



24-7 PRAYER IRELAND
PRAYER, MISSION & JUSTICE

24-7 Prayer Room Resource

24-7 prayer: *the movement*

The first 24-7 prayer room, sparked by caffeine-fuelled students in Chichester, England in September 1999, spread like a wildfire across the globe. Last time we counted there have been over ten thousand, five hundred 24-7 prayer rooms in over 125 different nations! On every continent but Antarctica!

24-7 Prayer has been described in many ways; a non-stop global prayer meeting, new monasticism for the 21st century, even as a virus that has spread around the world as a result of “God’s holy sneeze”. We particularly like this last one. But we’ve come to describe it, quite simply, as a **movement of people** who are centred on Jesus Christ, trying to live their lives wrapped around prayer, mission and justice. At the heart of this movement are hundreds of prayer rooms, in which people take one hour (or more) each, one after another, to form unbroken chains of prayer where they are. Twenty-four hours a day and seven days a week, ordinary people pass the prayer-baton onto friends and strangers... and on it travels, from group to group, from church to church, from city to city and from nation to nation. All over the world, night and day, this is non-stop, 24-7 prayer.

Why a 24-7 prayer room...

A 24-7 prayer room is a simple idea. It’s just praying without stopping... in one hour shifts, night and day around the clock, in a room or space that’s been set aside as the ‘prayer room’, for a week (or less... or more... or for a few hours each day... it’s really up to you). Most prayer rooms are decorated creatively to inspire prayer, engaging as many of the senses as possible, and thus enabling people to experiment with different styles and types of prayer.

Prayer rooms have popped up in a range of locations US Naval Academy, a German punk festival, war-zones and underground churches, high-streets, schools, the slums of Delhi, the jungles of Papua New Guinea, ancient English cathedrals and even a brewery in Missouri.

The most important thing about every single prayer room is that it is a place where people can go to meet with God. It’s not that God is there in the prayer room and not here, wherever I am now... it’s the ‘going to meet with...’ bit that makes it special. It’s the sense of pilgrimage. I go... to meet with God, and I find God there simply because God is longing to be met.

24-7 prayer rooms have helped people all over the world learn to pray by finding a new language of expression; talking with Jesus in an interactive way that has inspired and engaged all generations.

So you have the date and duration of your prayer room sorted
but what next?
How do you get started?

1. Gather your Team

Teamwork makes the dream work! It is important that you don't carry the load of a prayer room on your own. Gather a good team around you try, to get a mixture of ages to give the whole church ownership and think of the skill mix that needs to be represented. When you have your team get them together, share the vision, get their support and start planning! The team's commitment to God and each other, is even more important than the size of the group.



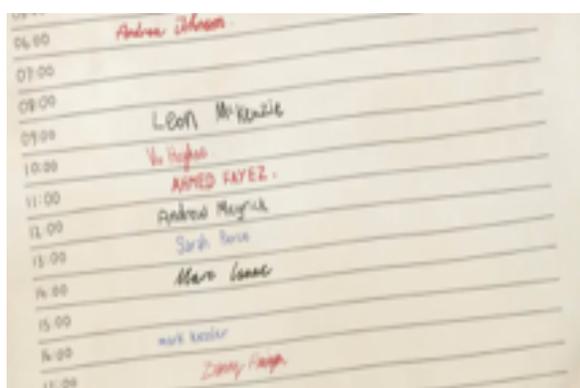
2. Find a space

Find somewhere that's accessible 24 hours a day that will be safe and easy to access for people and will not place the security of other parts of the venue at risk. We strongly suggest that a host be present at all times (*see host guidelines*).

You don't want a massive space for one person or a cupboard for ten! People have prayed in churches, tents, caravans, shops, planes, basements, bedrooms

3. Get Creative

Find a new language for talking with God in a creative 24-7 Prayer Room. When designing your room include inspirational images, verses and suggestions for prayer, as well as materials for art, music, activities and more. The aim is to engage the heart and mind of all ages and personality types in prayer (*see set up guidelines & prayer station ideas*).



4. Mobilize people to pray

About a month in advance let your church know what's happening, announce it from the front, inform all church groups and maybe even teach on prayer. Break the prayer room duration into hours using our online or paper sign-up sheet and remind people to get involved as the prayer room approaches.

Set Up...

Be creative in designing your prayer space. If this doesn't come naturally here are our top tips to get you started.

1. Find the artistic and creative people in your community.

If you find this aspect of organising the prayer room difficult why not ask them to help you.

2. Remember why you're praying 24-7.

If there is a vision, call or verse that is at the heart of your 24-7 Prayer Week design your space around it to help people to respond and pray.

3. Keep it simple and bold.

Creative doesn't mean cluttered. If in doubt make the room welcoming, colourful and have prayer guides or activities to interact with if people need them.

4. Engage all five senses.

How could you use inspiring images and verses to catch the eye, music and sound to inspire, things to touch or hold to focus the mind or things to taste or smell to help people consider what they're praying about?

Recommended materials

- Soft lighting e.g. fairy lights, lamps, uplighters. We suggest not using candles in a prayer room due to the risk of fire if left unattended.
- Seating e.g. Soft cushions, beanbags, chairs. Think about comfort but take into consideration older church members and the seating they may require.
- Material/drapes or participations to soften and divided the room.
- Maps of the world, nation and local area.
- Blank paper, post it notes, felt-tip pens, pencils and other art materials such as paints, clay, oil pastels etc...
- Bibles and prayer books for people to avail of.
- Music playing facilities
- Useful box e.g. blue tack, tape, cable ties, scissors, pins etc., things that will be helpful for set up and maintenance of the prayer room

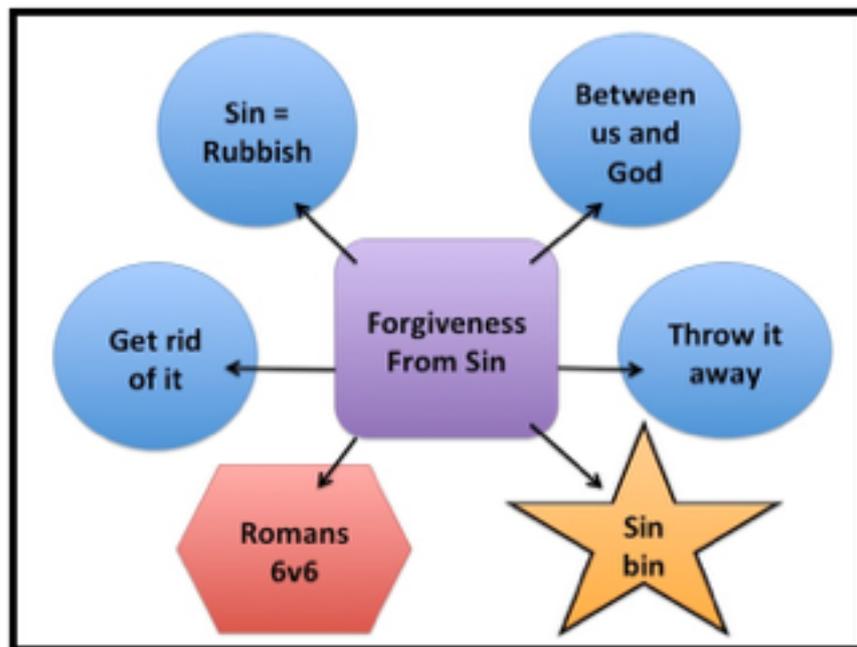
Also consider maybe having tea and coffee making facilities in the prayer room or nearby so people can grab a cuppa and relax for their hour!

Think about splitting your room into sections, which focus on different areas of prayer e.g.

- | | |
|------------------------------------|-----------------|
| • God and You- Personal reflection | • Identity |
| • Praise and Thanksgiving | • Sorry |
| • Friends and Family | • Forgiveness |
| • The local community | • Please |
| • Ireland | • Kingdom come |
| • The world | • Creative area |

Make your own creative prayer ideas:

1. What would you like people to pray about? *Forgiveness from sin*
2. What ideas or words do you associate with your answer?
Sin= rubbish = between us and God= get rid of it= throw it away
3. What bible verse can you find about it?
Romans 6v6 "For we know that our old self was crucified with him so that the body of sin might be done away with..."
4. Shape these ideas, words and bible verses into an activity:
*E.g. Place "Bin for sin" in front of a cross.
Instruct people to read Romans 6 then encourage them to think through the sin they need to confess. Provide pens and paper for people to write their sins on and throw them in the bin.*



Motivating others to pray

How do you motivate people to sign up for an hour in a 24-7 Prayer Room or for a prayer event? It's easier than you think! Here are some tips...

- **Give plenty of notice**

We recommend giving your community at least a month's notice. Make sure everyone has the dates and ask them to think in advance about making time to pray.

- **Share the vision**

Know why you're praying. Why not teach on prayer and put out the call to pray in all every format your community uses to communicate (websites, newsletters, announcements in meetings)

- **Mobilise your leaders**

Find the people within different generations and social groups who are good at getting people excited and activated. Invite them be some of the first to choose their hour slots and ask for their help to encourage others to sign up to pray.

- **Think about age ranges:**

Make sure your prayer initiatives can be used and enjoyed by **all ages** from the youngest to the oldest.

- **Big sign up sheet**

The bigger the sign-up sheet the better so it catches people's attention.

- **Ask, ask and ask again**

Don't be afraid of repeating yourself. Talk about the prayer room and signing up for hour slots at all your meetings. Find a new ways to motivate and inspire people by sharing Bible verses on prayer, telling stories of how prayer makes a difference and use 24-7 Prayer's videos and resources.

Prayer meetings

Praying with others has power. Gather your friends, your church or the wider Body of Christ in your area and try praying together. Here are some simple ideas for how to structure your prayer meeting...

Start by encouraging people that prayer works. Share a short thought inspired by a verse or promise in the Bible and tell stories of answered prayer in your area to build faith. Keep them outward focused.

- **ABC:** split the group down into threes, asking each person to allocate themselves 'A', 'B' or 'C'. Give three prayer topics, relating to a particular issue, to each letter and get all the groups praying at once.
- **50/50:** split the group in half, ask one half to cry out to God about a particular issue, and the other half to sing in worship. Then swap over.
- **Zones:** split the room into zones and focus each section on a different topic. Encourage people to move around the room praying silently/quietly into the issues they choose.
- **Liturgy:** there is a wealth of liturgy written throughout the centuries from all streams of the church. Many groups find great meaning in reciting written prayers together.
- **Get loud:** Jesus sometimes prayed 'in a loud voice' and the early church: 'raised their voices together in prayer to God'. Even if it feels uncomfortable, there's something in praying out loud, all at once.
- **Worship:** These times can also take on a worship watch feel where you intermingle prayer and worship, gathering people together in the presence of God to respond to him in worship with praise, thanks, adoration.
- **Creativity:** Use some of the prayer stations in your corporate times of prayer.

Prayer Walking

Prayer walking is a great way to get active in prayer. It's as simple as it sounds - you pray as you walk. It's a great way to learn more about a place and God's heart for a community.

- Book out one of the prayer slots and agree a place to meet to start walking and talking to God together.
- Split into twos or smaller groups at any point, then agree a place and time to end together.
- You can decide ahead of time where you're going to go or you can simply ask the Holy Spirit to lead you as you walk.
- For safety's sake you might want to make sure that at least one person on each team has a mobile phone in case you need to contact each other.
- You can pray whatever way you feel comfortable.
- Pray the positive: even in areas that are considered 'dark' or 'desperate', try to pray blessings rather than 'tearing down' prayers. Focus on God's plan, purpose and destiny for the place and the people that live there. "Your Kingdom come, your will be done..." makes an excellent start!
- If you've gone in different directions why not meet up at the end to share what you've felt, seen, prayed and heard from God. If you can keep a record of what you share so you can build on it next time.

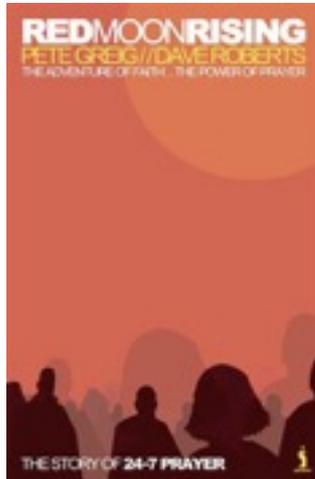
Other ideas

- There can also be times where specific groups/ministries in church gather to pray together and for situations, programmes and each other e.g. the women's group, youth group etc....
- Connecting people in small groups who will with and for each other regularly e.g. prayer triplets.
- Fasting can allow people to focus and give a sense of togetherness and it's a great spiritual discipline to practice. You could finish your with a feast which also encourages fellowship.
- Prayer breakfasts e.g. prayer and pancakes.
- Joining with other local church for unites times of prayer.

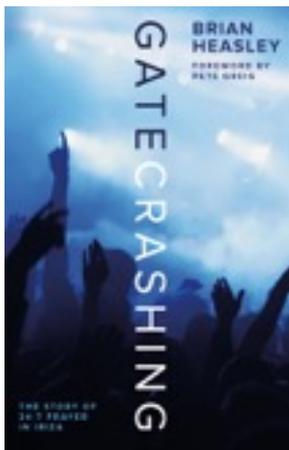
- Prayer on the streets and local area. Taking prayer out of the church.
- Making a commitment to pray together at a specific time wherever you happen to be e.g. The Lord's prayer at midday.
- Prayer book/ prayer request board. People can write requests and encouraging stories of answered prayer.
- Encouraging and equipping people in their personal prayer lives.

Resources

Red moon rising



Gate crashing



prayer Course



Red moon rising is an inspirational book detailing the beginning of 24-7 prayer and can be found in most Christian book stores or online

“Meet the people behind the origins of the movement, hear just a few of the life-changing stories, God’s victories and the challenges we’ve faced. You’ll be laughing, crying and praying through one of the most envisioning books you’ll read this year. Our story demonstrates that anything is possible when ordinary people say yes to the whispers of an Almighty God.”

Brian and Tracy Heasley decided to find out. Leaving their comfortable life in a sleepy Norfolk town, they started a new life in Ibiza, simply walking and praying around the walls of San Antonio.

Brian and Tracy’s story will inspire you to pray and show God’s love for your own community as you seek to express the gospel in whatever situation he has placed you.

The

The Prayer Course journeys through the Lord's Prayer with six short videos designed to fuel discussion and deepen the prayer life of your church.

Each episode is hosted by Pete Greig and covers topics such as intercession, dealing with disappointment, learning to listen

The prayer course is free can be found at www.prayercourse.org

Why pray? Video



The 'Why pray?' animations is a great tool to encourage all ages to get excited about prayer and involved in making a prayer room happen.

The video is a free resource and can be found on the 24-7 prayer website along with other helpful & inspirational videos.

www.24-7prayer.com/videos

Online sign up

24-7 Prayer provide an online sign up option that allows you to share your prayer room rota easily via email and social media. You can find this resource on the website www.24-7prayer.com/pages/signupguide and a guide on how to do so is provided.

60 minute prayer guides

An hour can seem like a long time, particularly if you find prayer hard. 24-7 Prayer Rooms are designed to help people find new ways to try and persevere in praying. We recommend filling the room with inspiration and creative prayer stations that give people ideas on how they can talk to God.

But if you want a little extra guidance then try the simple 60 minute prayer guides written to help you pray for an hour about yourself, others, your town or your nation. The guides are free and can be found on the website www.24-7prayer.com/prayer/howtoprayforanhour

Stay in Touch/Get connected

Prayer room resourcing and support

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