

UPPER ROOM PRAYER MINISTRY TRAINING
PERSONAL PRAYER TIME
LESSON 2 FAITH ACTIONS

The Word says that “faith without works is dead”, so we are going to put actions to our faith by doing something to practice our faith. In Lesson 1, the primary faith action is to set up your daily prayer time and begin to do it! Below are the Faith Actions for you to take this week. Please note everything you did in your Lesson 1 Journal. We will be testifying in next week’s class.

Faith Action 1: Decide what time of the day and how long you are going to spend in daily prayer. Look at your schedule and consider your biological clock. Are you a morning person or a night owl? When is your energy the highest? Do you work? If so, do you work the days, nights, shift work, off shore? Consider your work schedule to determine the time of the day to pray.

Faith Action 2: Decide on the place you are going to pray every day. It can be in your arm chair, in a room, in the garden, on the swing or even sitting on your bed. The point is to make the place exclusively for your prayer time. Your “secret place”. The Word says in Psalm 91, “*he who dwells in the secret place of the Most High, shall abide under the shadow of the Almighty.*”

Faith Action 3: Gather all your “tools” for the prayer time. Get a notebook or journal to write down everything concerning your prayer time. Write down the time of day you plan to pray; a prayer schedule if your schedule varies. Use this journal to write down things He shows you in prayer or in the Word. Also have a Bible for the prayer time that you can highlight and make notes in. A songbook. Hymnal or a CD player and CDs to sing songs and/or dance. Remember you are spending time with Him and you can do a lot more than pray. Other tools include highlighters, pens and a devotional book.

Faith Action 4: Based on the lesson, determine which types of prayer you feel drawn to participating in this week. Once you decide, write down in a list the things and people you are going to be praying for.

Faith Action 5 – Take one of your prayer requests and find scriptures to support your answer from God and confess that scripture all week over that request. Make note of the answer or progress you see happening with that request.

Faith Action 6 – After doing the lesson Bible study, do further study on an element of prayer that most interests you such as Intercessory prayer or Spiritual Warfare. Get a concordance and go for it!