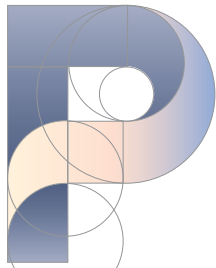


A DAY  
OF PRAYER

# GUIDE TO 8 HOUR PERSONAL PRAYER FOCUS



A DAY  
OF PRAYER

## **A Day of Prayer**

Guide To 8 Hour Prayer Focus

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# A HEART OF PRAYER

*And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.*

**Mark 1:35**

Why prayer? And why an extended period of prayer? The simple answer is because we see it as pattern in Jesus' life and vital aspect to how He ministered to and loved those around Him.

Immediately following this verse in the book of Mark we see that Jesus goes out from that time of prayer and begins His ministry in Galilee. We see throughout the Gospels Jesus taking time away to pray in preparation for ministry, in the middle of ministry, and as He recovers from ministry.

Regardless of where you find yourself it can be spiritually healthy and filling to set aside specific, purposeful times of prayer and connection with God. This guide is designed to give you some patterns and tools to help you make the most of an extended time of prayer.

Setting aside a day simply to pray and be with Jesus can be exciting, but can also be a little daunting, especially if you have not had experience with it before. This guide will help you prepare and walk you through multiple plans to find what works best for you. There is no one right way to pray. Don't get stuck on doing everything perfect, or following all the rules.

The purpose of prayer is relationship — with Father God, through His Son Jesus being helped by the Holy Spirit.

# A.C.T.S. PRAYER

Sometimes it can be difficult even knowing where to start in prayer. What do we say? How do we do it? What if I mess up? First of all remember, prayer is simply about relationship. It is how we talk with and hear from our Father God.

A simple tool to help direct us in prayer and keep us moving forward is the acronym A.C.T.S. — Adoration, Confession, Thanksgiving, Supplication.

## **ADORATION**

Adoration is just another name for worship. It doesn't mean we need to sing songs before we pray. (Although singing and worship are great ways to pray) It simply means we begin by putting our attention where it needs to be — on God. Perhaps read through a Psalm, or start listing off the things that you know about God. Turn your focus from yourself and the things around you and move them towards God.

## **CONFESSION**

When we come before God in prayer we want to come with a clean heart. Confession is asking God to forgive and cleanse you of anything that might stand in the way of receiving from Him. Ask the Holy Spirit to reveal things that you might not recognize in your heart that need to change. This is not about drudging up all the terrible things you have ever done, it is about coming to Father God like a child.

## **THANKSGIVING**

Before you bring all your new wants and needs before God, thank Him for what He has already done. Oftentimes we will get answers to things in thanksgiving by remembering what God has done before. Thankfulness puts us in a position of humility and recognition of God's love and care for us.

## **SUPPLICATION**

Now we get to what we often prioritize in our prayers — asking God for things. But if we can begin with adoration, confession, and thanksgiving we align ourselves with God's heart and will. Supplication can be prayers for yourself, your family, salvations, God's will in the earth, etc. Because we are God's children we can approach Him with confidence.

The A.C.T.S. model is not a check list. Many times you will get to a place of supplication and go back into thanksgiving or adoration and continue that cycle. Asking, receiving, worshiping, and listening.

## PRAYER PLANS

To help you set up your prayer time you can use one or a combination of the following prayer plans. These plans are set up as 8 hour sessions, but can easily be modified to fit your schedule — 2 or 4 hour sections, overnight getaways, multi-day retreats, etc. Each plan has a unique structure and can be experienced as is, or combined with other plans to create your own individual plan. These plans are simply a guide to help keep you on track and moving through your prayer time. 8 hours can be a lot of time to fill and having a guide can help you maximize that opportunity.

Before you start our your day of prayer take some time to prepare. Choose scriptures to study, write out lists of prayer request, compile some worship music and set up your location.

The next section lays out some key elements that are found in most of the prayer plans and can help you decide what your day of prayer might look like.



# KEY ELEMENTS

## **LOCATION**

Where you choose to do your day of prayer is an important consideration. Try and find somewhere removed from your everyday life, something unfamiliar and without distractions. The atmosphere you choose for prayer can play a big part in a fulfilling experience. Examples: retreat center, cabin in the mountains, friends home who is out of town, private prayer room.

## **MUSIC**

Worship and music are often very personal preferences. The key is to prepare music that can help connect you to the heart of God. Choose a variety of instrumental and singing worship that can be used at different times during the day. Prepare your music ahead of time so that it does not become a distraction during the day.

## **JOURNALS**

Journaling and writing during your prayer time can be helpful in focusing your thoughts, remembering what God has spoken to you and building a testimony that can be returned to again and again. This may seem small, but bring writing instruments that you know work well and lend themselves to your individual style. If you don't know what that is, bring options.

## **SOAKING/WORSHIP**

Allowing God's presence to wash over you during times of prayer can be vital to hearing what He wants to say to you. Soaking usually involves playing worship music, either instrumental or with singing and opening yourself up to what God is doing. These times are also great for singing out loud without having to worry about anybody around you. This is not a time for asking, but for receiving.

## **STILLNESS**

Stillness is a slightly different discipline to soaking or rest. Stillness is the purposeful quieting of your soul to allow the Spirit of God to fill you. In our environments of constantly being bombarded by sound and images and thoughts, sometimes it is important to be still. Don't turn on music, don't write anything down. Just be with God. It can be uncomfortable until you get used to it, but it can be life changing.

## **REST**

Sometimes our bodies and souls just need rest. Sleep, take a nap. There is a reset that happens to our minds when we sleep. God is not confined to our waking moments to work in our lives. Rest and prayer can go hand in hand.

## **SILENCE THE ENEMY**

When you make a decision to purposefully set aside time to spend in prayer it is amazing how your mind can go into overdrive.

"Did I unplug the hair dryer?" "I'm all of a sudden super hungry." "This won't accomplish anything, I am probably just faking it." "God won't listen to me, I have too many issues." "I am a failure, I only prayed 6 of the 8 hours."

The enemy will use our thoughts to try and remove us from the place of intimacy with God. Before you begin your day pray and silence any accusing, threatening, or demonic thoughts. Ask the Holy Spirit to have right of way and invite Him to speak to your thoughts and mind.

A geometric diagram consisting of a square and two overlapping circles. The circles overlap each other and the square. The text 'PRAYER PLANS' is overlaid on this diagram.

# PRAYER PLANS

FOCUSED PRAYER

[GUIDED] [PROCESS] [WAVES] [SPECIFIC]

MEDITATIVE PRAYER

[SILENCE] [OBSERVATION] [REST] [REPETITION]

ENCOUNTER THE WORD

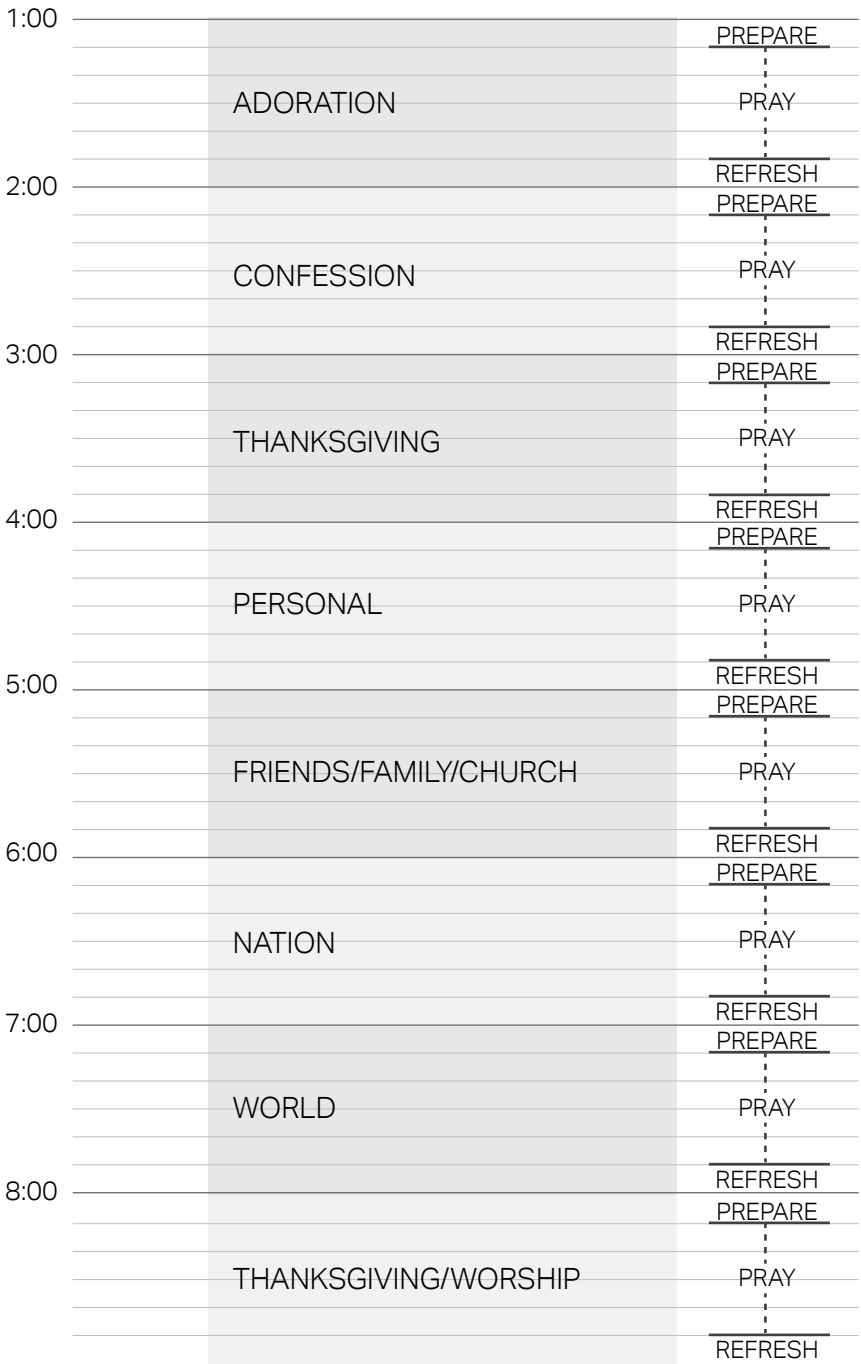
[GUIDED] [SOAKING] [WORSHIP] [JOURNAL]

CREATIVE CONNECTION

[VISUAL] [MUSICAL] [WRITING] [ABSTRACT]

# FOCUSED PRAYER

[GUIDED] [PROCESS] [WAVES] [SPECIFIC]



The Focused Prayer plan is a guided plan that works its way through the A.C.T.S. template over the course of your day. Each area is given plentiful time to explore and go into depths of intercession. To make the most of your day prepare prayer lists ahead of time and allow the Holy Spirit to lead you from there. Feel free to adjust the topics for each hour as you feel led.

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## PREP LIST

Before your day of prayer take some time to gather and prepare some items.

### ITEMS TO BRING

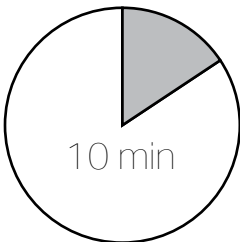
- Bible
- Journal

### ITEMS TO PREPARE

- Worship/Music
  - Prayer List for each focus
- 

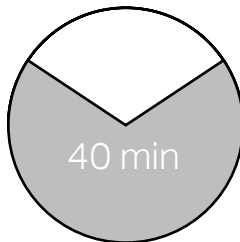
## HOUR OF PRAYER

Each topic is divided up into 1 hour blocks, but within those blocks use the following template to work your way through each hour.



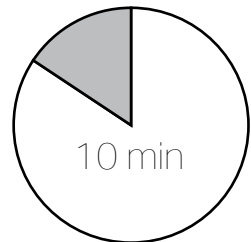
### PREPARE

Stillness  
Worship  
Thanksgiving



### PRAY

Listen to the Spirit  
Pray  
Record/Journal  
Repeat



### REFRESH

Reset your mind  
Move around  
Eat/Drink

# MEDITATIVE PRAYER

[SILENCE] [OBSERVATION] [REST] [REPETITION]

1:00	STILLNESS	10 min
	SCRIPTURE ONE	20 min
2:00	STILLNESS	10 min
	SCRIPTURE TWO	20 min
3:00	STILLNESS	10 min
	SCRIPTURE THREE	20 min
3:00	STILLNESS	10 min
	WALK	20 min
3:00	PRAYER STATION ONE	30 min
	REST	30 min
4:00	STILLNESS	10 min
	SCRIPTURE ONE	20 min
5:00	STILLNESS	10 min
	SCRIPTURE TWO	20 min
5:00	STILLNESS	10 min
	SCRIPTURE THREE	20 min
6:00	STILLNESS	10 min
	WALK	20 min
6:00	PRAYER STATION TWO	30 min
	REST	30 min
7:00	STILLNESS	10 min
	SCRIPTURE ONE	20 min
8:00	STILLNESS	10 min
	SCRIPTURE TWO	20 min
8:00	STILLNESS	10 min
	SCRIPTURE THREE	20 min
8:00	STILLNESS	10 min
	THANKSGIVING/REFLECTION	20 min

The Meditative Prayer plan is not about emptying yourself, but rather about removing distractions that keep our focus off of God. Alternating times of stillness, prayer through meditating on scripture and rest, the cyclical nature of this plan continues to build layer upon layer bringing greater depth in your relationship with God.

---

## PREP LIST

Before your day of prayer take some time to gather and prepare some items.

### ITEMS TO BRING

- Bible
- Journal
- Prayer Station Supplies

### ITEMS TO PREPARE

- Worship/Music
  - 3 Scriptures
  - Choose 2 Prayer Stations
- 

## SCRIPTURES

The guiding thread in this plan is the Word of God. Choose 3 scriptures that you will return to many times throughout the day. They don't have to be long. The point of this exercise is not the amount of scripture you can pray through, but the depth that comes through purposeful meditation.

In each 20 minute section read through the scripture, ask the Holy Spirit for revelation, pray out of that revelation, and journal what you learned. Each time you return to the scripture ask for new and deeper understanding.

## PRAYER STATIONS

This plan makes use of prayer stations. These are simple, hands on exercises that combine many of your senses to guide you in a specific area of prayer. Choose 2 prayer station ideas from the list later in this guide, or come up with your own.

# ENCOUNTER THE WORD

[GUIDED] [SOAKING] [WORSHIP] [JOURNAL]

1:00		
	WORSHIP/SOAKING	:30 min
	A.C.T.S. PRAYER	:30 min
2:00		
	PSALM 23	:60 min
3:00		
	WORSHIP/SOAKING	:30 min
4:00	MATTHEW 6	:60 min
	WORSHIP/SOAKING	:30 min
5:00		
	WALK	:30 min
6:00	1 CORINTHIANS 13	:60 min
	WORSHIP/SOAKING	:30 min
7:00		
	REVELATION 21	:60 min
8:00		
	WORSHIP/SOAKING	:30 min
	A.C.T.S. PRAYER	:30 min



Encounter the Word is about more than reading the Bible. It is about growing in relationship with the One who is the Living Word through in depth study of sections of scripture and times of worship and soaking. Use the chapters included with the plan or choose your own.

---

## PREP LIST

Before your day of prayer take some time to gather and prepare some items.

### ITEMS TO BRING

- Bible
- Journal

### ITEMS TO PREPARE

- Worship/Music
- 

## PRAYER THROUGH THE WORD

In this plan you will work your way through 4 passages of scripture in one hour segments. Use the guide below to organize your time and build understanding and depth.

1 HOUR BIBLE PASSAGE PRAYER		
CYCLE 1	CYCLE 2	CYCLE 3
Read passage Write questions Pray	Re-read passage Summarize in your own words Pray	Re-read passage Journal your thoughts and answers to questions.

# CREATIVE CONNECTION

[VISUAL] [MUSICAL] [WRITTEN] [ABSTRACT]

1:00		
	A.C.T.S. PRAYER	:30 min
	STILLNESS	:15 min
2:00	WORSHIP/SOAKING	:15 min
	PERSONAL WRITING	:30 min
	PRAYER STATION ONE	:30 min
3:00	STILLNESS	:15 min
	PRAYER FOR PROPHETIC	:05 min
	WORSHIP/SOAKING	:10 min
	PROPHETIC WRITING	:30 min
4:00		
	WALK	:30 min
	PRAYER STATION TWO	:30 min
5:00		
	REST	:30 min
	VISUAL SOAKING	:30 min
6:00		
	PRAYER STATION THREE	:30 min
	STILLNESS	:15 min
7:00	WORSHIP/SOAKING	:15 min
	FREEFORM WRITING	:60 min
8:00		
	WALK	:30 min
	THANKSGIVING	:30 min

Creative Connection is a visual and written way to experience prayer. It is perhaps different than what you have tried before, but connecting to prayer and hearing God through multiple senses can strengthen your spiritual muscles.

---

## **PREP LIST**

Before your day of prayer take some time to gather and prepare some items.

### **ITEMS TO BRING**

- Bible
- Journal
- Prayer Station Supplies
- Draw/Paint Supplies

### **ITEMS TO PREPARE**

- Worship/Music
  - Choose 3 Prayer Stations
- 

## **WRITING**

Written prayer exercises can be done in any form; poetry, prose, stories, lists, etc

Personal Writing - What God is saying about you to you.

Prophetic Writing - Ask God to show you something and express it through writing.

Freeform Writing - Take time to explore God through the written word.

## **VISUAL SOAKING**

Choose worship music (instrumental or with singing) and visually respond to it. It can be precise or abstract, painting or drawing. Let God speak to you through colors, shapes, and space. There is no right or wrong process here.

## **PRAYER STATIONS**

This plan makes use of prayer stations. These are simple, hands on exercises that combine many of your senses to guide you in a specific area of prayer. Choose 3 prayer station ideas from the list later in this guide, or come up with your own.

# CREATE YOUR OWN

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00

Create your own prayer plan. Mix and match from the previous ideas or make something completely new. The important thing when going into an extended prayer time is to have a plan and have it written out. It will help keep you moving forward.

**PRAYER TOPICS**


**SCRIPTURES**


**WORSHIP**


**PRAYER STATIONS**


# PRAYER STATIONS

## **IN GOD'S IMAGE**

Get a mirror and dry erase marker. While looking at yourself in the mirror begin to write down on your reflection specific things that God is saying about you. Ask Him what His heart is towards you.

## **WIPED AWAY**

Find some dirt and write down one sin or mistake that you have made. Ask Jesus for forgiveness and when you feel you have received it wipe away the word and remember that Jesus also wipes away our sins. Continue until you feel released.

## **REMEMBRANCE STONES**

Gather a number of stones large enough to write on and get a Sharpie. Begin by writing down names of people God lays on your heart, then pray for them one by one, stacking them as you do creating an altar of remembrance.

## **PRAYER KNOTS**

Use a piece of string or twine. Move down the twine and ask God to bring prayer requests to your mind. Each time He does make a knot. When you have 4-6 knots go back to the top and pray through each thought one by one.

## **PRAYER MAP**

Print off a map of your state, nation, or the world. Work your way through the map asking the Holy Spirit to pinpoint places for prayer. You don't have to know specifics about the location just pray as the Spirit leads.

## **PHONE BOOK**

We all have unused phone books lying around. Find one for your community and cut several pages into lists of 10-15 names. Randomly draw lists from a pile and pray through them.

## **KNITTING OR CROCHET**

If you know how to knit or crochet, use the process to pray through prayer lists you create. Pray for a new topic or person every time you move to a new course.

## **BUILDING TOGETHER**

Get a large pile of Legos and begin building a structure. As you put each piece together pray for another member of your church family. Notice how bricks are different shapes, sizes and colors but come together to build one structure.

## **PRAYER SKETCHES**

On a piece of paper write down and name or attribute of God. Now, begin sketching or doodling shapes and lines around that name praying for God to increase that attribute of Himself in your life as you draw.

## **PRAYER WALK**

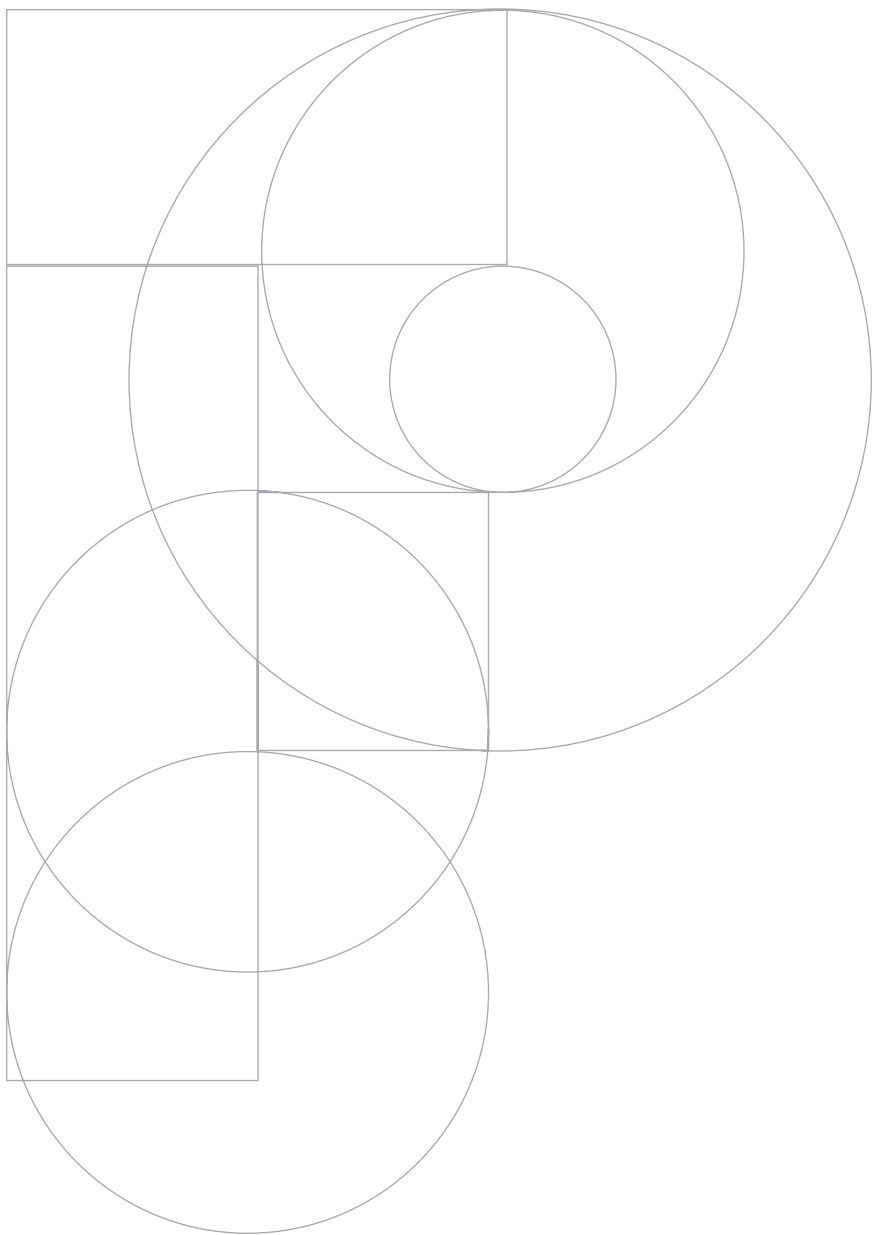
A prayer walk is a way to navigate through prayer by using movement and repetition. Find a pattern like the outline of a room, or path that repeats itself and pray through your prayer list at each repetition. If you are walking on a road or path that doesn't repeat, use things in your surrounding like fence posts, street lights, telephone poles, etc as guides through your time of prayer.

# NOTES



# NOTES

# NOTES



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