

2024

PENTECOST PRAYER WEEK

HOW TO PRAY FOR 1 HOUR

We're so glad you are joining us for our Grace Family Pentecost Prayer Week! We'd love to invite you to use this resource to help you pray for an hour, modeled after the acronym P.R.A.Y. from Pete Greig's book *How to Pray: A Simple Guide for Normal People*.

PAUSE • 15 MINUTES

- Take some deep breaths. Set a timer if it helps you to focus!
- Use a centering prayer. Perhaps on your breath in, pray, "Come," and on your breath out, pray "Holy Spirit."
- Engage your body by laying on the floor, kneeling, or putting your hands out in front of you.

ASK • 15 MINUTES

- List out 10 friends and family members and identify the needs that each one has. Talk to God about them.
 - Open up a passage of Scripture and turn it into a conversation with God. What does the passage provoke in you? Tell Jesus!
- Think of a current situation in your neighborhood, church, city, or world. Talk to God about it. Ask Him how He feels about it and then respond.

REJOICE • 15 MINUTES

- Read a Psalm.
- Listen to worship music.
- List out 50 things you are grateful for.
- Paint, draw, or write a poem as an act of celebration and worship.

YIELD • 15 MINUTES

- Spend time journaling around the questions: "What do I feel like God spoke to me during my time of prayer? What am I going to do about it?"
- Pick a new centering prayer, this time with the intention of carrying the prayer with you throughout the day. Perhaps, "Spirit, lead me."
- Pray a liturgical prayer slowly, such as the Lord's Prayer. (Matt. 6:9-13)