

# INTRODUCTIONS

ORIGINS

In the gospel of Luke, one of Jesus' disciples asks Him to teach them something. In fact, it's the only time they specifically ask Jesus to teach them anything.

The disciple asks, "Lord, teach us to pray." (Luke 1:11)

The disciples didn't ask Jesus to teach them how to:

- ▶ do miracles
- ▶ raise the dead
- ▶ walk on water

They asked Him to teach them to pray.

When it comes to prayer, we all have questions. So, we've put together this youth prayer course, Origins, which seeks to answer the following:

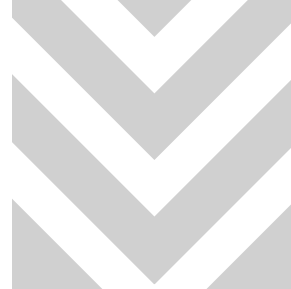
- ▶ **1 What is prayer and how do you do it?**
- ▶ **2 Why is prayer so important?**
- ▶ **3 How can young people who are relatively new to Christian faith begin to develop a regular prayer life?**

Over the years 24-7 Prayer has expanded and grown around the world with:

- ▶ Prayer rooms full of people engaging in praying 24 hours a day, 7 days a week in over half the nations on earth.
- ▶ Free prayer resources like the Lectio 365 app, helping over 170,000 monthly users to pray day and night.
- ▶ Prayer Spaces in thousands of schools internationally.
- ▶ Mission and justice hubs around the world, as well as 24-7 communities cropping up here, there, and everywhere. You can find out more at [24-7prayer.com/communities](https://24-7prayer.com/communities)

We are utterly convinced that prayer is the cornerstone of cultivating a personal and vibrant relationship with Jesus. And prayer is the ignition point for joining in with God's mission in our neighborhoods!

So we've created this fully revised version of Origins, a prayer course for young people to begin a journey of prayer.



# WHAT IS ORIGINS?

Origins is a 24-7 Prayer resource for 11 to 16 year-olds who are relatively new to Christian faith. It will help them learn the basics of how to pray and draw closer to God.

Life as a Christian starts with a conversation with Christ. Origins will help young people to start the journey of developing a consistent conversation with Jesus.

Looking through the Bible and through history, it's clear that stories of individuals with a deep faith and strong walk with God always started and continued with regular, honest, and open communication with God. Many of them were teenagers like the disciples, or young adults like the leaders of the great revivals around the world, such as Evan Roberts and John Wesley.

In almost every case, the origins of their miraculous stories are in prayer. And we know that every great move of God originates with a great move of prayer. From this place of origin, who knows what amazing adventures God will take us on?

**What fruit could come from young people being awakened and equipped in prayer?**



# RUNNING ORIGINS

We want Origins to be as easy as possible for you to run in your context.

## 1 Follow the Origins course

Each session is designed to be run in 45 minutes and follows the same format each time:



### Aim

what each session will lead to



### Get Started

an introductory thought or discussion question



### Go Deeper

a short piece of teaching on the week's theme



### Encounter

an interactive activity to do as a group



### Action Point

Something to do during the week



There's also a short video for each session you can use for the 'Go Deeper' and 'Encounter' sections, or use the script yourself.



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

We've made it easy by telling you when to play the video content in each session

## 2 Create your own Origins course

If you've got a different amount of time, or if you fancy getting creative, you can use the video content (available at [24-7prayer.com/origins-videos](https://24-7prayer.com/origins-videos)) and themes of each session to build a course that works for you.

### Got questions?

Drop us an email: [Youth@24-7prayer.com](mailto:Youth@24-7prayer.com)