- Think of all the names you've heard God called (if you need inspiration why not read: Genesis 21:33, Exodus 3:14, Judges 6:24, Deuteronomy 7:9, Deuteronomy 10:17, Isaiah 5:16, Psalm 136:26, Isaiah 7:14 & John 8:58)
- Which name do you most use when speaking to God?
- *"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

- Read Matthew 6:10-11
- Write your name in the centre of a sheet of paper
- 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 in His will for His kingdom in each of these situations
- Make a paper aeroplane out of what you've written and as you throw it across the room thank God that He has your whole life and all your requests in His hands

REFLECT 15 MINUTES

- Read Matthew 6:12
- Think back through your last 24 hours, the things you've done the people you've met
- Ask the Holy Spirit to highlight things you've done wrong
- Next ask the Holy Spirit to show you times you should have acted and did not
- Write everything that has come to mind on a piece of paper
- As you say sorry tear it up and throw it into the bin or feed it through the shredder. Thank God for forgiving you
- Is there someone you need to forgive today? Ask God to show you who

PRAISE 15 MINUTES

- Read Revelation 1:6
- Stand and speak the names of God aloud adding after each one why this is true in your life (i.e. I know you're my Provider because you provided for the debts I needed to pay)
- Write a song or poem that expresses your love to the Father. If you need to find inspiration from the book of Psalms and modern day worship songs

As you leave the 24-7 Prayer Room stand and pray St Patrick's prayer:

"I arise today through the strength of heaven....

**Christ with me, Christ before me, Christ behind me, Christ in me,
Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down,
Christ when I sit down, Christ when I arise
Christ in the heart of every man who thinks of me
Christ in the mouth of everyone who speaks of me
Christ in every eye that sees me
Christ in every ear that hears me"**



60 MINUTES – PRAYING FOR OTHERS

You will need: a Bible, a box of tissues and a pen.

Say 'Hi' to God and read Matthew 28:16-20

WHO DO YOU SNEEZE ON? 15 MINUTES

- Get a tissue and write your name in the middle
- Then write the names of your friends that don't know Jesus and link them to yours with arrows. (If you're finding it hard think of areas of your life like family, work, school or your neighbourhood.)
- How would knowing God impact the lives of these people? Draw something by each name to represent the change.

SEEING JESUS IN PEOPLE 10 MINUTES

- Read Genesis 1:27
- We are all made in the image of God. Think about each friend and write down the good qualities God has given them (i.e. they are generous, faithful, compassionate, etc.)
- Thank God for the unique way He created each of them

HOW CONTAGIOUS ARE YOU? 15 MINUTES

- The Bible uses analogies like light in the darkness or salt in food to describe how we should be displaying our faith in Jesus. Read: Mathew 5:15
- Consider the last week – how have you displayed your passion for Jesus in words and deeds to the people you've been praying for?
- Read John 15:4
- We need to remain rooted in Jesus if we want to be part of His plan for our friends come to know Him. Ask Jesus to give you His Holy Spirit afresh today. Spend 5 minutes in silence giving Him your full attention

SPREADING THE VIRUS 10 MINUTES

- If loving God were like a virus that you could pass onto your friends, much like a sneeze passes on a cold, the people surrounding your name would be the first to catch it. Pray for them individually that they catch your life saving 'virus' and be led to Jesus by the Holy Spirit.

WHO'S IN RANGE? 10 MINUTES

- Has God drawn your attention to specific people on your piece of tissue? Circle their names
- Ask God how He would like you to encourage them towards Jesus
- If He speaks to you or you have an idea of how you could bless them write it down and promise to do it within a week

NOW SNEEZE...

- Pick up the tissue full of names and sneeze on it!
- Ask God for more opportunities to share the good news of Jesus with each and every person mentioned.

As you leave the Prayer Room take this tissue with you, keep it in your pocket to remind you to pray daily for your friends and family.





60 MINUTES – PRAYING FOR TOWN

You will need: a pen, paper and your imagination

Get yourself into a comfortable position. Take a few minutes to focus on your breathing, take slow, deep breaths and welcome the Spirit to fill you afresh.

JESUS AT YOUR DOOR

Imagine this... It's morning and the doorbell has woken you, "*Was I meant to meet someone?*" you think as you get out of bed and walk to the front door. There, standing in the doorway, is a man with a warm smile. You've never met Him face to face but somehow you recognise Him: Jesus has come to your home! What breakfast would you share with Him? Think of the smell, how does it taste, what would you drink? As you look across at Him is there something you want to ask Him? Why not take this opportunity...

At the end of the meal Jesus looks up and asks, "*I want to see what this place, the place where you live, is like. Would you show me around?*"

USE YOUR IMAGINATION

Imagine you and Jesus walk out your front door and through your village, town or city. You take the journey slower than normal, every road name sticks in your head and things seem more vivid today.

What do you notice about the streets and the people?

Jesus knocks on a door and an elderly woman answers. He tells her that He's heard her prayer and whispers something in her ear. Tears of joy fill her eyes. You continued your journey passing young people hanging out, Mums with their children and people going about their daily jobs.

Who do you want to stop and talk to?

Who do you want to introduce to Jesus?

What does He say to them?

Jesus asks you what you know about your area. He's particularly interested in employment, homelessness, unwanted children, other religions practised there and how many Christians there are. Take some time to think about how you would answer Jesus and what His response would be.

Pray with Him about these issues as you walk the streets.

You've arrived at the local Hospital, Doctor's surgery or medical clinic. Jesus looks around the waiting area then sits down next to a man in the corner. As they speak colour fills the man's face, he straightens, walks out healed.

Who else would Jesus visit here?

Pray for the sick with Him, imagine those you know who need healing being prayed for.

Continue your journey to places where people need Jesus' help. Think of schools, local law enforcement, the oppressed or imprisoned. Where are the significant landmarks of your area? As you imagine taking him to each one how does Jesus respond and whom is He interested in speaking with?

You decide to take Jesus out for the evening, hoping to introduce him to your friends. Who's out on the street as the day grows dark? You find your favourite place to hang out and introduce him to your friends. Conversation starts quickly everyone has questions and a crowd begins to gather.

What would your friends ask Jesus? How would you respond to their questions?

People see you sitting with Him, how do you feel about it?

Are you behaving the same as you normally would or are you different tonight?

At the end of an amazing evening Jesus gives you a massive hug and thanks you for a lovely day. You wander home and think about what it would be like if He visited everyday. What would change in your area and in you? Ask for Jesus to give you the Holy Spirit and as you leave the 24-7 Prayer Room ask to be Jesus' representative bringing God's Kingdom with you into all the places you have been thinking about.



60 MINUTES – PRAYING FOR YOUR NATION

You will need: A national newspaper, a pair of scissors, glue or tape, a window and/or a torch, a picture of your national leader and a map or drawing of your nation.

WHAT IS YOUR NATION LIKE? 15 MINUTES

In every country there are things to thank God for and things to ask for His help with. Look through a recent Newspaper and cut out words that describe good and bad things about your nation. Stick them to a piece of paper and look at the image they create. Thank God for the good things you read. Ask for His help with the bad.

PRAYING THROUGH THE NEWSPAPER 10 MINUTES

Now look through the articles in the Newspaper you've been using. Choose two things happening in or affecting your nation today. Stick the articles to a window and if there's daylight ask God to shine His wisdom on these situations. If it's night use a torch to illuminate the stories to represent God's truth and wisdom illuminating our world. Ask Jesus to move and for His Kingdom to come and His will to be done.

PRAYING FOR YOUR NATION 15 MINUTES

Think about the role that government plays in our lives today. Lay the map of your nation on the floor and stand on the place where your government meets. Pray that Jesus' Kingdom would be the foundation of law and leadership in your nation.

"The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Savior God wants us to live."

1 Timothy 2:1-3 MSG

Look around you at the different parts of your country. Consider the different kinds of people that live in each region. Pray for the ones that jump out at you. Ask the Holy Spirit to move in your nation and speak out His fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Pick up the picture of your national leader. If there is a cross in your prayer room bring the image and lay it at its base. Pray that your leader will come to know Jesus better as His Lord and Saviour. Ask God to guide your leader in justice and wisdom.

PRAY FOR A FRIEND AND FOR AN ENEMY 10 MINUTES

Every nation has allies and enemies. Jesus teaches us to love our neighbour (Matthew 22:38) and to love our enemies (Matthew 5:44); this can be difficult when war or oppression is at the root of dislike.

Choose a nation that is closely allied to your own, and then choose a nation that is historically or currently an adversary. Write their names in your prayer room and pray for God's kingdom and blessing to come in both. Ask the Holy Spirit to guide you as you pray into their strengths and weaknesses.

THE LORD'S PRAYER 10 MINUTES

Before you leave pray The Lord's Prayer over your nation. Don't just pray it personally but think about representing your nation. Take some time on each line adding or adapting it to your nation and its needs. Finish by praising God.