

How to run a 24-7 Prayer Room

Everything you need to know
to pray night and day

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Welcome

Dear Friend,

All over the world in churches, schools, homes, campuses, tents, caravans, festivals and shop fronts, people have cried out to God night and day. In creative, messy, holy prayer rooms, many are learning to pray and discovering a passion for mission and justice.

Churches can be renewed and invigorated as they commit to a week of 24-7 Prayer. There is something about the creativity, intentionality and the Spirit's presence that engages and inspires many who find prayer hard. It's surprising how fast an hour can fly by!

For some, their first prayer room experience is the beginning of one of the most important lessons of their faith: we learn to pray, by praying. When you spend time with God – you grow closer to Him and start to care about His priorities. That gift roots our relationship with Jesus, fuels the sharing of our faith and helps carry us through the good, the bad, and the ugly of life.

If your community struggles with prayer, a night and day challenge is an excellent way to ignite a fire that could change lives. However, planning to pray 24-7, even broken down into hour slots, can feel quite daunting. So 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 mobilise your community to, "pray without ceasing" (**1 Thessalonians 5:17**).

We're with you every step of the way. Our team is happy to discuss any questions you may 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

01

The timeline of a prayer room

There's no set amount of time needed to prepare to pray 24-7. Below is just a suggestion to get you started. If you have less time it is still possible.

We recommend planning ahead to give your community lots of notice, but simple prayer rooms, for motivated communities can be put together in days. Preparations referenced below like forming a prayer room planning team and decorating the room are explored later in this resource.



01

"I have posted
watchmen on
your walls..."

Isaiah 62:6

○ 3 months before

- **Start praying** about mobilising night and day prayer
- Thoroughly **read** through this resource
- **Communicate** with leaders
- Decide on a **length of time** that is achievable but stretching for your community to pray 24-7
- Decide on the start and end **dates** of your prayer room
- **Register** your prayer room (24-7prayer.com/register) and access an online sign-up tool
- Find a suitable prayer room **venue**
- Recruit a prayer room **planning team**
- Arrange for **teaching** on prayer before you pray
- **Introduce** 24-7 Prayer at meetings and share the dates of the prayer room

○ 2 months before

- **Inform** local churches, communities and individuals you want to be involved
- **Mobilise** existing prayer warriors and leaders
- **Promote** the 24-7 Prayer website and encourage people to read "Red Moon Rising, Dirty Glory, and How to Pray" by Pete Greig to stir a passion for prayer
- **Commission** a prayer room decorating team
- **Encourage** people to plan time to be in the prayer room

○ 1 month before

- **Promote** the sign up and get as many hours as possible filled in advance
- Consider how you will cover and safely manage **night-time prayer**
- **Teach** on prayer and share testimonies
- **Communicate** how the week will work practically
- **Encourage** people to sign up
- **Transform** your space into a creative prayer room
- Plan and host the **launch meeting**

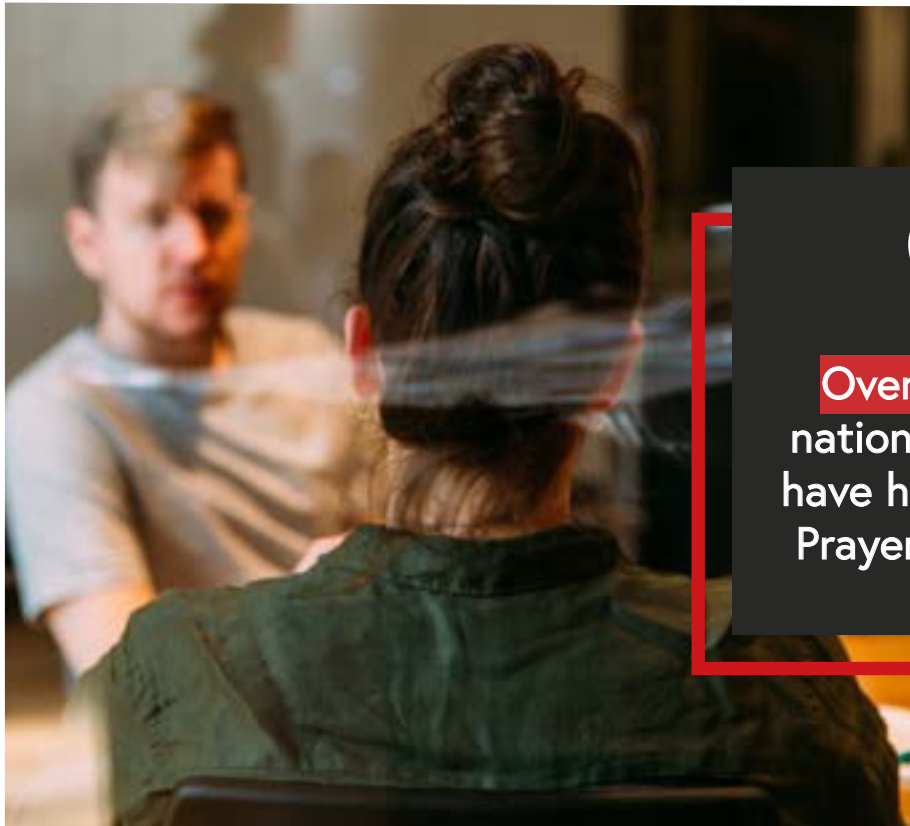


○ During

- Keep the room **tidy** and inviting to visitors
- **Replenish** refreshments
- Maintain **daily contact** with the 'On Call' team (more on this later)
- Take **photos**
- Gather and **share stories** and testimonies
- Arrange for appropriate people to **pastorally respond** to issues that may arise
- **Finish together:** share stories and celebrate

○ After

- Gather feedback and **testimonies**
- **Consider** what God has said and done, as well as how you will respond
- **Decide** how your prayer and community life will change as a result
- **Feedback** to the 24-7 Prayer team



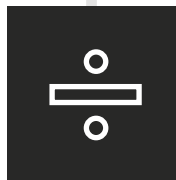
Over half the nations on Earth have hosted 24-7 Prayer Rooms...

02

How to form a prayer room team

Gathering a prayer room planning team is the most vital part of your preparations.

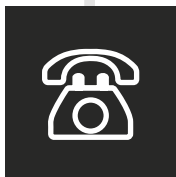
Find people with a passion for prayer, good communication skills, creativity and organisational ability; people who can work together to listen to God, enthuse others and create your prayer room.



Divide responsibility

Practical preparations are easier when shared. Divide responsibilities among the team like:

- Sharing the vision for the prayer room and encouraging sign up
- Decorating the prayer room
- Managing the 'On Call' team (more on that below)
- Mobilising specific groups to sign up to pray (e.g. the youth, small groups, etc.)



On Call teams

Creating an 'On Call' team (which can include your planning team) is also vital to a successful prayer room.

Each member of the 'On Call' team will be responsible for a 24-hour period in the prayer room. We suggest giving them from 8am one day to 8am the next.

Each team member will need to:

- 1 Pray in the prayer room** - ask them to lead by example
- 2 Be available during their 24-hour period** - an appropriate contact number should be displayed in the prayer room so they can be called upon if the next person doesn't arrive
- 3 Fill empty hours in their 24-hour period** - either themselves, or by recruiting others. The more they do this in advance, the less they will be needed on the day
- 4 Make sure the room is tidy, welcoming and restocked** - including refreshments and creative resources as needed

Compile a list for those 'On Call' of people willing to be contacted at short notice if someone forgets their hour slot or is unable to get there. A strong team shares the challenge of a week of night and day prayer in a way that ensures no one person carries too great a load.



02

"For where two or three gather in my name, **there am I** with them."

Matthew 18:20

How to mobilise your community to pray

"If my people, who are called by my name, will **humble** themselves and **pray** and **seek** my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

2 Chronicles 7:13-14

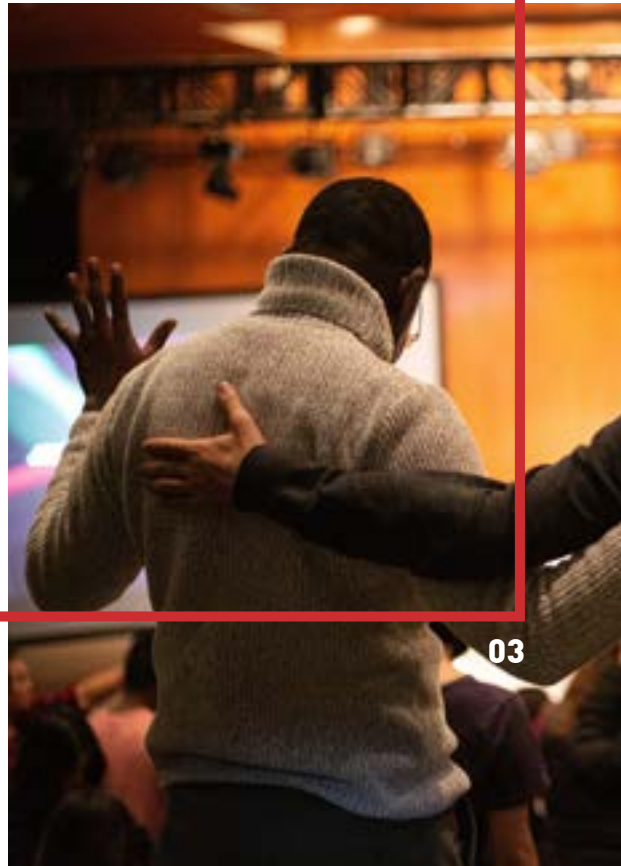
It's one thing to plan your prayer room, but quite another to mobilise people to pray in it!

It's tempting rush into 24-7 without taking the time to get people on board. Share about the prayer room early on, weeks, even months in advance and try these ten ideas to encourage your community to get involved.

1

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 prayer.



2 Communicate the vision

Practically communicate what you'll be doing with your community so that they know how to join in. Explain the focus or vision for your time of prayer, and that everyone is needed to meet this challenge together.

3 Get leaders on board

Communicate to those who hold different areas of leadership or responsibility in your community so that they can encourage the people they invest in to get involved.

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

4 Teach and Share about Prayer

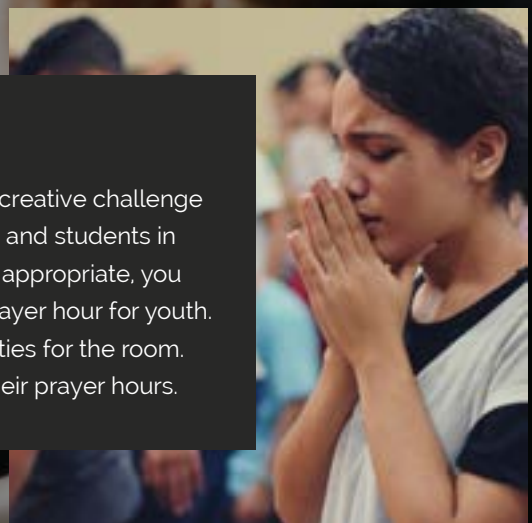
The Bible is full of teaching on prayer. Encourage your community by planning a teaching series or Bible study before your prayer room begins. You can find ideas and passages here: 24-7prayer.com/biblestudiesonprayer.

Recommend books on prayer. *Red Moon Rising* and *Dirty Glory* by Pete Greig capture how God started and sustained the 24-7 Prayer movement. *How to Pray*, also by Pete Greig is a simple guide for ordinary people wanting to learn.

Share stories together too, and encourage others to share their own experiences of prayer.

5 Involve young people

Young people respond well to the extreme and creative challenge of night and day prayer. You could ask the youth and students in your church to help organise the prayer room. If appropriate, you might like to organise a supervised late-night prayer hour for youth. Or encourage the children to make prayer activities for the room. Encourage families to include children during their prayer hours.



6 Get groups excited

If your community meets in small groups, encourage them to try praying, and talk about the prayer room. They could even book an hour to pray together.

Try reserving time in the prayer room to gather groups around areas of interest. For example, you could gather teachers, parents and pupils to pray for local schools. This gives people a chance to experience the room with others and be encouraged to return on their own.

7 Use Social Media

If appropriate for your context, communicate your prayer room invitation in any social media groups or channels that your community will see. (Consider what information is ok to share publicly online.) It's also a great way to share any encouragements together.

There have been **over 16,000** prayer rooms registered since the year 2000.

8 Make it easy for people to sign up

When you register your 24-7 Prayer Room (24-7prayer.com/register), you're given a link to a free, online sign-up sheet in addition to the printable template at the back of this resource. Link to the sign-up page from your website and social media channels (if appropriate) and have it available at meetings so people can easily sign up to pray.

Before you launch, invite people to pray about how much time they'll spend in the prayer room. You could invite prayer pledges or ask people to sign up there and then.

If there are empty hour slots in the prayer room, it can work well to auction them: "Who can pray from 11-12pm?" But remember not to pressure others 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 so people can book another hour.



04

How to decorate a space to inspire prayer

People have prayed in churches, tents, caravans, shops, planes, basements, bedrooms and more.

Choosing a space

Consider a space for your prayer room large enough for small groups to gather, but not so big that one person feels lost. The room must be secure, yet accessible to those praying 24 hours a day.



Decoration

24-7 Prayer Room decoration can be as simple or as elaborate as you like. 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.

If creativity isn't your strength, commission someone else to design the prayer room. Create an inviting atmosphere, keep it bold and simple, and consider how your space could welcome those who aren't Christians. Though most prayer room users will likely know Jesus, we find that they often attract people who are curious about God too. Encourage your community to invite friends to the prayer room and to ask them for needs they can pray for.

Your room could include:

- Soft lighting
- Sticking materials
e.g. Glue, Pegs, String or Tape
- Maps of the world, your nation and local area
- Soft Cushions, fabrics, and chairs
- Newspapers and information about your local area
- Music and instruments
- Paper, pens, paints, clay and other art materials
- Bibles, verses and inspirational quotes
- A testimonies book to capture what God is saying and doing
- Images and paintings
- Books and stories
- A small tent
- A cross

Welcome area

Create a welcome area providing a visual introduction to the prayer room and its vision. On this wall you could also clearly display your sign up sheet, 'On Call' rota with contact details and any practical instructions needed. It's also a good idea to have a feedback or testimonies book and refreshments.

Engage the senses

Stimulate all five senses to engage people, especially children and young people.

Sight

- Use colour, inspiring images and text
- Dedicate an entire wall for painting/drawing prayers
- Use art, photo-books, videos or slideshows about topics for prayer
- Leave Bibles for people to read
- Have a feedback book so people can read and record what God has said, answered prayers and experiences from the prayer room

Sound

- Have instruments and recorded music available
- Make audio or video devotional resources like 24-7 Podcasts available (24-7prayer.com/podcasts)
- Offer an audio version of the Bible

Taste

- Provide refreshments
- Build prayer activities around food using taste as a symbol, or as an aid to meditate on a scripture that references food or drink

Touch

- Use different textures in the space
- Some people might find it helpful to sculpt their prayers, touch sand, stones or water, hold a cross or something else in prayer
- Provide comfortable seating or areas to lie down in a secluded environment
- Provide paints, brushes, paper, pens and other craft materials

Smell

- Regularly air the room so it's a pleasant place to enter
- Consider using something scented as a focus or symbol for prayer

Prayer Stations

Creative prayer activities engage different ages and can help people focus for an hour of prayer. Below are ten suggestions you could use. Adapt them for your own context or use them as inspiration to create your own prayer activities.



1 Adoration Activity

Set out a Bible and a bottle of perfume. Direct people to read **John 12:1-3**. Mary anointed Jesus with expensive perfume. Invite people to smell the perfume and think about what Jesus has done for them, then express their gratitude to Him in prayer

2 Sin Bin

Put paper and pens next to a bin and invite people to write their sins, ask for forgiveness and thank the Lord that their sin is gone as they throw what they've written away

(Psalm 139:23-24)

3

World Wall

Consider creating a wall that features maps, newspaper clippings, details of nations and missionaries, as well as world issues and needs

(Matthew 6:10)

4

Prayer Wall or Net

People can stick personal prayer requests on a wall or net, like at the Wailing Wall in Jerusalem where people wedge their heart cries on scraps of paper between the great bricks of the old Temple

(Mark 11:24)

5

Worship Wall

Create a wall with verses, images and colour - anything to provoke wonder and praise. You could also provide instruments and space to paint or draw in worship

(Psalm 100:1-2)

7 Salvation Tree

This could be real, fake or a drawing of a tree to which people can add the names of family and friends they want to know Jesus

(John 3:16)



6 Intercession Station

Make paper and pencils available; invite people to draw something that represents a person or situation they want God to work in. Ask them to draw next to, or onto, their drawing something that represents the change they want to see and to pray about it. Invite them to write or draw anything they feel God says or promises/verses/prayers they want to claim over the situation

(Philippians 4:6)



8

'Examen' Space

Create a comfortable environment and invite people to use this Ignatian tool to reflect and pray in five steps.

- 01** Become aware of God's presence
- 02** Think through your day with gratitude
- 03** Pay attention to how you feel and ask the Holy Spirit to highlight moments from your day
- 04** Choose one thing and pray about it and
- 04** Pray about tomorrow (Psalm 46:10a)

9

Listening Station

Set out a Bible and a loaf of bread. Invite people to read **Matthew 4:4** aloud several times, meditating on Jesus' words. Invite them to ask the Lord to speak to them as they eat the bread in front of them

Don't forget

Have clear instructions for using each station you create and allow space for people to pray in their own way.

10

'Pick a Fight' Challenge

Create prayer stations from 24-7 Prayer resources that highlight issues of injustice or persecution, give key information, a written prayer to agree together and a way to continue praying or get involved. Find out more: 24-7prayer.com/pickafight or 24-7prayer.com/the-persecuted-church (Matthew 25:34-36)



For more ideas...

For more creative prayer ideas visit 24-7 Prayer's Pinterest boards (uk.pinterest.com/247prayer) and follow the 24-7 Blog for seasonal prayer room ideas (24-7prayer.com/blog).

Safety

24-7 Prayer is an international movement and churches and groups in different nations and contexts have different approaches and requirements to assessing the risks of activities like prayer rooms. Prayer rooms registered on the 24-7 Prayer website are registered and run independently, therefore 24-7 Prayer can accept no responsibility for any injury or offence that takes place within, or as a result of, a prayer room. Take time to consider what potential risks may be involved in your week of prayer and what reasonable precautions you could take to ensure the safety of those praying.



Some safety questions to consider...

Location and access

- Is it safe for individuals to be alone in the room?
- Would you like to suggest a minimum age for night-time slots, or suggest people pray in pairs after dark?
- How will people travel to and from the prayer room?
- How safe is it to travel at night?
- How easy is it to gain access to the prayer room?
- Is the entrance well lit and could the door be locked or secured?
- Could you install a doorbell to be rung when the next person arrives, or have someone on welcoming duty so there are always two people in the building?
- Do you want the room to be accessible to people who aren't part of your church?
- Will there be any noise disturbance for both those in the prayer room and neighbours?

Comfort breaks

- Does the space you are using have access to toilets?
- Is there access to water for making drinks, washing paintbrushes etc?

Room safety

- Are there any hazards you can identify, including fire hazards (candles, matches, etc)?
- Are fire exits accessible and clearly marked?
- Is there a way of contacting someone for help?
- What other potential risks are presented by the design of the room and how could you minimise them and alert those praying to the hazard?

Children and young people

- How will you invite young people and children to engage in the prayer room?
- Is it safe for young people to be in the prayer room on their own or do they need supervision?
- What is your approach to young people being in a room with an adult?
- Does your community have child protection guidelines that you need to observe?

For further questions to consider and advice on assessing risk go to:
24-7prayer.com/safeguarding-guidelines

Recording what happens

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

Create a place in your room where people can write or draw what they are hearing, and where they can share encouraging stories. Many groups put a feedback and testimonies book in the room for everyone to write in at the end of their hour. When you look back at the end of your time of prayer it can paint an amazing picture of what God has been doing.



Cost

The financial cost of running a prayer room varies. Some churches or communities have a budget for prayer while others don't.

Prayer rooms can be set up for almost no cost, borrowing materials from homes and church resources – the only materials purchased might be pens, paper and similar materials for prayer activities. Some have spent a lot on their prayer room – buying material, cushions, lighting and various aids to prayer. The cost of the prayer room will depend on your plans.

Using 24-7 Prayer Resources

24-7 Prayer charges nothing for downloading this resource, the support of our team, the online sign up tool you received when registering and many of our other prayer resources. Would you consider giving a gift, as a community or as an individual, to 24-7 Prayer to enable us to continue fuelling prayer all over the world?

24-7prayer.com/donate

05

How to launch and sustain

"Again I tell you that if two of you on earth agree about anything you **ask** for, it will be done for you by my Father in Heaven. For where two or three come together in my name, there **I am with them.**"

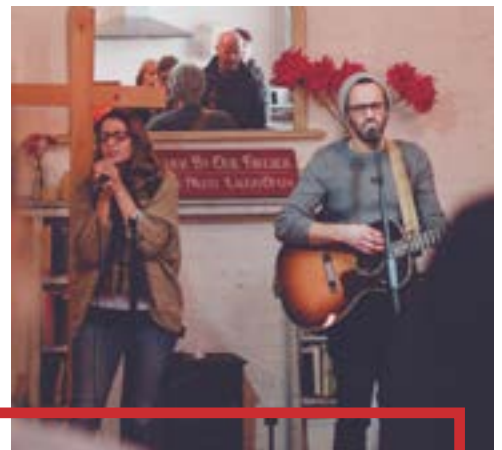
Matthew 18:19



Launching

How will you mark the beginning of a week or more of seeking God without ceasing?

The Bible is full of holy fasts, feasts and commissioning ceremonies, where people gathered to mark significant moments. Gather your community and mark the beginning of your prayer room with vision and faith. Some launch 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 why you're praying, dedicate the time to God and invite everyone to get involved.



05

Planning a launch meeting

During your launch meeting start as you mean to go on - pray together. Most people find long periods of prayer challenging, so plan short bursts of prayer with different topics and styles.

Seven suggestions for leading corporate prayer at a launch event.

1 Get loud

The early church 'raised their voices together in prayer to God' (Acts 4:24). Encourage the church to pray in unison out loud. It helps to have worship music in the background

2 50/50

Split the group in half and get one half to pray out loud about an issue while the other half sing in worship, then swap

3 Be still

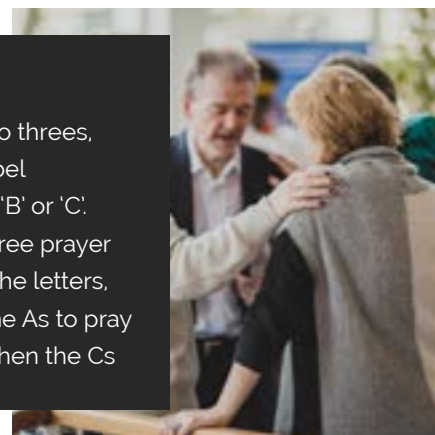
Wait on the Lord in silence together and listen for God's whisper (1 Kings 19)

4 Liturgy or written prayers

Draw on the wealth of liturgical prayer or write your own for people to read and agree together

5 ABC

Split the group into threes, asking them to label themselves as 'A', 'B' or 'C'. Allocate one of three prayer topics to each of the letters, and then ask all the As to pray first, then the Bs, then the Cs



6

Zones

Split the room into zones and focus each section on a different topic. Encourage people to move around the room and pray into the issues they choose. If you're gathering in the prayer room you may want to use the prayer stations you have prepared

7 Petitioning the King

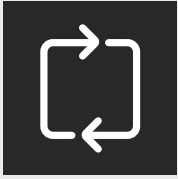
Place a chair at the front of the room and ask everyone to imagine it's a throne and that God is lovingly inviting them to approach with a request. What would that one request be? Make space for people to come, one at a time, to kneel and pray as others worship

And go!

The launch event is a fantastic and important opportunity to create momentum for your week of prayer. If it's large enough then gather in your prayer room, otherwise meet nearby.

At the time the prayer room officially opens you could:

- Invite the Holy Spirit to move through the prayer room and dedicate the time to God
- Light a candle
- Share a scripture as the focus of the week
- Countdown from 10, NASA style!
- Lay hands on the first person praying and send them into the prayer room



Sustaining momentum

As your prayer week launches and continues, keep observing what's happening and keep communicating:

Share Stories

If you're praying for a week or longer, share stories to encourage others to get involved.

Keep an eye on availability

Some people may be filling lots of hours – we suggest that nobody does more than three consecutive hours so that there are slots available for others who want to pray.

Keep inviting

If you still have slots, put out a fresh invitation for people to sign up – some people will wait right until the end before getting involved!

Gather requests

If appropriate, offer to pray for people in your community – you might like to gather requests from other churches, schools, local government or business owners.

Prayer Events

Organise special events over your prayer time – you might like to co-ordinate a prayer walk, a prayer and worship night, or times of focused prayer for your community.

Feedback

Stay in touch with your On Call team to feedback on what's happening.



What if you can't stop?

As you pray, momentum builds, so how do you know if you should continue?

It's fine to keep your prayer room open as long as there is life in it, but it's better to end with people wanting more than to keep going until they're exhausted and never want to do it again!

If you do decide to continue, choose an achievable (and short) period to continue, rather than committing to an indefinite call to prayer. Get in touch with the 24-7 team (prayersupport@24-7prayer.com) if you need help adjusting your registered dates to continue accessing the online sign-up form.

06

How to end well

Finishing together is as important as starting well.

End with a bang!

Perhaps you could host a prayer meeting, adapt one of your regular gatherings or services, or share a meal together. There have been some very creative ways communities have marked the end of 24-7 Prayer. You could create a 'prayer bonfire' with all the prayer and artwork from the room, spend a prolonged time in worship and thanks giving, or make space for story-telling. However you end make sure you pray and celebrate that you met this challenge together as a community.



Weighing

Spend time weighing what God has said and done. Prioritise gathering feedback in meetings and conversations, along with anything from the feedback and stories book, or from the walls of the prayer room. God will have spoken in various ways, to different individuals. 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.



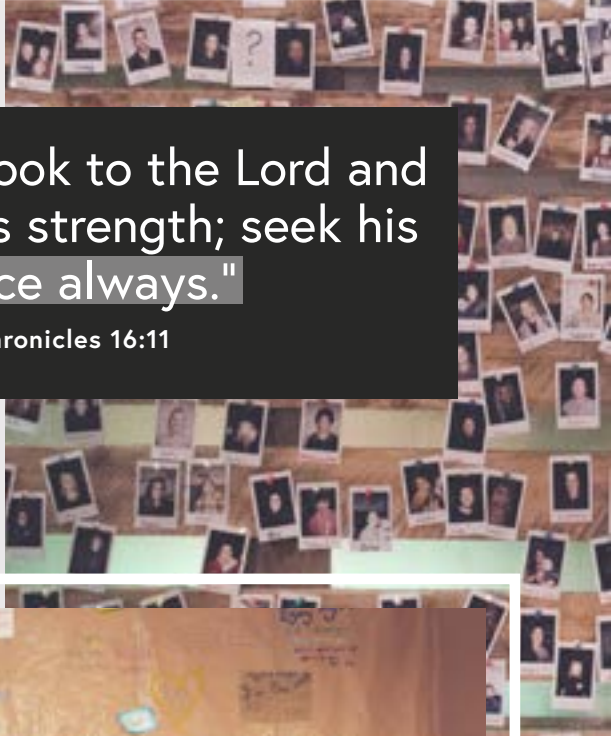
Ready to respond

A season of 24-7 Prayer is like inhaling deeply in the presence of God. It often results in the Church exhaling in service, mission and in challenging injustice in their neighbourhoods and nations. Be ready to respond to the things God has said during the week. Don't stop at prayer, become an answer to prayer for others. Has God highlighted people, a neighbourhood, or a challenge that He wants to use your community to make a difference with? As your season of prayer ends a new adventure could begin.



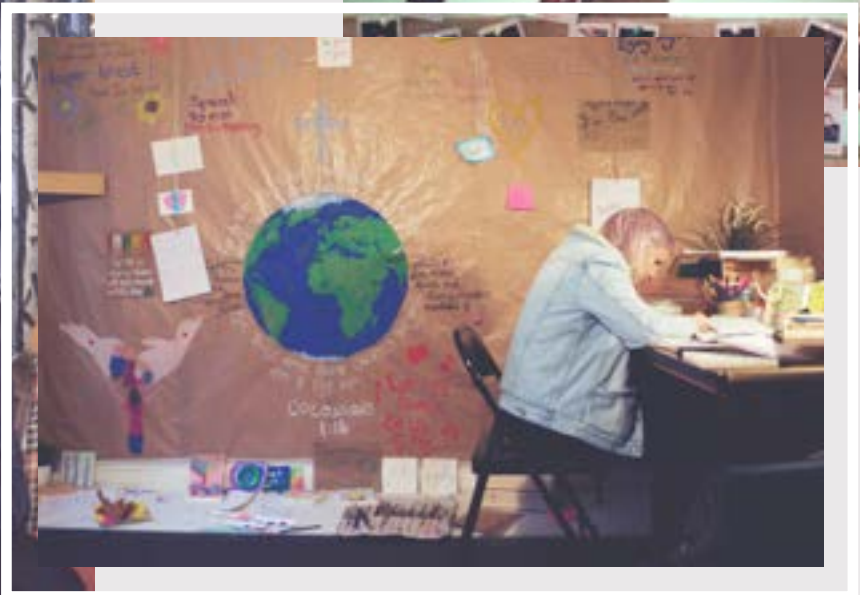
Take stock

A 24-7 Prayer Room is an amazing place to see what is on the heart and mind of a community. Before you take the room apart, take photos and save key prayers or pieces of art. The 24-7 team are interested in hearing feedback and stories. If you have anything to share email prayersupport@24-7prayer.com and let us know what God has said and done through your season of 24-7 Prayer.



"Look to the Lord and his strength; seek his face always."

1 Chronicles 16:11



07

Where to go from here

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

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, however, can extend well beyond the week itself.

A 24-7 Prayer week can create momentum for the ongoing prayer life of your community, it can be a foundation to build on, or a springboard to leap from, 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?



07

Strengthen your corporate prayer rhythms

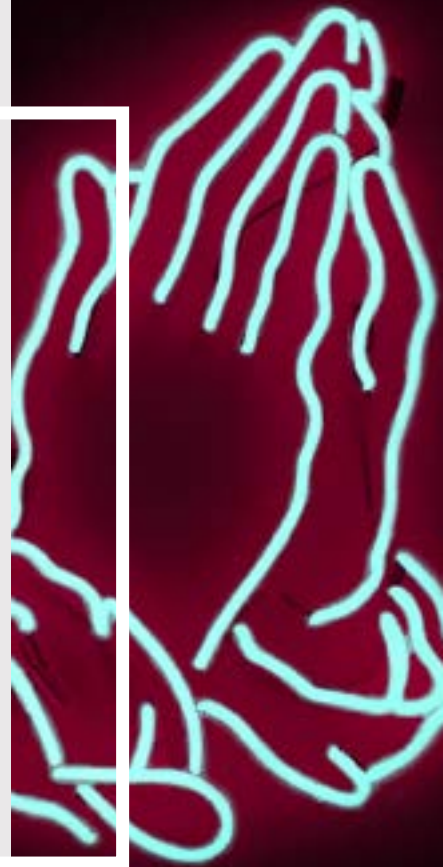
It's possible that your 24-7 Prayer Room represented the most prayer you've ever managed to sustain as a community. If so, take what people enjoyed using in the prayer room to make your regular prayer gatherings, and weekly meetings, more engaging. Embrace creativity in new settings and try using the momentum to introduce new corporate prayer rhythms or special events.

Developing 24-7 Prayer Rooms

Churches

Many churches discover that building rhythms of 24-7 Prayer into their annual calendar can help raise the priority of, and passion for, prayer at different points in their year. Just as there are seasons for fasting and reflection (Lent) and seasons for celebrating (Advent and Harvest), when might you benefit from a season of prayer during your year? You could link a 24-7 Prayer Room to a particular mission or project. You could work with other churches and denominations in your area to host a united prayer room. Some churches start the New Year with 24-7 Prayer to dedicate that year to God, or run a prayer room at Pentecost to invite the Holy Spirit and focus on the mission of the Church.

Many Churches host prayer rooms two-four times a year to make regular space for God. Whatever rhythm or focus you develop, 24-7 Prayer is a tool to bring focus, energy for mission and unity in prayer.



Schools



Prayer Spaces in Schools takes the creativity of a 24-7 Prayer Room and offers it to children and young people, of all faiths and none, in schools. If you serve in local schools or want to find out more, check out stories and resources at prayerspacesinschools.com

Students

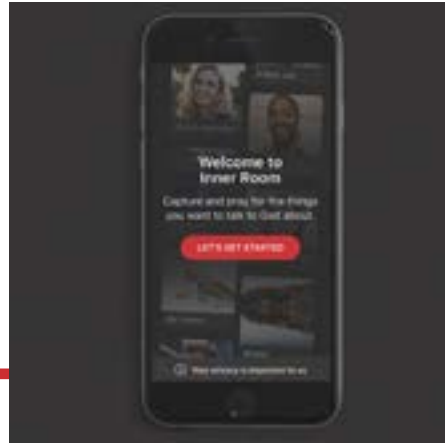
If you're a student, or have students as part of your community, try running a campus prayer room. We believe that students and student workers passionate about Jesus can transform their campus through prayer.

**STUDENT
PRAYER RESOURCE**

The 24-7 Student Flatpack is a free resource that contains everything to start 24-7 Prayer on campus. Available to order at 24-7prayer.com/students

Deepen personal prayer

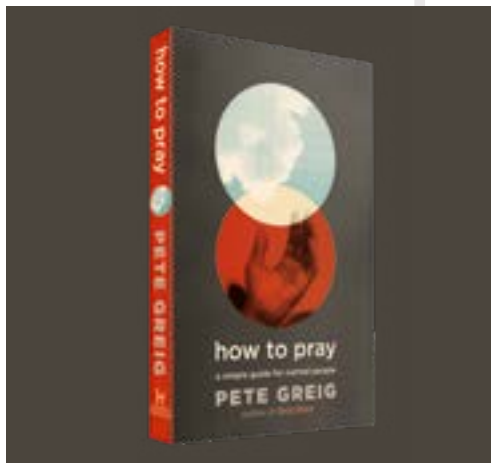
Many people discover new ways of praying from their experience in a prayer room.. Continue prayer rhythms by finding a few friends to pray with regularly, or build time weekly or monthly to invest in prayer. The following resources might be helpful too.



Inner Room

A free app that turns a mobile phone into a portable prayer tool. Add prayer requests, photos and create 'prayer playlists' that you can view and pray through on the move. Available on the App store and Google play.

Find out more at innerroom.app



How To Pray

This book, by Pete Greig, is a practical guide to growing and deepening in prayer every day. Structured around the Lord's Prayer, it's an incredible resource whether you're new to prayer or have been praying for years!



24-7prayer.com

Our international website contains a range of practical ideas and inspirational articles to help you pray, every day. Get started by heading to 24-7prayer.com/helpmepray

Prayer Courses...

The Prayer Course

Spend eight weeks journeying through the Lord's Prayer as a community.

Session 1 - Why Pray?

Session 2 - Adoration

Session 3 - Petition

Session 4 - Intercession

Session 5 - Unanswered Prayer

Session 6 - Contemplation

Session 7 - Listening

Session 8 - Spiritual Warfare

The Prayer Course is a free small group course that's suitable in a variety of contexts, with weekly videos and discussion guides to help you to grow and deepen in prayer.

prayercourse.org



The Toolshed

An index of thirty prayer tools available on the Prayer Course website that will help you practically learn to pray in different ways.

prayercourse.org/toolshed



Origins

A prayer course especially for 11-18 year olds. It includes creative ideas for prayer, alongside group discussion and great teaching. Find out more, and get your leader's guide at:

24-7prayer.com/origins

Connect to the wider movement

24-7 Prayer is a movement of prayer, mission and justice and you are part of it. There are several ways you can connect with what's happening beyond your prayer room...

1

Interact online

Visit 24-7prayer.com for inspiration, articles, resources and links to national sites. Sign up to 24-7 Prayer's weekly emails (24-7prayer.com/newsletter) and follow us on social media for daily engagement

2

24-7 Events

Each year the 24-7 Prayer movement gathers in national, regional or international conferences. Visit 24-7prayer.com/events to find out more

3

Mission teams

Each year we send teams to places of need, or high places of youth culture to pray, serve and share Jesus. Find out where your church could go: 24-7prayer.com/mission-teams

Would you give to 24-7 Prayer?

We want every church to be able to access our resources and inspiration. Though prayer itself doesn't cost anything, 24-7 Prayer is dependent on the generosity of people like you to continue offering our support and resources.

Would you consider giving a gift to our work?

You can give online (24-7prayer.com/donate) or contact us for bank transfer details or other giving options.

Prayer Room Sign Up Sheet

Start _____ Location _____

End _____

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
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| 23:00 - 00:00 | | | | | | | |

Still have questions?

If you've read this resource but we haven't covered something important for your preparations, our team is here to help.

Get in touch:

prayersupport@24-7prayer.com

24-7 Prayer,

Allen House Pavillion,
Eastgate Gardens,
Guildford GU1 4AZ, UK



[24-7prayer.com](https://www.24-7prayer.com)



Registered Charity: 1091413

Company No.: 04176643