

## A ONE DAY PRAYER RETREAT

Extended prayer retreats alone with God are both biblical and helpful in developing an intimate relationship with God. God longs to walk with you in the cool of the day as he did with Adam. The problem is we are rarely there and when we are we are in a hurry to get on to some other busy plans. Take time to be holy.

Set aside a day a month for prayer. Here is a simple guide for a day of prayer. You may find it helpful to go away to a solitary place. I find it helpful, even necessary to do an overnight so I am relaxed to start the day.

- 7 am – Simple Breakfast
- 8 am – Be still (1) Be Worshipful (2) Be (3) Thankful
- 9 am – Confession (4) Clothe in Armor(5) Cast your Care (6)
- 10 am – Walk & listen to sermon tape/music, etc
- 11 am – Intercession: Souls (7) *Your top 10 list*
- 12 am – Lunch - soup and sandwich (read a devotional book)
- 1 pm – Intercession: Saints (8) *Your church phone list*
- 2 pm – Break! (Nap or take a walk)
- 3 pm – Intercession: Sick (9) *The afflicted in mind, soul body*
- 4 pm – Praise w/ tapes (walk, journal, plan)
- 5 pm – Intercession: Ministers (10)
- 6 pm – Supper break - Listen to Scripture on tape
- 7 pm – Intercession: Missionaries (11) *Use Prayer Cards*
- 8 pm – Walk w/ pray (Music /Silence or Sermon)
- 9 pm – Intercession: Magistrates (12) *Use a Newspaper*
- 10 pm – Meditation on God’s Name, Acts, Worth
- 11 pm – Return home (or bed) with Praise Tapes

Remember prayer is fellowship with God, not just bending God’s ear with a list of requests. It is those who “know their God” that shall be strong and do exploits. Get to know God in prayerful listening, whispering, singing, worshiping, reading, meditating, memorizing his word, etc.

*This is my personal style for an ordered and disciplined time of extended prayer. There will be some who find it difficult or unrewarding to be so disciplined. In that case you need to develop your own style. Just be sure that it keeps you praying.*

Visit: [www.PrayerToday.org](http://www.PrayerToday.org)

## A WEEKEND PRAYER RETREAT

### Day 1 – Thursday Evening (or Sunday Night)

- 6 pm – Arrival and supper together
- 7 pm – Journaling - why are you here?
- 8 pm – Quiet Private Worship
- 9 pm – Devotional Reading
- 10 pm – Bedtime

### Day 2 – Friday (or Monday)

- 7 am – Simple Breakfast
- 8 am – Be still, get a quiet heart (1)
- 9 am – Thanksgiving (2)
- 10 am – Confession and Introspection (4)
- 11 am – Worship and Praise (3)
- 12 am – Lunch - soup and sandwich
- 1 pm – walk & listen to sermon/tape/music
- 2 pm – Clothe in God’s Armor (5)
- 3 pm – Nap time / read / sleep / listen
- 4 pm – Cast all Cares on Him (6)
- 5 pm – Supper -
- 6 pm – Joint worship time
- 7 pm – Souls to be saved (7) Top 10 list
- 8 pm – Saints in Trials (8) Church family
- 9 pm – Sick and Afflicted (9)
- 10 pm – Bedtime

### Day 3 – Saturday (or Tuesday)

- 7 am – Breakfast - and sharing
- 8 am – Intercession: Ministries (10)
- 9 am – Intercession: Missionaries (11)
- 10 am – Praise break!
- 11 am – Intercession: Magistrates (12) World Leaders
- 12 am Lunch and Leave by 1 pm

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| Prayer Activities         |
|---------------------------|
| <u>Think &amp; Plan</u>   |
| Dream God’s Visions       |
| Plan Goals                |
| Plan Yearly Calendar      |
| Write Sermon/Lessons      |
| Write Thoughts/Ideas      |
| Journal to God            |
| Evaluate Your Life        |
| Evaluate Your Ministry    |
| Make Family Plans         |
| Do a Word Study           |
| <u>Rest</u>               |
| Take a Holy Nap           |
| Go for a Walk             |
| Sing to the Lord          |
| Worship with Tapes        |
| Converse With a Friend    |
| Play an Instrument        |
| <u>Read and Study</u>     |
| Read Scriptures           |
| Read on Leadership        |
| Read on Prayer            |
| Read Prayers of the Bible |
| Listen to Scripture       |
| Listen to a Sermon        |
| Study the Promises        |
| Memorize Promises         |
| Meditate on the Cross     |
| Meditate on Creation      |
| Meditate on Promises      |