

An At-Home Guided Personal Prayer Retreat

1. Guided—Watch Pastor Rick’s short orientation video to give you guidance before your extended time in prayer. Additionally, he will be available during the whole prayer retreat if you have questions, need more guidance, or want him to pray for you about any issue. You can text him at 971-267-9059, and he will call you back.

2. Personal—This is not a group prayer time but a personal prayer retreat. That means each of us will find a place in our homes where we can be alone with God. If the weather isn’t too bad, you may want to walk outside as you pray. And because this is a personal retreat, don’t think you need to follow the materials and suggestions Rick is sending you. It’s your time alone with God, so commit the time to him, ask him to guide you, and then spend the time as you think best.

3. Prayer—Think of prayer as communication with God. It’s not uni-directional. Don’t just talk to God, but also listen to his words in the Bible. You may want to spend a lot of your time listening to the Bible and then responding to what God says to you. Another way of praying is to think in dialogue. In other words, bring God into your thinking on any issue that’s important to you. For example, you may want to plan your year or plan your budget in prayer. You can do this by talking to God about each aspect. For example, “Lord, I’m thinking of increasing the percentage of our budget going toward savings. What do you think of that? Is there any guidance on this issue in the Bible?”

4. Retreat—This is a time to be alone and away from distractions. It’s a time to spend relaxed, unhurried time with God. So turn off your cell phone and put aside all that distracts you for these two hours. Give God your full attention. Doesn’t he deserve it?

A Note for Couples with Children: Children are a blessing from the Lord, but they may be a challenge when it comes to spending quiet time alone with the Lord. You may need to shorten your prayer retreat time. Another possibility may be for one spouse to watch the children for the first hour while the other spouse has alone time with the Lord, and then to switch places. Or maybe you will just need to find an alternative time you can get at least a half hour alone with the Lord.

My Motives to Pray (Even if I Don't Get Answers!)

1. I'm commanded in the Bible to pray. (Eph. 6:18; Col. 4:2; Luke 18:1; 1 Thess. 5:17; et al)
2. There are powerful examples of prayer in the Bible and church history. (Luke 5:16; 6:12; Col. 1:3; 2 Tim. 1:3; et al)
3. My prayers bring joy to God's heart, fulfilling my purpose in life. (Prov. 15:8 NAS)
4. My prayers bring me reward from God. (Matt. 6:6)
5. If God doesn't empower my efforts, they amount to nothing. Therefore, I need to express total dependence on God and seek God in all I do. (John 15:5; Zech. 4:6; 1 Cor. 3:6-7)
6. Prayer is communicating with God and helps me build my relationship with him and get to know him. (John 17)
7. Extended times of prayer help me discern God's direction for me. (Luke 6:12-16)
8. Prayer is the path to peace that will guard our hearts from straying. (Phil. 4:6-7)
8. Prayer clarifies our thinking and helps renew our minds, bringing them into synch with God's values.

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1. Watch Pastor Rick's Orientation Video
Rick will review the materials with us and give further explanation
When he finishes, get alone and begin by committing the next two hours to God
2. Bible Meditation and Response
Your Scripture
Psalm of today's date (Psalm 13)
Psalm of your age
Memorize a verse, meditate on it and pray over it
3. Thanks/Praise/Worship
Romans 8:28-39
Psalm 100, 103, 111, 145
Revelation 4, 5
4. Confession
Romans 3:9-20
Exodus 20: 1-17
Psalm 51, 32
List sins and pray/plan through them
1 John 1:9
Forgive
5. Personal Discipleship Plan for the year
Romans 8:28-29
1 Timothy 3:1-12
Titus 1:5-9
John 4:34
Goals and Budget for the year
6. Personal Issues
Acts 13:36, John 17:4; Colossians 4:17 What does God want you to accomplish?
What is his purpose for you?
Worry list: Matthew 6:25-34
7. Family/Fellow Christians
Thank God for people: Romans 1:8; 1 Corinthians 1:4, etc.
Colossians 1:9-12
Philippians 1:3-11
Ephesians 1:15-22
Ephesians 3:14-21
8. Lost
Romans 10:1
9. Our Country
1 Timothy 2:1-4
10. Write summary: What have I learned today? What does God want me to do?
Where do I go from here with my prayer life.