



Session 1: The Encounter Session

Session 2: The Nature Session

Session 3: The Power Session

Session 4: The Fitness Session

Session 1: The Encounter Session

The P.R.A.Y.S. Model is a method based on the prayer that Jesus used to teach his disciples to pray that is found in Matthew 6:9-13:

*“Our Father in heaven, hallowed be your name,
Your kingdom come, your will be done, on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts, as we also have forgiven our debtors.
And lead us not into temptation, but deliver us from the evil one.”*

1. Understanding the PRAY Prayer Model

Praise: “Our father in heaven, hallowed be your name.”

Request: “Your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread.”

Admit: “And forgive us our debts as we have also forgiven our debtors.”

Yield: “And lead us not into temptation but deliver us from the evil one.”

2. Using the PRAY Prayer Model

A. Write a Letter to God Using the PRAY Outline

Praise: Dear God, I praise you because...

6. Spot. Ask God to show you one person that you need to speak to about how much he loves them. Write their name down on the page.

7. Stretch. Which of these Fruit of the Spirit do you need to work on in your life? “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith, gentleness, self-control.” (Galatians 5:22-23). What can you do to develop it in your life?

8. Pulse. Take your spiritual pulse by asking yourself whether you are more in love with God now than you were 6 months ago. If your answer is YES, then think of 3 reasons why you are in a better place. If your answer is NO, then ask God to show you what you need to do or stop doing to get into a better place in the next 6 months.

9. Gains. Think about something that you have learnt in the last month about God and write it on the page. God is...

Small Groups:

Here are questions for reflections in your small groups:

(1) What has been your highlight of the week?

(2) What is your current physical and spiritual health status?

(3) How did you learn tonight about improving your spiritual health?

(4) Pray for God to help you get fit.

Session 4: The Fitness Session

There are 9 stations that you can visit in any order - spend as much time at each place as you need to make use of the spiritual exercises.

1. Detox. Confess anything to God that you have done in the past week that he is not please about.

2. Jog. Jog your memory about God’s love by saying this verse 5 times: “For God so loved the world that he gave his one and only Son, that if I believe in him I will not perish but have eternal life.” Thank God for loving you!

3. Breathing. Say the Lord’s Prayer out loud - slowly line by line - actually say it as a prayer to God. “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For yours is the kingdom and the power and the glory forever. Amen.”

4. Reps. Say this verse over a few times until you can say it without looking: "This is how God showed his love among us: He sent his one and only Son into the world that we might live through him." (1 John 4:9)

5. Cardio. Ask God to speak to you as you meditate on His Word. Say the verse over slowly at least 7 times - pausing between each time you repeat it. Pause and ask God what he wants to say to you. Thank God for having spoken to you. Verse: “Love the Lord your God with all your heart, and all your soul and all your mind, and love your neighbour as you love yourself.” (Luke 10:27)

Request: I ask you to...

Admit: I admit that...

Yield: I yield...

B. Spend Time in Prayer Using the PRAY Outline

Praise: Thank and praise God for who he is and how great He is.

Request: Ask God to work in and through you to bring his kingdom to earth.

Admit: Admit that you need God in your life and that you need his help to live a life that pleases Him.

Yield: Tell God that you surrender to Him and want to be used by Him.

C. Pray Through Psalms Using the PRAY Outline

Praise

Let's start our time of PRAISE by finding reasons to praise God in Psalm 100: *"Shout with joy to the Lord, all the earth! Worship the Lord with gladness. Come before him, singing with joy. Acknowledge that the Lord is God! He made us, and we are his. We are his people, the sheep of his pasture. Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name. For the Lord is good. His unfailing love continues forever, and his faithfulness continues to each generation."*

I praise you God because you are....

Request

Let's bring our REQUESTS before the Lord as we reflect on Psalm 71: *In you, Lord, I have taken refuge; let me never be put to shame. In your righteousness, rescue me and deliver me; turn your ear to me and save me. Be my rock of refuge, to which I can always go; give the command to save me, for you are my rock and my fortress. Deliver me, my God, from the hand of the wicked, from the grasp of those who are evil and cruel.*

Lord, I ask you to...

Session 3: The Power Session

There are 5 stations where you can experience God's power:

- 1. Filling.** At this station someone will pray for God to fill you with his Spirit.
- 2. Deliverance.** At this station someone will pray for you to be set from anything that you have struggled to break free from.
- 3. Healing.** At this station someone will pray for you to be healed of any sickness or condition that you have been struggling with.
- 4. Miracles.** At this station someone will pray for you or someone you know to experience a miracle from God.
- 5. Witnessing.** At this station someone will pray for you to have power when you tell people about Jesus.

Reflection:

1. How were you touched by God at the Power Stations?

2. Which station had the greatest impact on you?

The Waterfall

Listen to the sound of the waterfall as you meditate on Psalm 42:7-8:
“Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. By the day the Lord directs his love, at night his song is with me.”

God, what are you saying to me through the Waterfall?

The Rock

Find a rock to sit on or to hold and meditate on Psalm 62:1-2: *“My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation.”*

God, what are you saying to me through the Rock?

Admit

As we move into the next phase of our prayer, let’s ADMIT where we have fallen short of God’s best for our lives and receive his forgiveness and grace to live in freedom! Here is a passage from Psalm 51 to guide our prayers: *Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.*

Lord, I admit that...

Yield

As we move into the next phase of our prayer, let’s Yield ourselves to the Lord. Here is a passage from Psalm 37 to guide our prayers: *“Surrender yourself to the Lord, and wait patiently for him. Do not be preoccupied with an evildoer who succeeds in his way when he carries out his schemes. Let go of anger, and leave rage behind. Do not be preoccupied. It only leads to evil. Evildoers will be cut off from their inheritance, but those who wait with hope for the Lord will inherit the land.”*

Lord, I yield...

Session 2: The Nature Session

As you have this nature journey you will come across the following things. Stop at each one of them and journal what God is saying to you through each of them.

The Path

As you walk along the path, meditate on psalm 16:11: *“You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.”*

God, what are you saying to me through the Path?

The Birds

Look and listen for birds as you meditate on Psalm 104:1,12,28,30: *“Praise the Lord, O my soul. O Lord my God, you are very great... The birds of the air nest by the waters; they sing among the branches... When you open your hand, they are satisfied with good things... When you send your Spirit, they are created, and you renew the face of the earth.”*

God, what are you saying to me through the Birds?

The River

Sit by the river and let it speak to your soul and meditate on Psalm 36:8-9: *“We feast on the abundance of your house; you give us drink from your river of delights. For with you is the fountain of life; in your light we see light.”*

God, what are you saying to me through the River?

The Tree

Sit near a tree and meditate on Psalm 92:12-14: *“The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green.”*

God, what are you saying to me through the Tree?
