

Ideas for making the most of PrayerFest™

**1. Get Together**

We have meetings Monday-Thursday at the Vineyard Centre – come to as many as you can make. Housegroups are combining on their usual day and others can come as they like: all are welcome.

But what is stopping you contacting some people and forming an informal prayer group at some point in the week as well? You never know something regular might emerge. The church needs people to pray so don't wait to be asked! God is looking for people to shower his favour on and release blessing to the body through.

**2. Have a Plan**

You could pray through the Lord's Prayer each morning, you could set your watch and pray every hour on the hour, you could take a prayer walk each lunchtime, you could use the A-C-T-S structure daily. Or ask your housegroup what they recommend. Fail to plan, plan to fail as they say. Just do something!

**3. Be Creative**

Do something different, and do something that suits your style. Here are some ideas:

- A fifteen minute prayer walk around the block in the morning or at lunchtime
- Begin and end the day with a time of prayer and reflection
- Journal during the week (you can use the prayer journal provided if it helps)
- Meet up with a friend (see above)
- Turn the radio off in the car in the morning and pray instead
- Paint, dance, run, play an instrument
- If fasting from food is an issue then give up something else for the week

**4. Be Realistic**

Better to set a small manageable goal and reach it than try and be Mother Teresa and fail by Monday lunchtime. But let's also celebrate having a go (T-R-Y) and not let our failures or mess ups get us down or stop us from having another try the next day. That's where turning up to a group prayer meeting helps – you are less likely to fall asleep or give up too soon when praying with others, and it is encouraging.

**5. Try**

Join in – prayer is for everyone not just the expert few, so get stuck in!

**Matthew 18:18-20** “Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.”

**Psalm 25:1,2** In you, Lord my God, I put my trust. I trust in you; do not let me be put to shame, nor let my enemies triumph over me.

**Proverbs 3:5** “Trust in the LORD with all your heart; and lean not on your own understanding.”

**Jeremiah 33:3** ‘Call to me and I will answer you and tell you great and unsearchable things you do not know.’

**Psalm 121: 1-3** I lift up my eyes to the mountains — where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip— he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.

**Matthew 7:7-8** Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.

**Mark 11:24-25** "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins"

**Philippians 4:6** Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

**1 Thessalonians 5:16-18** Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.

**1 Timothy 2:1-4** I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone— for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.