

SESSION 8 REPEAT

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★ Aim

The aim for this session is to focus on repeating good prayer practices consistently.

Before you begin...

For this session you'll need some envelopes, Vitamin C tablets and cups of water



GET STARTED

Pete Greig says,

“when you pray, keep it simple, keep it real and keep it up.”

Here are some top tips for sticking with prayer and not giving up.

Keep It Simple

- ✔ It's ok to pray in your normal voice, as you normally talk.
- ✔ Don't overcomplicate things: this is about relationship, not getting everything right.
- ✔ It's ok to be direct with God and tell Him what you want to see happen.



Keep it real

- ✔ **Pray about the things that are on your heart and say how you feel.**
- ✔ **Say what you want to say, not what you think God or anyone around you wants to hear.**
- ✔ **Don't be afraid of saying exactly how you feel - God is big enough to handle it.**
- ✔ **God wants to hear from the real you: you can pray when you're angry, happy or anything in between**

Keep it up

- ✔ **Prayer can feel hard, but we must remember that our feelings don't change the simple truth that prayer is powerful, and it works.**
- ✔ **The Bible tells us many times that persistence in prayer is often needed for a breakthrough to happen. It's good to remember that persistence breaks resistance.**
- ✔ **God's not looking for spectacular, superhuman people. Many people He used in the Bible were completely ordinary, but He's looking for those who are consistently available. He's looking for pursuit not perfection, so keep on praying.**



GO DEEPER

Watch the video session or use this script for the 'Go Deeper' and 'Encounter' sections.



Session 8: Repeat
24-7prayer.com/podcast/origins-repeat



Passionate people change the world

You may have heard it said before that it's not always the richest, most beautiful, and intelligent people who change the world. More often than not, it's passionate people.



How do you measure passion? Passion can look different for so many people. For some, it's expressed through bold and fearless loudness whilst others are cool, calm and collected. Both have an inner passion that drives them to do what they do. However, one thing which differentiates a passionate person is consistency.

If you're truly passionate about something, you will show up day in, day out until you see your dream come to pass. Passion is a parent or guardian who will wake up through the night to nurse a crying baby without fail. Passion is a sports person who disciplines themselves to train their body day in and day out.

When it comes to the Bible, we learn about Daniel, whose passion for God was expressed through consistent, daily prayer, three times a day. He was so consistent that it seems as if everyone around him knew that's what Daniel did every day.

A decree had gone out in the city where Daniel lived to outlaw all worship of God. This decree was influenced by some men who wanted Daniel out of the political picture as he was gaining too much of the influence these men so desperately craved. They knew this decree would catch Daniel out because they knew he would never miss a prayer time.

In a world full of celebrities, we must not get distracted from the simple call to be consistent with God. God is not looking for perfection, but He loves pursuit.

Evan Roberts is well known for helping spearhead the Welsh Revival; a mighty move of God in Wales where over 100,000 gave their lives to Jesus in a matter of months! Evan Roberts wasn't a super spectacular human being, but he was devoted to what God wanted to do with his life. So devoted, in fact, that he said, "I will never miss a prayer meeting!"



God is much more interested in consistency than spectacular performance. Repeat the simple practices of prayer, reading the Bible and maybe continuing some of the exercises you've learned on this course.

Spiritual maturity is not the occasional practice of spectacular things, but the consistent application of elementary things.

A professional footballer, as talented as they are, still has to practice the most basic elements of their game: passing, dribbling, running, shooting etc. The same is true with Christianity. Christians who simply pray, read their Bible, and live it out can become some of the most passionate world-changers to ever exist.



ENCOUNTER

We're going to be courageous in prayer and write down some big, bold prayers:

Prayer exercise

- 1 **Take a piece of paper and write down 3 or more big but specific prayers – things that would be truly miraculous if they happened. Maybe the healing of a family member who's sick, or peace for a friend who is struggling to find peace - things that only God could do.**
- 2 **Put the paper in an envelope and seal it.**
- 3 **Write today's date on the front and your name.**
- 4 **We'll revisit these envelopes in six months and see what God has done in this time.**
- 5 **Keep the envelopes at church or youth group till 6 months from today.**
- 6 **In 6 months, your youth leader (who has cleverly set a reminder in their phone calendar) will remind you to open your envelope up and you can see what God has done.**





Youth leader tip

Remember to set a reminder on your phone or in your diary to revisit the envelopes!

An extra challenge

Finally, we want to give you a big challenge at the end of this course. We want you to think about doing a **24-7 Prayer Room** with your youth group. It will be a big task but one that will bring about amazing changes in your lives.

A 24-7 Prayer Room is where you make a space for 1 hour prayer slots throughout a 24 hour period so that there is constant prayer happening for perhaps a day or a week. Some people have even done a month or longer! You can each sign up to a slot to pray for 1 hour or more. If you run a 24-7 Prayer Room, share your stories with us about how it's gone by emailing youth@24-7prayer.com

Some of the things we've learnt in this course can be helpful but what will change you the most is when you encounter Jesus for yourself.

It's incredible what we've seen happen over the years at 24-7 Prayer when people have done this in their church or youth group, in fact, it's how our whole movement began, with a group of young people, just like you, getting passionate for prayer.

You're the next generation and we believe that if you get a heart for prayer, then you can change the world.

Discover more

Find out more about prayer rooms at 24-7prayer.com/how-to-run-a-prayer-room

★ Action point

Spend some time discussing as a group some of the main things you loved learning on the Origins course. Don't forget to find us and tell us your story:

[Instagram](#) and [Tik Tok](#) @247prayeryouth. [YouTube](#) @247Prayer

This week:

- **Spend some time with God for a few minutes asking Him to give you the strength to be a consistent person of prayer.**
- **Find a time and space each day that you can carve out to be with God. Set an alarm or reminder if that helps. Tell a friend you're doing it so they can help remind you.**

END OF SESSION