



# 24/7

## WEEK OF PRAYER GUIDE

### **Welcome to the 24/7 Week of Prayer!**

Over the next hour you are invited to engage with the God who loves you through prayer.

Prayer is unique and special for each person. We have all been hand-crafted by God and we engage with our creator and heavenly Father differently. We know that praying for an hour might seem challenging, but **YOU CAN DO IT** and we want to help.

We have set up the 24/7 Week of Prayer guide with 4 directions inspired by Lectio Divina, a way of meditating on the Bible & God's Word. These practices have been used by Christians for centuries. There will be instruction and directions given for each of the 4 sections based on the acronym P.R.A.Y. (Pause, Rejoice/Reflect, Ask, Yield). This is just a guide and there is no right or wrong way to do this, so feel free to pray and talk to God and go at your own pace.

We are excited you are choosing to spend focused time with God!



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### **P.R.A.Y.**

#### **1. P. Pause to be still.**

Here is a simple prayer to pray:

“As I enter prayer now, I PAUSE to be still; to breath slowly, to re-centre my scattered senses upon the presence of God.”

Pause. Breath slowly.

Psalm 46:10 says, *“Be still, and know that I am God.”*

Prepare to pray the Psalm in 5 consecutively diminishing sentences. Either aloud or quietly to yourself, say the words, “Be still and know that I am God.”

After a couple deep breaths, pray, “Be still and know that I am.”

After a couple deep breaths, pray “Be still and know.”

After a couple deep breaths, pray, “Be still.”

After a couple deep breaths, pray, “Be.”

When ready, pray, “Amen.”

#### **Prayer of Approach:**

“As I draw near to You God, would You draw near to me?” (Pause)

“Holy Spirit, teach me to pray. Direct me and our time together.” (Pause)

“Lord, I invite you to speak to me. I am your servant, and I’m listening.”



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### **P.R.A.Y.**

#### **2. R. Rejoice and Reflect.**

##### **Rejoice:**

“I choose to rejoice in God’s presence today, joining with the ancient praise of all God’s people in the words of Psalm 73:25-26 NLT,

*“Whom have I in heaven but you?*

*I desire you more than anything on earth.*

*My health may fail, and my spirit may grow weak,*

*but God remains the strength of my heart;*

*he is mine forever.”*

Spend a few minutes thanking Jesus for what He has done in your life. Be specific with what you are rejoicing over. Feel free to grab a pen and paper and write these down.

##### Action Step:

We invite you to write out a prayer of rejoicing and thanksgiving for the ways Jesus has been faithful in your life.

##### **Reflect:**

You can pick a scripture from your daily reading to read and reflect on, or we invite you to reflect on Jesus’ invitation to draw near in John 15:4-5 ESV,

*“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. 5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”*

What does this scripture reveal or say about humanity or about me?

What does this scripture reveal to me about God and His nature?

##### Action Step:

We invite you to write down what God’s Word has spoken to you today.





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### **P.R.A.Y.**

#### **3. A. Ask**

*“Father, your word says in 1 Peter 5:6 to cast all my anxieties, worries, and cares upon you. I do that now, and I release them into your hands. I release my troubles in my mind, and the worries of this day to you.”*

Spend a few minutes naming the worries, anxieties, and cares that you are releasing into God’s hands.

Now, ask the Holy Spirit to bring someone to mind that needs prayer. Once a name or picture of someone appears in your mind take time to pray for them. If you don’t know how to pray for them, then take a second and ask the Holy Spirit to give you a few specific words to pray.

We also invite you to pray for our church and our community as the Holy Spirit leads you to do so.

There are so many things you can be praying for. Here are a few suggestions.

- Pray for the missionaries and ministry partners that CLF supports (find the list below)
- Pray for the persecuted church around the world
- Pray for an end to sexual slavery and the trafficking of humans
- Pray for peace in the multiple wars and conflicts around the world
- Pray for people in places of influence and leadership
- Pray for your neighbors by name, and for their salvation
- Pray for your family members that have not called Jesus Lord
- Pray for healing and repent of habitual or hidden sin in your life

#### Action Step:

We invite you to write out a few prayers on a note card or piece of paper. Then put that paper in place that you will see every day. This will be reminder for you to continue to pray for those things until God answers your prayer.

*\*\*You might spend a lot of time on this section(that is ok), but make sure you leave a few minutes for the last section of Yielding.*



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### **P.R.A.Y.**

#### **4. Y. Yield**

We invite you to get into a posture that reflects the attitude and mindset of yielding to God. Maybe you need to kneel down, lay down, extend your hands out in front of you with your palms facing up, etc.

Then read the scripture of when God was trying to speak to Samuel in the Old Testament. Take notice to what Eli, the priest, instructs Samuel to do and say when he hears God speaking to him.

1 Samuel 3:9-10 NLT,

*“So he said to Samuel, “Go and lie down again, and if someone calls again, say, ‘Speak, Lord, your servant is listening.’” So Samuel went back to bed.*

*10 And the Lord came and called as before, “Samuel! Samuel!”*

*And Samuel replied, “Speak, your servant is listening.”*

Now be silent and listen to God speak to you through the Holy Spirit.

We encourage you to write down any words or phrases that pop into your head or any pictures or images that flood your imagination during this time of yielding.

Pause/Listen

#### Action Step:

You are encouraged to write down something you heard from God.

#### **Closing Prayer:**

*“Heavenly Father, as I prepare to take this time of prayer into the coming day, the Lord who loves me says in Romans 5:5 NLT, “And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.”*

*“Father, help me to live this day to the full, being true to you in every way  
Jesus, help me to give myself away to other, being kind to everyone I meet.  
Spirit, help me to love the lost, proclaiming Christ in all I do and say. Amen.”*





# BEYOND MISSIONS



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Gloria Biffert  
Mark & Anjali Jones  
Doug & Corinne Lowenberg  
Steve & Natalie Overturf  
Richard & Deb Ried  
Martin & Brenda Roman  
Paul & Kristin Mathias

## NORTHERN ASIA

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## ASIA PACIFIC

Carol Feigleson  
Michael & Elizabeth Kramer  
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## EUROPE

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Troy & Heidi Jo Darrin  
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Daryl & Sarah Jump  
Al & Steph Kinnunen  
Robert McKay  
David & Kandi Millsaps  
Jeremy & Wendy Osborne

### LATIN AMERICA CARIBBEAN

Dale & Delight Eytzen  
Randy & Linda Lindsey

## REGIONAL



## CHURCH PLANTING & TRAINING

Wisconsin Church Planting Initiative  
Nikolai & Heather Shimansky  
*Russian Speaking US Church Planting*

## LOCAL

The Hannah Center  
First Choice, Second Voice Pregnancy Counseling Center  
Jeremiah's Crossing Equine Assisted Therapy  
The Family Center Domestic Violence Emergency Shelter  
Love INC of South Wood County  
Be Still Retreat Center  
Teen Challenge Milwaukee Residential Program  
Outward Heart

## CAMPUS MINISTRY

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Jordan Mancl  
Mike & Nikki Murray  
Rachel Yokers  
Tom & Rachel Barg

