



PRAY 24/7



30-Minute Prayer Guide

For someone who isn't used to praying for extended times, 30 minutes can sound like a long time! We hope this simple guide will make it easier to see how to spend a half hour with God in prayer.

What You'll Need:

- **Your Bible.** Whether it's your trusted leatherbound Bible or an app on your phone, have your Bible with you during your prayer time.
- **A comfortable place.** Find a place and position where you are at ease, but not tempted to take a nap. This may be the same place you go to for your daily quiet time, or it may be a special place only used for Pray 24/7.
- **A timer.** You may want to use a timer so you can set times for each part of the prayer guide. Setting a timer allows you to focus on prayer, rather than checking your watch.
- **Pen and paper.** Whether it's a journal or notepad, you may want to have something ready to jot down any distracting thoughts or reminders that pop into your head during your prayer time.

How to Structure Your Time

This is just an idea to get you started. You can structure it however works for you!

Quiet Your Heart Before God (5 minutes)

Set a timer on your phone for five minutes. Close your eyes and sit in silence. Focus on taking deep breaths. Choose one phrase to center you. Some good options include, "*Come, Holy Spirit,*" "*Speak, Lord, I'm listening,*" or "*Jesus, have mercy on me.*" The Holy Spirit is dwelling inside you. Quiet all distractions as you invite his presence and power to fill your heart and mind as you pray.

Gratitude and Worship (2–3 Minutes)

Take a few minutes to think about what you're thankful for. Get creative and specific. You might want to write this list down. Focus your thoughts on what you know is true of God. Praise Jesus for who he is and what he has done — he is the giver of every good thing and is already enthroned in authority over all the earth.

Confession (2–3 minutes)

Think through the last 24 hours. Are there any thoughts, attitudes, words, or behaviors that have not been honoring to God? Confess those things to God and invite him into your broken places. Receive his forgiveness and love for you.

Ask (20 minutes)

Start with you and your personal life, and then move to praying for those around you. Use these or other Scriptures that come to mind to focus and fuel your prayers.

RESOURCES:

- [Monthly Prayer Prompt](#)
- [Pray 24/7 FAQ](#)
- The Saddleback Worship Team has curated a music playlist specifically around this month's prayer focus. Click [here](#) for the playlist or visit the [Saddleback Worship page](#) on Spotify.
- Questions? Email pray247@saddleback.com

