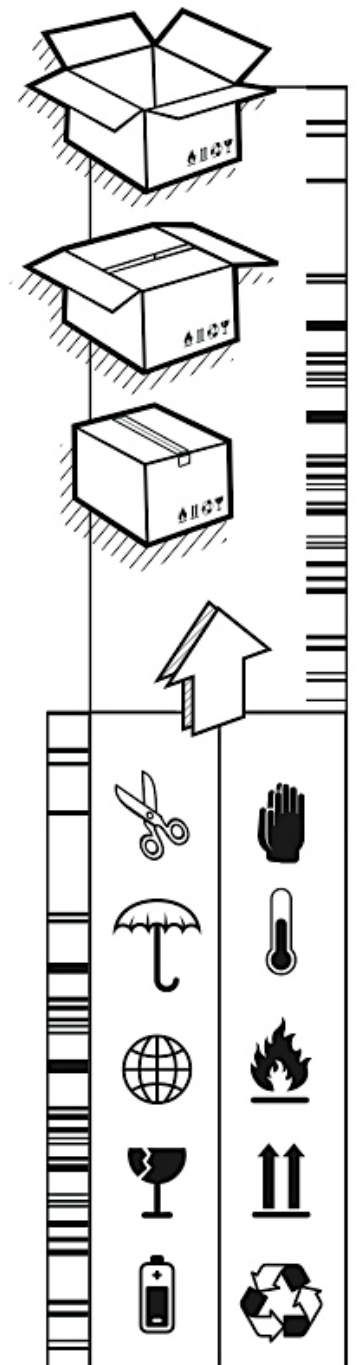
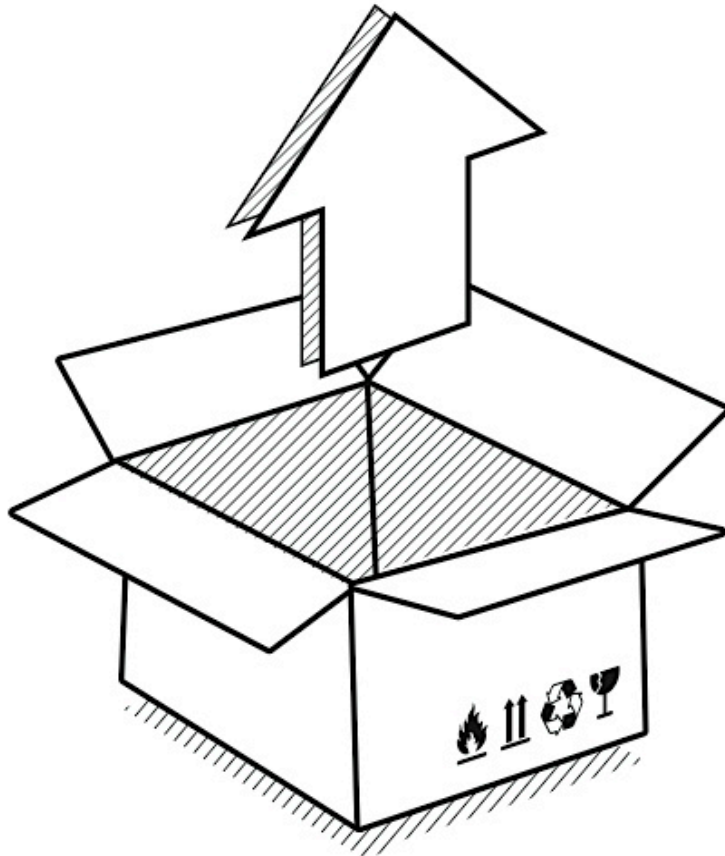
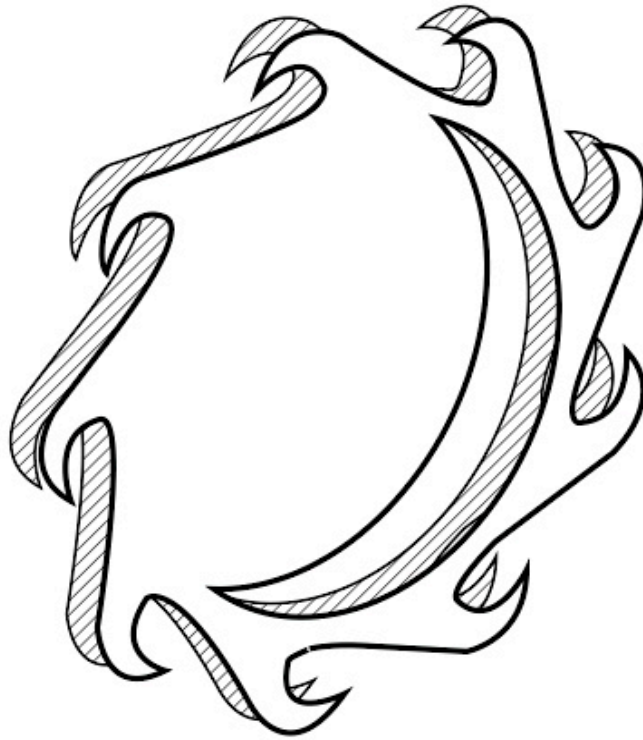




# 24-7 PRAYER

## UK PRAYER PACK

### DEEPER



# 24-7 DEEPER

Follow on guide to 24-7 Connect  
A more experiential take on the prayer room  
& what to do next.

## Prayer...

### AN INTRODUCTION:

In the last few years, 24-7 prayer rooms have appeared in church buildings, Cathedrals and at Christian conferences, in schools and colleges, in youth centres and universities... on army barracks and in a bunch of prisons... in caravans, double-decker buses and on ships... in garages and basements... in tents, through every kind of weather... even in the Houses of Parliament and in loads of Whitehall departments... in office blocks and on hill-tops. Just about everywhere... The movement has revitalised churches, stirred sleepy Christians and begun the work of transforming some of the darkest and most challenging places on earth.

Legend speaks of a time when Abraham Lincoln saw a beautiful young girl at a slave auction. Watching the crowd of lecherous, leering men beginning to bid for her, he was stirred to bid to, to try and save the girl, to rescue her from a horrible fate at their hands. Andy Freeman takes up the story in his book, 'Punk Monk', describing poetically how this story challenges us about the importance of prayer.

**ANDY WRITES:** "I find myself in a giant hall. Surrounding me are thousands of young people - battered, bruised and broken. Then suddenly a voice says, "What am I bid?" A young girl stands before the crowd of lecherous, sneering men. "What am I bid for this piece of flesh?"

The men start to cheer and shout figures.

"Ten."

"Twenty."

"Fifty."

"One Hundred."

*What can I do God?*

I start to bid, I have to save her. The cost becomes huge and I begin to waiver. Can I afford this? What price will I pay?

The dream stops.

I am alone again but the faces are real enough. Alice being sold into prostitution. Jack with a revolver in his mouth. Kat covered in cuts and bruises. John falling into crime. Laura alone and desperate. Steve, heroin needle in his bulging vein.

*"What am I bid?"*

The voice shatters the silence. The auction is on. The bidding has begun. It will continue day and night until the end. Most of the bidders desire only use and abuse.

Satan drives them on. For him, young lives are for destruction. Chaos is his aim.

**God is there, but he has chosen us to go into the auction. His desire is that we bid for everyone. Are we willing?**

**The cost will be huge. We may have to give our lives.**

*The currency is prayer*

*The price is massive*

*But the prize is glorious*

*What am I bid?"*

Stories of 24-7 Prayer can be amazing, but we cannot escape the stark fact that we are called, not just to be readers of the word of God; not to simply observe these miracles happening around us; but to be doers, to be part of the viral movement that is 24-7 Prayer. We are called to live lives of passionate, hope-infused prayer. Prayer that inspires us to express our love for God in mission and social justice, to "set up rescue shops within a yard of hell" (C T Studd), to bid in the 'slave auctions' we see around us, and to attempt to rescue as many people as we can.

**IN THIS PACK YOU WILL FIND STORIES, IDEAS, SUGGESTIONS AND REAL LIFE EXPERIENCES.** We are not seeking to tell you how to 'do 24-7 prayer', but simply to inspire you with some of the things a journey towards a 24-7 praying lifestyle may include. There are tips on how to build a lifestyle that is steeped in and dependant on prayer. There is an interactive walk around a 24-7 prayer room you can visualise as you read, and there are snap-shot stories from people around the world whose lives of prayer have birthed the practice of mission in different places.

Just like the girl in Lincoln's slave auction; we are surrounded by many people who are trapped, helpless and searching. Prayer is vital in changing their lives - are you willing to bid?



This guide is purposely riddled with 'translate' boxes. These give you tips on how to put prayer and mission into practice where you are. We do not have all the answers, which is why we'd love you to improvise, to add to and build on these ideas, and to let us know what works for you. Our prayer is that we will see more and more of these colourful, messy, beautiful and accidental examples in the years to come, and that you, the person reading this, will be able to delve deeper into the mystery and wonder of God through the adventure of prayer.



# Prayer Dependant Lifestyle...

"THIS THEN, IS HOW YOU SHOULD PRAY..." (JESUS, MATTHEW 6:9)

## TALKING TO GOD IN THE DAY TODAY:

*PRAYER...? A few snatched moments at the end of the day? A couple of sentences whispered under your breath as you walk into a tense meeting with your boss? A rigid rhyme repeated from memory to prevent bad things happening?*

*PRAYER...? Empty words? A crutch for the weak? Explanations of coincidence? Or something deeper?*

## THE SILENCE OF THE MORNING.

*It's the calm before the storm of the day and I lie there considering whether to move at all.*

*Sunday's safe glow seems to diminish as I consider the week ahead, the warmth of worship and fellowship fading quickly. I'm not alone, however, and the recognition gives me the strength to move, to face the day. As I prepare to leave the house, the steady heartbeat of His presence beats within me, and my prayer is an unspoken response, praising Him for His unfailing love.*

*On the journey to work, noise assaults me from every direction. The relentless rhythm of crowding commuters attempts to drown out my peace. Traffic, delays, aggression and impatience seem certain to determine the atmosphere of my day, until I remember some lines from a Celtic prayer... 'God to enfold me, God to surround me'... even in the frustration of lengthy journeys.*

*Finally arriving in the office, relaxing with a coffee, my prayer is for the girl sat opposite. I watch as she does her makeup, carefully attempting to conceal another black eye, remembering her insistence last week that 'he loves me really'. Also on my prayer list are the three guys across the office, as they laugh and discuss their weekend. Parties, Drinking, Girls. I wonder if they are really happy.*

*Lunchtime is a break from the dull daily routine. I meet with a couple of student friends, who have been heading up a prayer-week on their university campus. Their eyes sparkle with enthusiasm, and I leave feeling inspired and encouraged, aware that the three of us shared something special, praying simply by joining in community and sharing stories of God's power.*

*The afternoon passes quickly, and too soon I find myself replaying my earlier routines in reverse: traffic, travel, busyness. I focus on a Bible verse about the peace of God, playing it over and over in my mind, considering what the implications are for the way I live, my reactions and response.*

*Back home, I head for the supermarket, wandering round distracted by the colours, the choice, the selection. I choose a couple of items, using the opportunity to ask God to intervene in the situations I have seen on the news this week, places of war where food is scarce, drought and natural disasters, people who will spend this evening in sorrow, grief and pain. I don't understand the reasons or the solutions. All I can do is ask for His help.*

*As dusk falls, I relax into my comfy sofa. Playing my favourite worship CD, I spend some time in silent praise and worship. The events and tensions of the day seem to float away as I focus on Jesus. I realise that He has been there, in all my travelling, in all my busyness, it's just that I have sometimes forgotten to acknowledge His closeness. Resting in a time of intimacy with Him, and putting Him back at the centre of my life, puts everything into perspective.*

*As the day draws to a close, I resist the temptation to crash out in front of the telly, instead pulling out this battered journal. I run through the events of the day, considering the good moments, the times of celebrating God's presence, as well as those where I should have acted differently. As I look honestly at my day, I'm beginning to see how prayer can infuse each of my daily interactions, the places I go and the conversations I find myself part of. I'm learning to simply think of Him, connecting with God's presence in the trivial thoughts, and the small decisions. I drift off to sleep asking God to increase my intimacy and dependence on Him, and to help me be more aware of everyday moments I can turn into an opportunity to communicate with Him in prayer.*





**TRANSLATE:**

Sometimes we think that liturgy, or responsive prayer, is outdated, restrictive or confined to musty old church services we don't want to acquaint ourselves with. This is a limited view. When we open our minds to the possibility of connecting with God through these means, we begin to find a depth and resonance in them.

# LITURGY

Give liturgy a go:

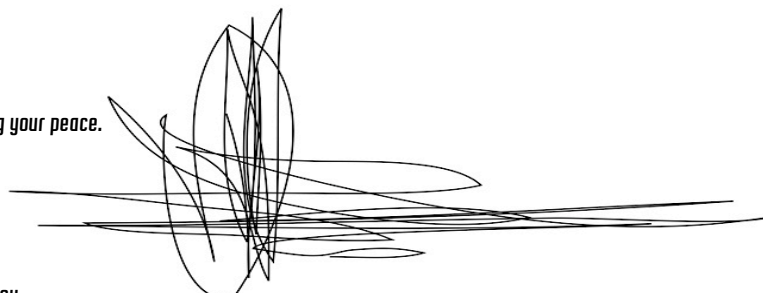
- With a group of friends, work through some of the prayers in the Book of Common Prayer. Ask God to illuminate and refresh the words so they are relevant to your lives. Share as a group the insights and inspiration you have gained from this.
- Practice writing some responsive prayers you can work through as a group; you can make these fit any of the situations or subjects you are covering. Concentrate on making them honest, rather than trying to make them sound good.
- Write your own Liturgy based on scripture

## LITURGY BASED LOOSELY ON PSALMS 5 & 65

*Leader: Jesus we come before you, humbly, quietly, in obedience, seeking your peace.*

*All: In the morning, O Lord, You hear my voice.*

*In the morning, I lay my requests before you & wait in expectation.*



*Leader: Where morning dawns and evening fades, you call forth songs of joy.*

*All: God of light and glory, as the dawn brings in a new day, we remember your mercies are new each morning. We praise you for this new day you have made. Take it use it and bring glory to Yourself. Take our lives, take our work and efforts, take our thoughts, take our every breath and use it for Your glory.*

A short period of silent prayer is held to consider what today will bring and to offer our day & ourselves to God.



# RANDOM ACTS OF KINDNESS



*Be aware of the situations where you can bless someone else with your actions. These often come up spontaneously, so be ready!!*

Give acts of kindness a go:

- Do your housemates washing up
- Treat the people you work with for lunch
- Send a friend chocolates or flowers anonymously
- Pay for the coffee of the person behind you in the queue
- Leave a box of biscuits next to a sleeping homeless person.
- Be accountable with others, share ways you've found to bless people.
- Carry around a Mars Bar in case some one comes up to you asking for food;
- carry an extra fiver around in case you can pay for someone else anonymously.

This is an easy way of making prayer practical and seeing it make a difference. It moves our intercession away from empty words and into a call to action. The whole point of these random acts of kindness is that they are often small things that only one other person will notice - like paying for the person behind you on the toll bridge, or reverse haggling in a charity shop.



Read "Random acts of kindness: 365 ways to make the world a nicer place" by Danny Wallace



# LECTIO DIVINA

This is how you do it:

## 1. READING:

Choose a passage of Scripture (anything from one verse to 15 verses). Start by asking the Holy Spirit to shine light on it as you read. Read it through several times. If possible, read it out loud.

## 2. MEDITATION

Think about it. Make your brain work hard. What was the person writing trying to say?  
What happens in the story?  
What does it mean for your life today?  
Is there one word or phrase which really shouts at you from the page?  
What is it saying about you and your life today?

'Lectio Divina' is a way of reading and praying the Bible out loud, which was first taught by a man called Origen, way back in the third century AD. It is a foundational practice for at least four major monastic traditions.

"Lectio Divina" means 'holy reading', and it is a discipline which helps us to mix the word and the Spirit together, so that we go deeper in our relationship with God. It consists of four different steps: reading, meditation, prayer and contemplation.

## 3. PRAYER:

Respond to God. Speak out to him your personal response to what you've read. Tell him how it makes you feel. Tell him what comforts you and what challenges you. Ask for his help to live out the truths you've uncovered today.

## 4. CONTEMPLATION:

Stop. Be still. Stop talking, stop asking and slow your brain down. This is the time for listening to him, for letting the Holy Spirit talk back to you. Spend some time silently listening to God. Go beyond all the words you've read, and allow God to root you in truth and wrap you in love

# GOD CONSCIOUSNESS

**GAME WITH MINUTES:** Try Laubach's "Game with minutes". See how many minutes in a day you can become conscious of God's presence. Keep God in mind, talk to him throughout the day, look for him in the ordinary events. Is he trying to get your attention? What is he saying to you? Offices, universities, supermarkets, restaurants, coffee houses, jet planes, green spaces: God is everywhere, look for him, listen for his whispers.

Frank Laubach wrote many journals about prayer and communication with God. On New Years Day 1937 he wrote, "GOD, I WANT TO GIVE YOU EVERY MINUTE OF THIS YEAR. I SHALL TRY TO KEEP YOU IN MIND EVERY MOMENT OF MY WAKING HOURS." Unceasing prayer gives us focus and helps us to centre on God, whatever else is going on around us.

"GOD AFTER A SLEEPLESS NIGHT, I OPEN MY EYES LAUGHING, FOR WE ARE TOGETHER" (LAUBACH)

"Is there any place I can go to avoid your spirit? To be out of your sight? If I climb to the sky, you're there! If I go underground, you're there! If I flew on morning's wings to the far western horizon, you'd find me in a minute-you're already there waiting!" (Psalm 139:7-10 The Message)

## BREATHING PRAYER:

Give unceasing prayer a go:

- Breathe prayer - As you breathe, pray silently "Lord Jesus Christ, Son of God, have mercy on me, a sinner." Or come up with your own sentence prayer, which allows you to communicate with God wherever you are.
- Practising the presence of God - Go through all the activities of your day in joyful awareness that God is there with you. Whisper prayers of thanks and adoration throughout the day.

Read: Prayer by Richard Foster

**LITTLE BOOK:** Dedicate a season to learning how God speaks through the course of ordinary events. Carry a little notebook in your pocket to record God's words as they come to you all day long (Laubach's Learning the vocabulary of God)

## EVERYDAY OBJECTS:

- Every time you brush your teeth in the morning thank God that his mercies are new every morning.
- When making tea pray for each person you make tea for.
- Each time you use your keys ask God to open the prison doors and set the captives free, name those you know who are struggling.

**EXAMINE:** Reflect back on your day. Where was God? In conversations? In the actions of others? In the events of the day? In nature? Was He speaking? Perhaps he was shouting out His goodness in the morning sunrise?

DID YOU RESPOND TO HIS WHISPER?  
OR WERE YOU TOO SLEEPY OR DISTRACTED?



# PRAYER OF TEARS

In the first of C.S Lewis' Chronicles of Narnia 'The Magician's Nephew' he tells the story of a boy called Digory whose mother is dying. When Digory first encounters Aslan he asks 'Please - Mr Lion - Aslan - Sir, could you - May I - please, will you give me some magic fruit of this country to make Mother well?'

It is a desperate prayer and yet Aslan appears to ignore it completely.

'He had been desperately hoping that the lion would say "Yes"; he had been horribly afraid it might say "No". But he was taken aback when it did neither'

WHEN IN RESPONSE TO OUR MOST DESPERATE PRAYERS GOD APPEARS SILENT - SAYING NEITHER "YES" OR "NO" WE NATURALLY CONCLUDE THAT HE DOESN'T CARE.

Later on in the story Digory asks Aslan for help again: 'he thought of his Mother, and he thought of the great hopes he had had, and how they were all dying away, and a lump came in his throat and tears in his eyes, and he blurted out:

"But please, please - won't you - can't you give me something that will cure Mother?" Up till then he had been looking at the Lion's great feet and the huge claws on them; now, in his despair, he looked up at its face. What he saw surprised him as much as anything in his whole life. For the tawny face was bent down near his own and (wonder of wonders) great shining tears stood in the Lion's eyes. They were such big, bright tears compared with Digory's own that for a moment he felt as if the Lion must really be sorrier about his Mother than he was himself"

Another example is expressed in C.S Lewis' "A grief observed" the reflections on the death of his wife. He writes 'But go to Him when your need is desperate, when all other help is vain, and what do you find? A door slammed in your face, and a sound of bolting and double bolting on the inside.'

He's speaking again of the "prayer of tears". Often in this prayer, there are few words and many questions. Sometimes there is silence on the other side. It's as if there are no lights in the windows, and we wonder if there ever were? Sometimes we pray in tears, prayers that are raw and desperate. Even though our prayers remain unanswered, and God may seem silent, if we just look up at his face, we will see that it is bent down near our own and (wonder of wonders) there are great shining tears in His eyes. Then we will know that He truly cares and is sorrier than we are ourselves.

## REFLECT ON THESE VERSES:

- 'You've kept track of my every toss and turn through the sleepless nights, each tear entered in your ledger, each ache written in your book' (Psalm 56:8)
- Mary bathed Jesus' feet with her tears: 'She has shown great love' "your sins are forgiven, go in peace" Luke 7:36-50
- 2 Corinthians 1:3-11 (The God of all comfort)

TRANSLATION END



**PAUL TELLS US TO "PRAY WITHOUT CEASING" JESUS TO 'ABIDE' IN HIM. WE ARE ALL CALLED TO BE PEOPLE ROOTED IN PRAYER.**

THESE ARE JUST A FEW IDEAS OF WAYS YOU CAN DEVELOP A PRAYER DEPENDANT LIFESTYLE.

WHY NOT PICK 1 OR 2 AND GIVE THEM A GO, DON'T TRY TO DO EVERYTHING AT ONCE.

LET US KNOW HOW YOU GET ON AND WE'D LOVE TO HEAR ANY OTHER IDEAS YOU HAVE.

SEND YOUR FEEDBACK TO: [UK@24-7PRAYER.COM](mailto:UK@24-7PRAYER.COM)

# Prayer Room...

## A VIRTUAL WALK THROUGH:

An extract from Pete Greig's *Red Moon Rising*  
2003, Pg 113-115

'It's still dark as you arrive at 6 a.m. for an hour of prayer at the start of a busy day. (1.) Taking the key from a bleary-eyed thirty something, you pause while he prays for you (coffee on his breath) (2.) and emerge alone into an extraordinary room.

1. It's a good idea to have someone on call each day with keys to let people into the prayer room and to display their mobile number in case of an emergency
2. In the spirit of hospitality it's great if you can provide tea and coffee making facilities and access to a toilet

Stepping inside, a sign hinders your progress: 'Take off your shoes for this is holy ground.' Proceeding (3.) 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.

3. You need a large chart dividing each day into one-hour slots, where people can sign up to use the room

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 (4.) 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.

4. For more ideas see list of materials and creative ideas

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 (5.) 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.

5. Having a CD player and CDs or a guitar in the prayer room enables people to worship in their own style

You find yourself reading another slogan, a bit of the Psalms carefully inscribed on the wall (6.) 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.

6. Cover some of the walls with paper (lining paper will be fine) so people can write their prayers and words of encouragement

Noticing the 'Answers to Prayer Book' (7.) 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.

7. Have a book, such as an empty exercise book where people can share their thoughts, answered prayers and stories

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...'

(Pete Greig, 2003: 113-115)

**EXAMINE:** an approach to prayer that involves recalling the last 24 hours, expressing gratitude, confessing failure and reflecting on how God's presence might have been made tangible in that time.

In this section you will find practical pointers to enable you to create a unique prayer space in your locality. This excerpt from *Red Moon Rising* may help to paint a picture of how you can use creative resources to encourage people to build a prayer room.



TRANSLATION in Black

TRANSLATION END



# Materials...

- Tea lights, fairy lights
- Blue tack, clothes pegs, string
- Soft cushions, beanbags, stools.
- World map or globe.
- Muslin/sheets (with fire retardant spray); you could drape sheets inside the prayer room creating hideaway spaces
- Blank paper on walls with tape (duck tape)
- Prophetic words for your group, verses and other messages written on walls
- Newspapers
- Book of Common prayer
- Liturgy
- Prayer guides (see 60 minute prayer guides included in this pack)
- Paper, pens, paint, felt tip pens, crayons
- Symbolic prompters to direct people's prayers (e.g. thorns, rusty nails)
- CD player and music (a variety)
- Cross or an altar area
- A feedback book, where people can share their experiences and testimonies
- Colourful fabric.
- Stones and natural objects
- Bible, prayer book, useful reflective books (e.g. Earth from the Air, Red Moon Rising)
- Chairs
- Images of nature or your community
- Water, bread and wine for communion.
- Tea, coffee and snacks.
- Tissues
- Instruments (e.g. a guitar)
- If you have the technology, images or multimedia projections.

THERE ARE NO RULES: feel free to set-up your prayer room however you want, here's a bundle of suggestions of things you could put in your prayer room.



SEE 24-7 CONNECT FOR A MORE PRACTICAL GUIDE TO RUNNING A PRAYER ROOM

SEE OUR 60 MINUTE PRAYER GUIDES FOR WAYS TO PRAY FOR AN HOUR, ON PERSONAL PRAYER, TOWN CITY FOCUSED PRAYER, NATIONAL INTERNATIONAL FOCUSED PRAYER, PRAYER AND EVANGELISM AND PRAYER AND JUSTICE.

FOR A MORE EXHAUSTIVE LIST OF IDEAS PLEASE REFER TO THE 24-7 PRAYER MANUAL AVAILABLE ON LINE AT [HTTP://WWW.24-7PRAYER.COM/CM/SHOP](http://www.24-7prayer.com/cm/shop)

# Prayer Fuelled Mission

## PRAYER SPILLS OUT TO MISSION:

*"SOME WISH TO LIVE WITHIN THE SOUND OF CHURCH OR CHAPEL BELL; I WANT TO RUN A RESCUE SHOP WITHIN A YARD OF HELL." (C.T. STUDD)*

**A RESCUE SHOP WITHIN A YARD OF HELL:** The rhythm of life of the Celtic saints moved between 'breathing in': spending time alone with God retreating to a cave, an island or an isolated hut in the woods; and in turn 'breathing out': launching back into activity and outreach to plant monasteries, preach the gospel and cast out demons.

Mother Theresa believed that her prayer life did not end when she left her room and entered her day. Caring for the poor was as much a prayer as the words she uttered in secret beforehand. She taught us that our mission is only and entirely to minister to Jesus, which is primarily through prayer and worship, and secondarily by finding the face of Jesus in the faces of the poor and lost.

We too can seek a rhythm of life where we breathe Him in and then we breathe Him out. In our lives, in the most ordinary everyday places, in our schools, universities and office blocks, in the poorest post codes, in supermarkets, coffee shops, on our streets, in busy market places, on jet planes on tube trains in response to terrorist attacks or natural disasters. Lets establish rescue shops within these yards of hell, and as we create a rhythm of breathing Him in and breathing Him out people will see and know that we have been with Jesus.

## Mission in Action:

**INCARNATIONAL PRAYER:** Consider moving to an area of need either in this country or abroad to be missional there.

**'PRAYER WATCH'** Go and pray maybe in the most challenging area of your town i.e. a red light zone, a council estate or an area known for drug use. Pray for specific individuals that you can see.

As we take a look at how people around the world are incarnating their prayers and 'breathing out' Jesus, lets be inspired. These aren't supposed to be exceptional cases; this is a picture of what normal Christianity is supposed to look like. Think and reflect and ask yourself, where are the postcodes or the places, the 'yards of hell' where you can breathe out Jesus?

TRANSLATION *in Gray*



**DOWNTOWN EASTSIDE, VANCOUVER : "THE WAR ROOM"** The Downtown Eastside in Vancouver, Canada is an area most of the rest of Vancouver would like to forget about. It is rife with poverty, violence, open drug use and prostitution. But it is also a place of community, grace, and great love. As we in 614 Vancouver have moved into the area over the last five years we have been privileged to discover the oft-overlooked expressions of the Kingdom of God in these unexpected places and people.

614 Vancouver, a cell-based, incarnational expression of The Salvation Army, has been praying non-stop in the Downtown East Side for over three years now. The "War Room", as we call it, was first located in a slum hotel, and now shares space with a homeless shelter, a community café we run, and a safe place for women.

The War Room is the hub of everything we do. As we pray, Christ directs our gaze away from ourselves and towards those who are hurting and afflicted in our neighbourhood and in our world. This gives us the vision and the motivation to live out God's justice and grace for those we live amongst and identify with. Praying has taught us to see the face of Christ in the hurting, the dirty, and the dying. Mission means going out and finding Christ, then loving him.

Our community's investment in non-stop prayer has given birth to a dream for planting prayer-centred cell-churches around the world; it has fuelled our advocacy fight against the evil of human trafficking; it has inspired us to get out on the streets and into the slum hotels to share the life of the Spirit and the love of Christ; it has driven us to fight for our community and to declare it full of God's worth; and it allows us to be in constant intercession for each other and for the lost, the last, and the least in our world.

AARON WHITE

**BOYS TOWN MEXICO:** Reynosa, Mexico is home to Boys Town, a walled-in red light district that has been around for about 150 years. The Zone of Tolerance, as it's known in Spanish, was established by the Mexican government as a means of containing prostitution in the city. Boys Town has one entrance and one exit. Not surprisingly, it has become home to drug trafficking and other criminal activities over the years. Approximately 300 men and women call the meagre rooms within the walls "home."

Since September of 2004, I've been praying and seeking to build friendships with many of these men and women. The streets of Boys Town are littered with evidence of the previous night's activities (used condoms, empty beer bottles etc) and yet I want to tell you it's beautiful here. I'm not sure if words can contain the work of Jesus here. There are too many stories to tell but here's a glimpse:

We created an impromptu beauty shop right at the entrance of my favourite crack bar, La Paloma. It was beautiful to see these women having their hair done, just like normal women. We came armed with materials for manicures and pedicures as well as hairstyling. It was so precious to see the girls from Boys Town sitting in chairs, while my friends so selflessly washed and scrubbed their feet. They laughed together and talked about highlights and nail polish colors.

It was a beautiful Gospel being preached with love and service. The girls in Boys Town knew it, too. One girl, named Aidee, literally started crying as one of us massaged her hand before painting her nails another woman, Yolanda, wept as her hair was being washed. She said to me, "It feels like God is washing my hair. Before today, I didn't think God existed. Today, I know He does. I don't want to do drugs anymore."

I'm convinced that this growing openness has nothing to do with the fact that I've been walking these streets, and everything to do with the fact that Jesus has been walking these streets with me. Sometimes I foolishly think that I've sacrificed things to be here and live life with the men and women of Boys Town. The real truth is, I've gained more than I ever dreamed of. I've found Jesus here.

KELLY GREENE



**RANDOM ACTS OF KINDNESS:** *Plan some random acts of kindness*

- *Let someone on the bus in front of you and as you do pray for them*
- *If you're a student make pancakes and do coffee runs during exam time or set-up re-hydration points offering water at parties or call taxis for people suffering from excess alcohol/drug use*
- *Give out Christmas gifts to people in need*



**CAMPUS AMERICA:** Since the Spring of 2006, God has been stirring hundreds of colleges and universities throughout the U.S. to engage in night-and-day prayer. Campus America aims to create an opportunity for every student in America to experience the very real presence of Jesus through seasons of night-and-day prayer on every U.S. college and university campus. As we encourage rhythms of prayer among bands of friends on campuses across the nation, we are moving toward one year, the 2009-10 school year, of unbroken prayer on every four-year college and university, with each taking up a season of 24-7 prayer on their campus. The baton of continual prayer is passed from campus to campus as we raise up this unified cry.

Today, the university setting is the primary place where our generation is discipled and obtains its values for the rest of life. Together, in the place of prayer, we can stand with one voice and ask God to make these institutions of higher learning His again, places that raise up followers of Jesus for every sphere of society.

WENDY AND THE CAMPUS AMERICA TEAM

**IBIZA:** In summer 2007, 24-7 Ibiza completed a whopping 23 weeks of missions work in the West End!

We were available every night of the summer season to offer assistance and support to people in varying degrees of need. Four nights each week we walked the streets of San Antonio from 11pm until about 5am; the other 3 nights we were 'on call' to anyone that requested our help by phone.

Whenever people were out on the streets, others were praying in our prayer room. We talked with and listened to countless holidaymakers and workers, many of whom we prayed with or took prayer requests from; we developed some great relationships with bar managers and security staff who often called on us for assistance; we helped over 120 people who were vulnerable, drunk, or injured either to hospital or their hotel.

We were also available six afternoons each week between 4 and 8pm throughout the whole season in our west end premises. We offered free Internet access, advice, support and prayer. We had 10-15 people each day coming to us for all sorts of different things. Lots came to use the internet, some needed practical help, some popped in to chat and share concerns, and some used the prayer room to reflect and find peace, to mourn loss, or simply to write prayers.

We had a total of 34 volunteer workers who came to serve on short term teams; they talked and prayed with hundreds of people, prayer walked, cleaned beaches, gave out oranges, and were a fantastic blessing and support.

24-7 IBIZA TEAM

**'PRAYER TO GO'** *Spend some time praying for the sick. You could do this in your local hospital, gathering and praying in the accident and emergency waiting area, or in the hospital chapel. Is there someone you've met today who is sick? Offer to pray for them or visit them.*

*With some friends, take prayer requests from people on the streets or outside the supermarket. You could offer to pray for them there and then, or get them to write it down to pray for later.*

*You could use your prayer room in this way: have an hour of prayer and then an hour on the street. Go out with prayer request cards, approach people and ask them if there is anything you can pray for them or any prayer requests they would like to fill in. You could also approach businesses and schools etc and tell them you are praying, and ask them for prayer requests. Or pray for a school for a week and then drop them a note saying you've prayed, accompanied by a load of doughnuts for the teachers, telling them are doing a good job. The prayer and kindness will shine through.*



*Set-up a prayer room in a visible location i.e. on your university campus, in a shop front in your town centre, in your workplace.*

**EMERGENCY/DISASTER RESPONSE:** *In response to an emergency/disaster, send a mobile team to the incident location. Set up a prayer room or offer to help out with the disaster or emergency response teams. Try to be sensitive to the situation. It's best to do this in coordination with the emergency services*

**HURRICANE KATRINA 24-7 USA:** In the wake of Hurricane Katrina, the strongest storm ever recorded in the Atlanta basin, we scrambled to mobilize a response team.

Within days, 29 of us trekked from Kansas City to Texas to work alongside local churches among the needy and displaced. We offered hands to the helpless, encouragement to the hopeless, and prayers on behalf of the needy.

*We constructed a prayer tent and amazing testimonies arose from the scene. One of the team worked at the information desk at the refugee camp and played a vital role in helping one lady find her missing husband. He had been in intensive care at the hospital when the storm hit and she had no idea where he had been taken. It was exhilarating to see families reunited... what a new understanding of being lost and now found.*

KANSAS CITY BOILER ROOM

**LONDON BOMBINGS:** On 7th July 2007, four bombs ripped through the heart of London: leaving an aftermath of death, injury, inconvenience and fear.

Rounding up a few volunteers, the City of London Boiler Room took to the streets of London. We wanted to be present in the places where people were feeling fearful. In short we spent a lot of time on the London transport system, making eye contact, smiling and talking to people.

We also met along with some friends in London to pray. We did some prayer walking and gathered to ask God to step in. Taking in prayer requests from local people we got on our faces for the City. Out of our prayers came letters to local mosques: offering our apology for London's reaction to them, seeking peace as London moved on from the events.

JUDE



AT THE BEGINNING OF ACTS THE DISCIPLES EARNEST PRAYERS WERE DRIVEN OUT ONTO THE STREETS BY THE POWER OF THE HOLY SPIRIT; BIRTHING THE CHURCH OUT OF A PRAYER ROOM.

WE WANT OUR PRAYER TO SPILL FROM 'UPPER ROOMS' INTO MARKETPLACES. LET IT BURST OPEN ONTO THE STREETS, INTO SCHOOLS, NIGHTCLUBS AND HOSPITALS; ONTO UNIVERSITY CAMPUSES, UP TOWER BLOCKS AND DOWN BACK STREETS, WITH ACTS OF KINDNESS AND MERCY, WITH MISSION AND SERVICE.

## Prayer, Bring it Home...

### THIS DOESN'T END HERE:

'We hope this pack has inspired you and given you loads of ideas of different ways you can pray. Do keep in touch, we want to hear your UK stories. You don't need to go to Downtown Vancouver, Ibiza, America or Boys Town Mexico, you can do it right where you are. Lets put the UK on the map!

The vision of 24-7 prayer is not to see 24-7 prayer rooms in every church in the UK our vision is to see you released in a lifestyle of Christ centered prayer!

Whilst standing at Cape St Vincent looking over Europe Pete Greig had a vision of "A FACELESS ARMY OF YOUNG PEOPLE RISING OUT OF THE PAGE, CROWDS OF THEM IN EVERY NATION AWAITING ORDERS" We want to see this happen in the UK,

# COME ON!!!

## Prayer 24-7 ...

Here's some suggestions for what you can do now

### WE'D LOVE TO HEAR FROM YOU:

- Call us at the UK office on 0207 074 0400
- Email 24-7 prayer UK: [uk@24-7prayer.com](mailto:uk@24-7prayer.com) we'd love to hear your stories!
- Check out the website to see if there's a prayer room near you right now - go join in!
- Or start your own 24-7 prayer room... at your school, church, **university**, work place, prison, café
- Go visit a 24-7 prayer community or Boiler room
- Join in with one of the 24-7 prayer training/learning courses
- Sign up for our regular story-summary, REWIND
- Join our 24-7 prayer UK facebook group: <http://www.facebook.com/group.php?gid=6312375567>
- Support 24-7 prayer! : <http://www.24-7prayer.com/donate>
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