

You may choose to close out your prayer time by participating in one of these activities in the room:

Prayer Room Journal

By time and date, take a moment to write in the prayer room journal. You might praise God, share a specific (public) prayer request, write a Bible verse, give an encouraging word for our church, or document whatever you believe you heard God say during your listening prayer that would benefit everyone.

Postcard

Let someone know you prayed for them! Fill out a Vancouver Church postcard and drop it off in the office. We'd be happy to mail it for you.

Wall Paper Roll

On the paper roll on the wall, please write your best praises and adorations to God, to inspire and spur on others coming to the prayer room!

Wired Prayer Wall

If you have a private or anonymous prayer request you'd rather not place in the journal, fill out a prayer request and roll it up for the prayer wall. If you don't have something to add, feel free to touch and pray for each request on the prayer wall.

Other Resources

Go online and check out prayercourse.org and 24-7prayer.com for more resources, prayer guides, creative prayer ideas, and ways to expand your prayer life and your ongoing conversation with God. You can also download a prayer app for daily reminders. Try YouVersion Prayer or Lectio365.



PRAYER ROOM GUIDE

At the church prayer room,
or wherever you may be.

Prayer Room Hours

Monday - Friday: 9AM-4PM
Sunday: 1 hour before & after
each gathering

Welcome to our prayer room! In this booklet are resources including simple ways to spend your time, and meaningful responses that follow the model we learned during our "How to Pray" series:



HERE'S ONE WAY TO SPEND AN HOUR IN PRAYER.

PAUSE

Silence/Contemplation - 5 minutes

Silence is an art. You may need additional time to get quiet and put yourself into a posture of silence. Silence your thoughts, don't ask for anything, and keep your body in absolute silence. If you are having difficulty, meditate on Psalm 46:10: "Be still, and know that I am God."

Listening - 5 minutes

God can use thoughts, feelings, the Bible, experiences, or even our surroundings to capture our attention. Listen to what He might be saying, even if it seems random! Test whether you think it's God's voice. He will not contradict what's said in the Bible and He will give you a sense of peace or conviction, not fear or condemnation! There are Bibles on the bookshelf.

REJOICE

10 minutes

This is your chance to talk with God! PRAISE him, and let him know what you love about Him, how He's impacted your life, and how great He is! Be specific and keep a list for times of doubt. Write your praise on the paper roll on the wall to encourage others!

ASK

Pray for our Church - 10 minutes

Pray for anything you heard during listening prayer. Pray that our church would become a praying church family. Pray that our collective faith would increase and that our impact would expand! Pray for our pastors, our staff, our ministries and our leaders. There are staff lists and ministry tools in the ONE magazine.

Pray for our Community and our World - 10 minutes

Consider the work of our Community Partners, and our Missionaries: King's Way Christian School, The Giving Closet, Sacajawea Elementary School Families, Options 360 Pregnancy Clinic, Young Lives Young Mothers, Open House Ministries, Vancouver Jail Ministries, Kleen Street Veteran House and Recovery Center, Warner Pacific University, Pine Ridge Indian Reservation in South Dakota, The Alaya family in Belize, the Janssen family in Taiwan, The Armstrong family in Thailand, the Torgeson family in Costa Rica, the staff and people of Heart for Lebanon, and the Kima International School of Theology.

Pray for Specific Requests - 10 minutes

You may have brought your own needs and requests with you. Spend time making your requests known to God from a position of faith. Be real and vulnerable - there's no need to hide anything from the God who knows all, sees all, and loves you!

YIELD

5 minutes

Take a moment to get right with God. Confess anything that has been revealed to you, and repent. Consider any opportunities God has brought you, and what you must do to initiate change. Reaffirm your desire to yield to Him completely!