movement prayer

Simple Guide for a Time Alone with God

Overview

Jesus continually withdrew from people, and the demands of ministry, to be alone with the Father and pray. His ongoing, intimate relationship with the Father was the source of His love and power. His priority of finding time alone with God guided His important decisions and enabled Him to deal with grief. Jesus also taught His followers that real fruitfulness occurs when we are staying connected to Him (John 15).

This importance of a daily time alone with God is also underscored in modern disciple making movements where there is often a direct correlation between fruitfulness and the time disciple makers spend in prayer. While a desire for greater fruitfulness may motivate us to pray, it is important to remember the primary reason for spending time with God is our love for Him. Henri Nouwen once said, "Nothing conflicts with the love of Christ like service to Christ." [1] The main heart of prayer is not to achieve or gain *something* but to get to know *somebody*.

Getting Started

- Begin by selecting a consistent, distraction-free location and time that suits your schedule. You may even want to write this on your calendar.
- Remember, there isn't a singular prescribed method for spending time with God, but the following outline can serve as a helpful starting point. Over time, you will want to personalize and modify it.
- Consider the option of breaking this outline into parts. Some disciple makers focus on their relationship with God (parts 1-4) in the morning and intercession (part 5-6) in the afternoon or evening.

[1] (*The Great Omission* [New York: HarperCollins e-books], p 94).

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A Simple Guideline to Follow

1. Praise, Worship and Thanksgiving

- Declare who He is and what He has done.
- Tell Him what you like about Him. You may even want to reflect upon a Psalm or sing songs to Him.
- Tell God what you are grateful for, specifically things you notice throughout your day.
- Spend time simply enjoying His presence and communing with Him. (i.e., picture Him sitting with you; sit quietly and listen to His voice; talk to Him as you would your closest friend).

2. Confession and Repentance

- Ask God to show you areas in your life that need to change.
- Confess these to Him and receive His forgiveness.
- Pray that he would empower you to change in these areas.
- Spend time consecrating (setting aside) every area of your life to Him.

3. Read, Reflect, and Respond to Scripture

- In the presence of God, read a passage of Scripture several times. You may even want to write it out word for word.
- Reflect on what stood out to you.
- Spend time asking God to show you what he wants you to know and do.
- Respond - Write down what he tells you. Commit to obey Him.

4. Pray for Personal needs

- Pray for yourself, members or your family and people who are close to you.
- Share with God any burden that you have. Ask Him to bring healing, restoration, forgiveness, provision, and comfort to yourself and people you know who need God's help.

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5. Pray for God's Mission

Ask God to give you and other disciple makers everything that is needed to fulfill His mission. This could include more love, power, anointing, opportunities, health, provision, safety, or wisdom. Take time to listen to His voice and make yourself completely available to do anything he prompts you to do. Be sensitive to things God leads you to pray.

Intercede for five people in your relational network (maybe a different one each day).

- Ask God to **draw** them to Himself.
- Pray that their minds would be **open** to the truth of the gospel.
- Ask God to **bind** the enemy and any hindrances that keep them from receiving Him.
- Command any strongholds such as fear or unbelief, that are holding them captive, to be **broken**.

Pray for areas where you are focusing on seeing Disciple Making Movements emerge such as neighborhoods, places of employment, apartment complexes, social networks or people groups.

- Ask for more disciple makers and intercessors.
- Pray for a greater openness to the gospel.
- Ask for spiritual breakthroughs.
- Pray against obstacles (strongholds) that keep people from coming to Christ.

6. Pray that God would get all the Glory.

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