

A Weekend Prayer Retreat

Day 1 – Thursday Evening (or Sunday Night)

- 6 pm – Arrival and supper together
- 7 pm – Tell God why you are here. - Journaling
- 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 for who God is (3)
- 12 am – Lunch - soup and sandwich
- 1 pm – walk & listen to sermon tape/music, etc
- 2 pm – Clothe in God's Armor and promises (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) Binding and Loosing
- 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

Prayer Activities

Think & Plan

- 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

Rest

- Take a Holy Nap
- Go for a Walk
- Sing to the Lord
- Worship with Tapes
- Converse With a Friend
- Play an Instrument

Read and Study

- 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

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.

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, worshipping, 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.