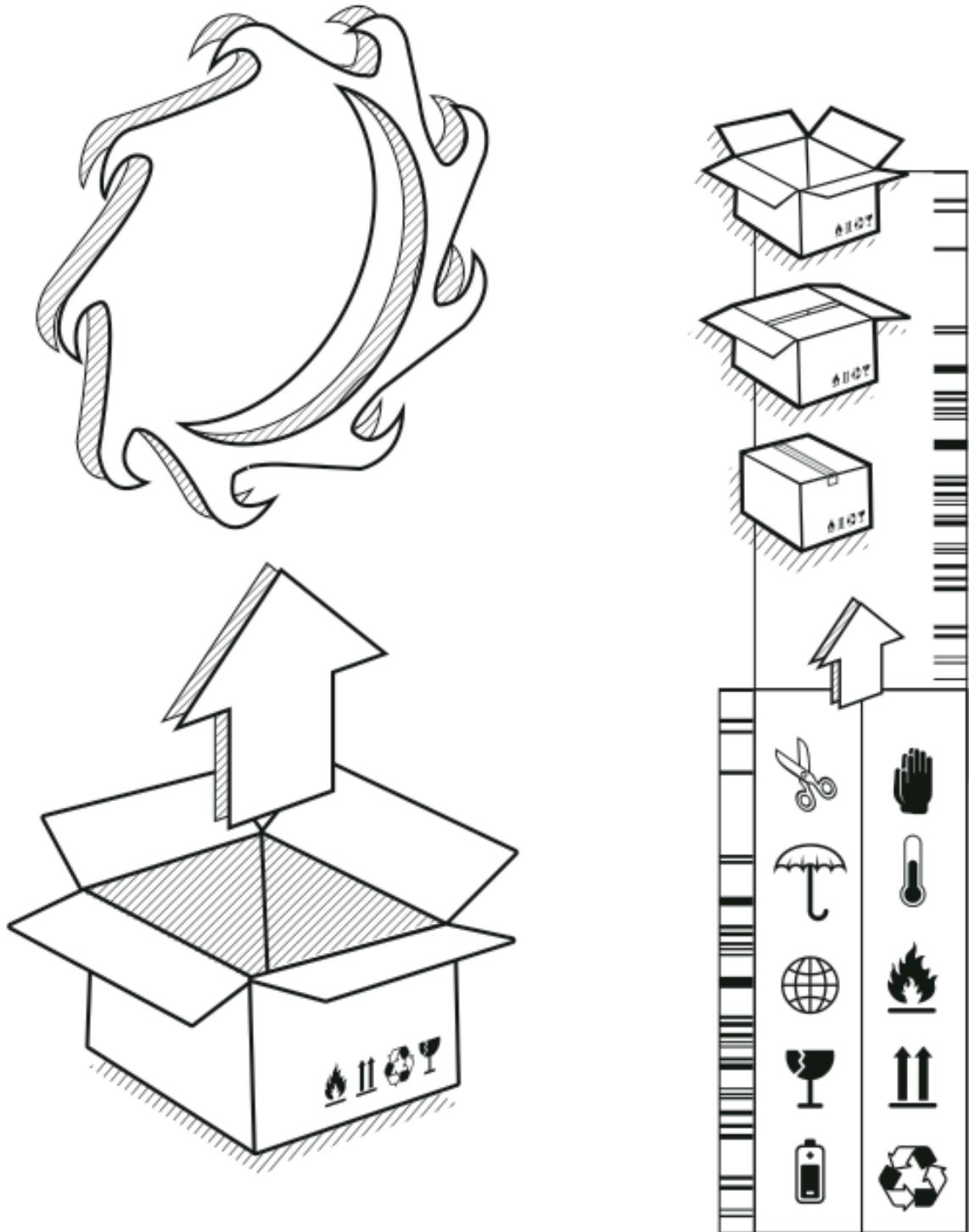




24-7 CONNECT

HOW TO RUN A 24-7 PRAYER ROOM



WELCOME TO 24-7 PRAYER

Since September 1999 the 24-7 Prayer movement has catalysed Christ-centred, mission-minded prayer uniting the generations and Church denominations in over 90 nations across the globe. Right now someone somewhere is learning to pray by praying.

In this resource pack you will find guides on:

- Motivating people to pray
- Practical tips for organising your prayer room
- Design ideas for a creative prayer space
- Other 24-7 resources you'll find useful
- Suggestions for ending your Prayer Room well
- Thoughts on how to respond to what God's said
- Templates for sign up sheets, reminder cards and prayer request cards



24-7 Prayer is committed to making prayer resources available to everyone. That's why we offer this pack, our experience and the support of our team for free. 24-7 Prayer is a charity that relies on the generosity of Churches and individuals to continue this support. Please consider taking up an offering or making a donation to 24-7 Prayer so that you can invest in a movement of the Holy Spirit worldwide. We can accept donations via bank transfer (details on page 14) or by credit or debit card on the international site: (www.24-7prayer.com). Any donation you give would be very gratefully received.

The 24-7 Prayer website gets over two million hits a month and is full of stories about answered prayer. If you haven't already, register your 24-7 Prayer Room there to connect yourself to others worldwide and receive personal support from our team. Do encourage everyone to read the testimonies and to post their own prayer requests on the virtual Wailing Wall also available on our website.

'I know of at least one person who accepted Jesus for the first time there and it brought me completely back to God.' (Ashtead)

We're here to equip you to organise your 24-7 Prayer Room, if you have questions please get in touch. You can contact us by:

Email: uk@24-7prayer.com
Post: Address on Page 14

In your role as co-ordinator you are the contact point for the rest of the 24-7 Prayer movement. As we support you, you can help us by passing on testimonies and experiences from your group. Don't forget to take a camera to your prayer hours and gather stories at the end of the week. You never know, you could be in *Red Moon Rising 2!* A member of the International Prayer Room Support Team will be in contact before, during and after your prayer room. We're with you every step of the way.



HOW TO MOTIVATE PEOPLE TO PRAY

Many people find the idea of night and day prayer daunting so we've included some tips on how to motivate your community to pray.

Championing your Prayer Room. If you are part of an all age community then why not ask the young people to run the prayer room? If they own and champion this extreme prayer challenge everyone will join in. If young people feel it's something for older people, then we've found that they are less likely to participate.

Give everyone lots of notice. About a month before your prayer room begins announce the dates and why you're praying. Keep repeating this until your prayer week starts so that everyone has time to make space in their diaries and feels clear about what they're participating in.

Describing 24-7 Prayer. Some people find describing the 24-7 Prayer movement difficult. If this is you why not put the below into your own words: *"24-7 Prayer is an accidental prayer movement that began in September '99. A bunch of young people who found prayer difficult set themselves the extreme challenge of praying non-stop for a month. God turned up and they didn't stop until Christmas! People who wouldn't walk into a church service came to experience God's presence in the Prayer Room: some even gave their life to the Lord. The idea of praying night and day spread into over 90 nations and nearly every stream of the Church. Thousands of 24-7 Prayer Rooms are now linked via the Internet to form a chain of prayer that's growing year on year. All it takes is 24 people to pray an hour a day to fill a week. You can use the space to talk to God about anything you wish and try new ways of praying using the arts, music and activities."*

What does a Prayer Room look like? Prayer Rooms can be incredibly diverse depending on your nationality, resources and context. We set no rules, instead we encourage you to lay out your prayer space in what ever way you think will inspire people to pray. 24-7 has images from Prayer Rooms around the world that you can view in the Prayer Resources section of 24-7prayer.com. If you have internet access and a projector in your meeting room why not show them to your congregation and use them as inspiration for creating your own space? To help people understand what to expect why not try some creative prayer in your main gatherings?

"The prayer week is going great! The church building is unrecognisable and so is the atmosphere." UK

Tell some encouraging stories. Testimonies from 24-7 Prayer Rooms are added regularly to the 24-7 homepage. Choose a few to share with your group to build up their faith and encourage them to pray.

When you launch. Have your sign up sheet (template at the back of this booklet) at every meeting. Be clear on when and why you're praying and break down intimidation by explaining or demonstrating prayer activities you'll be using. 24-7 Prayer offers 60-minute prayer guides available to order or download from our website. Print them out and show them to people uncertain as to whether they could pray for an hour. You can find out more about the guides in the design section of this booklet.

In the final meeting before you launch take some time to pray silently asking God how much time He would like everyone to spend with Him during your prayer week. Then have your sign up sheet ready, the Father loves hanging out with His children.

DESCRIBING AN HOUR IN PRAYER

Pete Greig, one of the founders of 24-7, paints a vivid picture of what an hour in 24-7 Prayer Room might look like. Feel free to use it to draw creative ideas for prayer or to explain what an hour in the prayer room could be like to your community...

'It's still dark as you arrive at 6 a.m. for an hour of prayer at the start of a busy day. Taking the key from a bleary-eyed thirty something, you pause while he prays for you (coffee on his breath) and emerge alone into an extraordinary room.

Stepping inside, a sign hinders your progress: 'Take off your shoes for this is holy ground.' Proceeding into the room a little more slowly, now in your socks, the first thing you notice is a rough wooden cross and a crown of thorns made from the remains of a jagged-edged coke can and huge rusty nails. A notice on the wall reminds you that Christ died so that your sins might be forgiven. You carefully pick the coke-can crown from the cross, fascinated by the way it's been made, and feel the sharpness of the torn aluminium and the weight of the nails. The thought of them plunging into skin and muscle causes slight involuntary recoil. They are cruel and heavy.

A jab of conscience tells you that by now you really should be praying, but of course you already are.

The first few sentences to God can often be the most formal, and you begin to thank him for dying to forgive your sins and to cleanse you from unrighteousness....

Something about the coke-can imagery keeps pulling your eyes back to that crown, and now you are thanking him for the way he uses the garbage of life that everyone else just throws away. You find yourself thinking back to what else you were like at school and who you have become. You thank him for saving you and bleeding for you.

Noticing your shoes by the door, you diligently replay the events of the previous day in your head - the argument at work, the gossip, the thoughts you entertained last night - and you dare to admit them in a whisper, lest anyone should hear.

There seem to be different 'stations' or focal points around the room and you move to a large bowl of water. There's a rusty mark on your palm from holding the nail and you wash your hands. Moving to dry them on a clean white towel nearby, you notice a makeshift sign. It reads: 'Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water (Hebrews 10:22). 'You notice that the mark of the nail has now vanished from your hands and reflect that so too have those embarrassing sins confessed in a whisper moments earlier.

You stand to move on and the sheet of silver foil draped to mark the start of another prayer zone rustles as you turn. The room may be serene, but it also seems to glisten and whisper in the lazy slipstream of every move you make.

Next you pause to put on a worship CD and offer thanksgiving prayer to God for his care and compassion, for answered prayer and for the gift of life. Big fat marker pen in hand, you advance on the graffiti wall and decide to draw a picture of a hand pierced by a big rusty nail. Unfortunately it ends up looking more like a bunch of rotten bananas on a stick, so you write beside it: 'But he was pierced for our transgressions...' and hope that clears up any confusion.

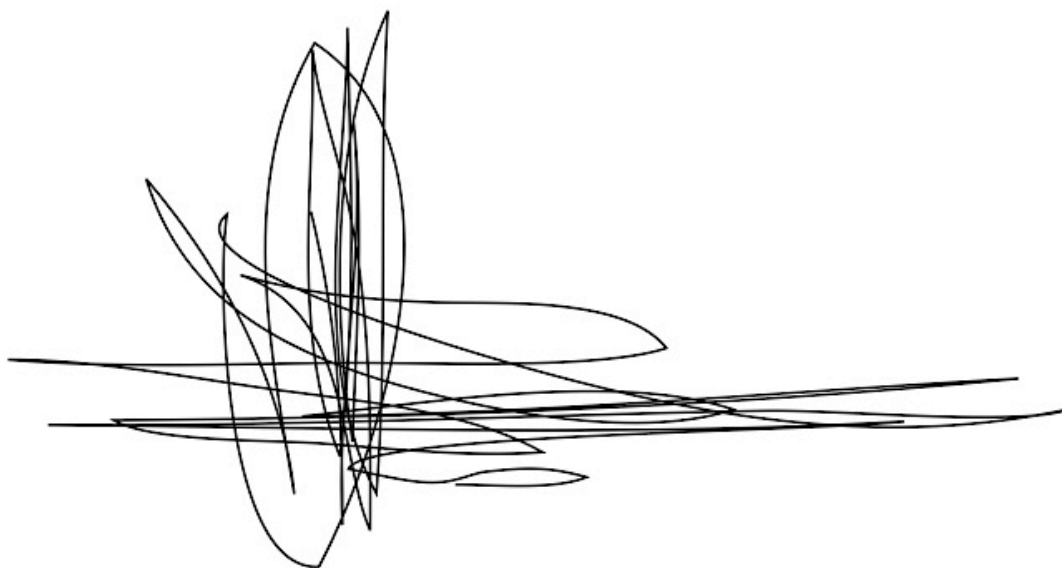
You find yourself reading another slogan, a bit of the Psalms carefully inscribed on the wall by a previous inhabitant of this space. It seems relevant and you look up the whole psalm. As the music crescendos, you read out loud, enjoying the opportunity in a crowded world to have space to do so without others listening in. You are no longer just reading the words internally, you are declaring them to God, and as you do so conviction is rising in your heart.

Noticing the 'Answers to Prayer Book' hanging precariously on a piece of string above the stereo, you take it down and begin to read the recent reports. Someone's friend has agreed to come to church on Sunday. A relative's cancer is in remission. One is anonymous, in spidery writing addressed directly to God: 'Thanks for helping me finally get around to talking to you-know-who about you-know-what, Lord. Thanks that she didn't judge me and had some pretty good advice. Please, God help me to change.' You try to work out whose writing this might be and then figure you probably shouldn't.

The worship CD kicks in with an instrumental piece and you start singing out your thanks to God. This gives you the idea of filling a piece of paper with a list of the things God has done for you in the last 24 hours - simple things like 'coffee... new T-shirt... the call with dad on the phone last night... hot shower this morning... that nice new shower gel... the cat...'

Extract taken from 'Red Moon Rising' Page 113-115.
The Story of 24-7 Prayer by Pete Greig

'It wasn't until the first tear fell onto the card that I realized what had just happened. God had broken into my hiding place.' (Tyne Valley)



INVOLVE YOUR COMMUNITY

Why not challenge people to pray for an hour and then spend an hour serving your community. They could visit patients in hospital, do something kind for a neighbour or serve a local initiative working with the poor. You could also let local schools, government, law enforcement, churches and community groups know you're running a prayer room and offer them opportunities to request prayer or join in. Why not also host special prayer hours for different people-groups (like parents with young children or people working with the elderly in your community) so they can learn to pray together for things that matter to them.

"Non christians are asking us to pray for them'...'People are finding that an hour just isn't enough.' (Birmingham)

Don't worry if not all the hours are filled when you launch. Once someone has stepped in to the 24-7 Prayer Room and spent time in prayer they often make more time to come back.

DID THEY PRAY 24-7 IN THE BIBLE?

When communicating the vision of 24-7 Prayer it might be helpful to explain to people that this idea is as old as the Church itself...

Acts 1:14 *"They all joined together constantly in prayer..."*

When Jesus told the disciples to wait on the Lord for the gift of the Holy Spirit (Acts1:8-9) they gathered in a room to pray 'constantly'. The Church was born through night and day prayer.

Acts 2:1 *"When the day of Pentecost came, they were all together in one place."*

God is calling us as a Church to wait on Him in unity. A 24-7 Prayer Room helps people to pray together by passing the baton from person to person, from hour to hour. One person could pray loudly in tongues while the next could paint or draw their prayer in silence. Each blesses and commissions the next: different styles of spirituality enjoying the presence of God.

Acts 2:2 *"Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting."*

The Holy Spirit fills places soaked in prayer. When you enter a 24-7 Prayer room you stop saying 'Come Holy Spirit' because He's already waiting for you to come to Him.

Acts 2:4 *"All of them were filled with the Holy Spirit..."*

Expect to be filled with the Holy Spirit who brings love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:19). Then expect to be sent out of the Prayer Room and into your neighbourhood

Acts 1:8 *"You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."*



PRACTICAL TIPS FOR YOUR 24-7 PRAYER ROOM

Space - When choosing your space look for somewhere that's accessible 24 hours a day and will not place the security of other parts of a venue (Church offices or halls) at risk. For groups who don't have their own building alternative Prayer Room venues have included schools, police stations, tents, caravans, basements and fields.

Size - How many people will be in your prayer room at any one time? Don't use a warehouse for 5 people or a cupboard for 50. Choose a space you can decorate well and has a feeling of intimacy and solitude.

Security - Think through some simple safety guidelines, especially for people praying through the night. We suggest asking those under 18 to pray with an adult after dark. Many Churches lock their entrance at night, installing a camera can allow people to see who's at the door before opening it. Each nation and location can have it's own security concerns so think through what guidelines will keep people praying safe as they come to and from the Prayer Room.

'There is NO CANCER OR TUMOUR. This has amazed the surgeon, an expert in his field. I am humbled beyond belief at the enormity of what has and is happening.' (Ayr, Scotland)

Budget - Prayer Rooms can be as expensive as you want to make them. You can spend a lot of money in craft shops or borrow materials like lights and chairs from your home. We recommend you purchase pens, paper, paints and refreshments as a minimum. £100/€150/\$200 or the equivalent is a reasonable amount to budget.

Refreshment - Make sure there are refreshments in the Prayer Room. People will feel welcomed into the presence of God if there is something to eat and drink, and caffeine is very useful at 3am!

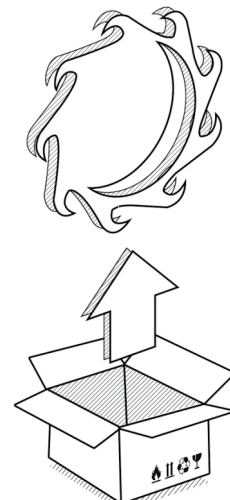
Team Work - Don't carry the load of the prayer room on your own. Gather an 'On Call' team of reliable people who can take responsibility for a day each. Leave their contact details in the Prayer Room in case people don't turn up and ask them to help fill empty hours and tidy the prayer room during their shift.

Advertising - Who is your Prayer Room for? Why not send out invitations to other Churches and use our prayer request cards at the back of this resource for your workplaces, schools or community groups, inviting people into the Prayer Room and/or offering to pray for their needs.

Teenagers - Young people respond well to the extreme challenge of night and day prayer. Why not host a sleep over in the Prayer Room with adult supervision?

Recording - A testimonies book left in the room is an encouraging read at the end of the week. Let everyone know it's there and then watch it fill up. Also, if you have a camera, take photos of the room and the prayers on the walls.

Junk for Jesus - Get collecting! Gather light sources, material, paper, pens, paints, brushes, and any art materials or instruments you can find. Visit charity/thrift stores, even your local tip to collect anything that looks useful. For a fuller list of recommended materials see our next section on design.



DESIGNING YOUR PRAYER SPACE

Theme – Some people choose a Bible verse, a vision, a place or a need to pray for. Others make prayer itself the theme. Decide why you're praying 24-7 and whether it would be useful to design your space around something specific.

Consider Your Space – Design your room according to its size. If in doubt, keep it simple and bold: don't feel pressured to fill the space with lots of things. Make sure you have electricity where you need it and use lighting to bring focus and create atmosphere. It's often helpful to create a small and intimate space for people who want to pray quietly, a space where people can be messy and express their prayers artistically and to make a space we call a "Wailing Wall" for people to write their petitions to God.

Recommended materials:

- Candles and soft lights
- Sticking materials like tack, clothes pegs, string and parcel tape
- Soft cushions, fabric, beanbags and chairs
- Maps of the World, your nation and your region
- Information about your community/town/city
- Blank paper, pens, paint, felt tip pens, crayons
- Prophetic words and key Bible verses for your church
- Helpful Symbols (e.g. a cross)
- CD player and music
- Bibles and prayer books
- A testimonies book for people to write their experiences in
- Water, bread and wine for communion if appropriate

'There was at times a tangible, physical presence of God - I've never known a feeling like it. Some of us also smelt the most beautiful smell which we could not track down to anything we had put into the room.' (Ayr, Scotland)

Be creative Engage all the senses in prayer:

- **Sight:** Use inspiring images, text and bright colours
- **Sound:** Have music and instruments in the room, think about how listening, speaking and singing could give people different experiences of prayer
- **Touch:** Fill the room with things to interact with. People who struggle with staying focused might find it helpful to sculpt their prayers, touch sand or water, or holding a cross or crown of thorns. Think about the different fabrics and textures you could use to shape the space
- **Smell & Taste:** You could burn incense and scented candles for an intimate atmosphere and use food in your prayer activities. Keep the Prayer Room clean and well aired and replenish refreshments daily.

Make your own creative prayer ideas:

What would you like people to pray about? Example = *Forgiveness from sin*

What ideas or words do you associate with your answer? Sin = rubbish = between us and God = get rid of it = throw it away

What Bible verses can you find about it? Romans 6:6 "For we know that our old self was crucified with him so that the body of sin might be done away with..."

Shape these ideas, words and Bible verses into an activity. Place 'Bin for Sin' in front of a cross. Instruct people to read Romans 6 then ask the Holy Spirit to reveal sin they need to confess. Provide pens and paper for people to write their sins on and throw them in the bin.

USEFUL RESOURCES AVAILABLE FROM 24-7 PRAYER

24-7 Prayer continues to produce resources to inspire and equip the global church to pray. Here are just a few suggestions of further resources that we highly recommend to you. You can find all these and more in the 24-7 online shop.

THE 24-7 PRAYER MANUAL by Pete Greig

The 24-7 Prayer Manual is the definitive 'How To Run a Prayer Room'. This booklet covers the basics but the Manual goes into much more detail on preparing, running and debriefing from your 24-7 Prayer season. The wisdom and advice in these pages could save you a lot of work. Available now from the 24-7 Shop

60 MINUTE PRAYER GUIDES

Many people find the idea of praying for an hour intimidating. Once they've tried they often find the time flies but until they do people can need a little encouragement. With this in mind 24-7 has produced 60-minute prayer guides people can follow. The hours are developed to help you pray for yourself, your friends, your city, your nation and justice issues. They're full of creative prayer ideas and could be very useful for designing your prayer space. You can download them from the Resources section of the Website or email prayersupport@24-7prayer.com to request email or hard copies

THE VISION POEM

"The Vision" is Pete Greig's poem/cry for a generation to rise up in prayer. Full of stirring words and evocative imagery this is a great catalyst when written on Prayer Room walls or used for creative inspiration. Read it now in the Resources section of the 24-7 website.

RED MOON RISING by Pete Greig

This is the story of the 24-7 Prayer movement and of a generation learning to pray. You'll laugh, cry and pray through one of the most envisioning books you'll read this year. Buy three Red Moon Rising and get one free from the 24-7 Shop now.

WRITING ON THE WALL by Brian Heasley

Read the meditations of a messy spirituality and the life-affirming ramblings of ordinary people in 24-7 Prayer Rooms around the globe. We've gathered anonymous prayers and published them to inspire others to bring their hopes, needs and worship to God. Available now from the 24-7 Shop.

PRAY FOR AN HOUR by Andy Freeman (English only)

This mp3 recording of a seminar given by Andy Freeman from the 24-7 International team is useful for anyone who would like some advice on how to fill an hour with prayer. You can download it now or order it on CD from the downloads section of the 24-7 Shop.



ENDING YOUR 24-7 PRAYER ROOM

Debriefing your community is as important as preparing them to pray. We can often miss the great things God has done by not asking the right questions or making space for people to share. Here are just a few suggestions about how to end your 24-7 season well:

'One guy who had never learned to read properly was given the ability to read the Bible in the prayer room' (Birmingham)

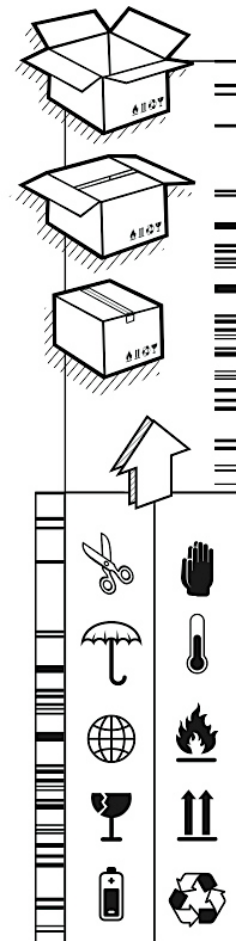
- If your prayer space is too small for your church to gather in and look around, then take pictures of the prayers and show them in your meeting.
- Highlight the testimonies book so people can have an opportunity to contribute to it. Choose a few encouraging entries and read them during your worship time.
- Make space in your meeting for people to break into small groups and share their experience of the Prayer Room and prayers God answered. Ask for any encouraging stories to be shared in front of the whole group.
- Ask everyone to consider what they can do in response to the problems they've been bringing to God. For example if someone was praying for people without homes they could become the answer to their own prayer by volunteering for or setting up a food store.
- Ask people to consider, "How am I going to continue to pray?" Maybe suggest some prayer rhythms or techniques you and your leaders have found useful.
- Why not ask people individually what they prayed about, what God said to them and how they used the room.

Teach on maintaining your spiritual life to help people continue praying after the Prayer Room. You can find talks available for download on the 24-7 shop that may help, or download our short booklet that points to different resources about prayer from our Resources section.

Review the photos you've taken, the prayers and art you've gathered from the room and the feedback people have shared via the testimonies book and in your meetings. Discuss these questions with your leaders:

1. What were the common topics of prayer?
2. What has God said through this prayer season?
3. How are you going to respond practically to His direction?

Please compile the feedback, testimonies and photos into a report and send it to uk@24-7prayer.com. This is well worth the time you invest in it, as the summary becomes a valuable record for your church and the 24-7 movement. As you read it and future Prayer Room reports they will start to build a picture of what God is doing.



YOU'VE PRAYED 24-7, SO WHAT'S NEXT?

Seize the words God has spoken over your community and decide together how you're going to respond. If God is calling your church to engage in a new vision or project then decide how you're going to begin. If he's simply calling you to build a solid foundation of time spent with Jesus then you may want to look afresh at the prayer life of your church.

'Before I came into the prayer room I didn't know what I believed about God but feel an enlightenment.'
(Secondary school, Romford)

Most groups pray 24-7 more than once; often developing a rhythm of prayer with bi-annual, quarterly or even monthly Prayer Rooms. Each 24-7 prayer season reveals something different about the life of the Church and what God is saying to you. Consider when you would like to pray again: are there events or times of the year when intensive prayer could cover or prepare your Church?

Why not combine your next Prayer Room with a mission project in your area? Churches have been known to co-ordinate the prayer around the launch of an evangelistic push like an Alpha course, before projects like summer play schemes or weeks of serving the community practically. Other groups have handed out prayer request cards at their work places or taken turns praying in the Prayer Room and going out praying for people on the streets of their town or city. Make your next season a step forward in prayer and begin to take the exercises or lessons you've learnt praying 24-7 out of your church building.

STAY CONNECTED WITH 24-7 PRAYER

There are many ways to stay connected to the 24-7 Prayer movement and the wave of prayer across the world.

- Stay in touch with the movement and find out about new resources and initiatives from the global website.
- Find other groups praying in your nation in the Prayer Rooms section of the 24-7 website.
- Sign up on the 24-7 homepage to our weekly email newsletter "24-7 Rewind" and receive the latest news and testimonies.
- Become a 24-7 supporter and give financially as an individual or a Church each month and help fund the international movement of prayer (www.24-7prayer.com)
- Take a pilgrimage to a 24-7 Boiler Room. These modern day monastic communities live out rhythms of prayer, mission and justice and welcome people to join with them for anything from a day to a year. Find out more about a Boiler Room or 24-7 community near you from the 24-7 website.
- Join us at a national or international gathering. Details available from the global site.

'Pupils sat watching the vitamin tablets dissolving with tears running down their cheeks, saying afterwards, "It really helped me to let go of some things I'd been holding on to." (Aldlestone)

'God's broken my heart and remade it several times....'
(Winchester)

If you have any further questions or would like to talk more about your 24-7 Prayer Room we'd love to hear from you. We'll be in touch every step of the way and we look forward to hearing all that God does.

God bless,
24-7 PRAYER



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This booklet and its contents were produced by 24-7 Prayer International to equip people to pray day and night in a 24-7 Prayer Room. We give permission for any Christian group to make multiple copies of this resource and circulate it to motivate people to pray.