

An aerial photograph of a city street with buildings and trees, overlaid with a semi-transparent image of two hands held palms up in the foreground. The text is centered over the image.

Living IN Rhythm

COMMITTING PRAYING LOVING

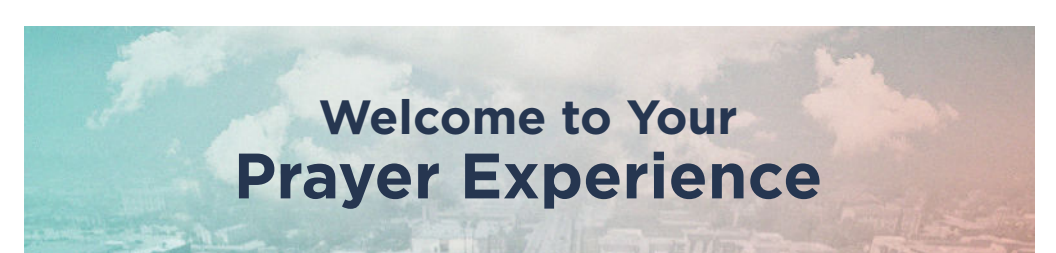
PRAYER EXPERIENCE GUIDE

PURPOSE CHURCH





THIS TEXT LINE CAN BE USED FOR ANY
QUESTIONS OR DIRECTIONS NEEDED
909-736-3057



Welcome to Your Prayer Experience

Prior To

The idea of participating in this Prayer Experience may be intimidating or overwhelming for you. You are not alone! We have heard from 100's of people that felt that same way. We have also heard from those very same people that the Prayer Experience was a high point in their faith journey and that it impacted them greatly. So here are some Frequently Asked Questions and some answers that can help you prepare to get the most out of your experience.

What are we going to do for the hour?

The Prayer Experience will last 1 hour in length. The time will be structured. If you are doing it with a group then the first 15 minutes will be time together to share your thoughts and feelings about prayer. You will also share in an exercise that will help you learn to pray together. The second half of the experience (totaling 45 mins) you will unplug and experience a guided individual prayer time using this journal.

I've never prayed for 5 minutes, how am I going to pray for 45 minutes?

Most people feel the same way as they approach their first prayer experience. However, those same people tell us afterwards that they couldn't believe how quickly the time went and that they actually wish they had more time. This Prayer Journal is designed for people who have never experienced an extended prayer time.

When & where will the prayer experience take place?

Please refer to this master schedule to see the time, locations, and details for your prayer experience.

Sunday:

- Microsites- Self guided

The prayer experience will be self guided in a quiet place of your choice, not at the microsite. Please use the prayer experience guide provided.

Tuesday:

- Celebrate Recovery- 6:30pm-7:30pm

The prayer experience will be held at Purpose Church. We will meet in the A building in the North parking lot closer to Pearl st. Look for our welcome signs. Our local missions staff will be leading the experience for the group.

You can also do a self guided prayer experience at another location of your choice. If you choose to do so, please make sure that you use the prayer experience guide provided.

- JU4Y Girls Home 10am-11am & 6:30pm-7:30pm

The prayer experience will be held at the Girls Home during the above listed time frames. We will provide groups a comfortable room to pray in, the main sanctuary. Make sure to park in the rear lot off of Center st. Enter through the black gate onto the church campus and turn left as soon as you enter. You will see our welcome signs there.

You can also do a self guided prayer experience at another location of your choice. If you choose to do so, please make sure that you use the prayer experience guide provided.

Wednesday:

- Washington Park- 8:30am-9:30am & 6:30pm- 7:30pm

The prayer experience will be held at the same starting point as the exposure experience during above listed time frames. Purpose staff will meet you there and get things

Washington Park Cont.

started for the group. We will start together and then walk the same route as the exposure experience.

You can also do a self guided prayer experience at another location of your choice. If you choose to do so, please make sure that you use the prayer experience guide provided.

- 99 cent store/Cardenas Walk- 9am-10am & 6:30pm-7:30pm

The prayer experience will be held at the same starting point as the exposure experience during the above listed time frames. Purpose staff will meet you there and get things started for the group. We will start together and then walk the same route as the week prior.

You can also do a self guided prayer experience at another location of your choice. If you choose to do so, please make sure that you use the prayer experience guide provided.

Thursday:

- Holt walks- 8:30am-9:30am & 6:30pm- 7:30pm

The prayer experience will be held at the same starting point as the exposure experience during the above listed time frames. Purpose staff will meet you there and get things started for the group. We will start together and then walk the same route as the week prior.

You can also do a self guided prayer experience at another location of your choice. If you choose to do so, please make sure that you use the prayer experience guide provided.

- Foothill walk- 8:30am-9:30am & 6:30pm- 7:30pm

The prayer experience will be held at the same starting point as the exposure experience during the above listed time frames. Purpose staff will meet you there and get things started for the group. We will start together and then walk the same route as the week prior.

You can also do a self guided prayer experience at another location of your choice. If you choose to do so, please make sure that you use the prayer experience guide provided.

Saturday:

- Indoor Swap Meet 1pm-2pm

The prayer experience will be held at the same starting point of the exposure experience during the above listed time frames. Purpose staff will meet you there and get things started for the group. We will start together and then walk the same route as the week prior.

You can also do a self guided prayer experience at another location of your choice. If you choose to do so, please make sure that you use the prayer experience guide provided.

- Showers- Self guided

The prayer experience will be self guided in a quiet place of your choice, not at Purpose church. Please use the prayer experience guide provided.

- Downtown Pomona 5:30pm-6:30pm

The prayer experience will be held at the same starting point of the exposure experience during the above listed time frames. Purpose staff will meet you there and get things started for the group. We will start together and then walk the same route as the week prior.

You can also do a self guided prayer experience at another location of your choice. If you choose to do so, please make sure that you use the prayer experience guide provided.

What about my kids?

Children are welcome to attend with you. Our recommendation is that you take your children to sites with a 1-3.5 rating, these are more family friendly. It is completely up to you to determine if you feel comfortable bringing them to other sites with higher ratings. You may also choose to arrange for personal child care during the time. There will not be child care available through Purpose Church during these times.

What do I need to bring with me?

Please plan to bring the following items: Your prayer guide, a pen, drinking water, comfortable and conservative clothing, and comfortable walking shoes.

Should fasting be a part of my prayer experience?

Yes! One of the ways that you can prepare to make the most of your prayer experience is to fast. We recommend that you spend time preparing to hear from God and fasting is one of the spiritual disciplines that can help you to do this. Fasting is a way to turn from the daily desires and distractions of the world around us to become more aware of our dependence on God. By fasting, we intensify our prayers, place ourselves in a position of submission, and become more sensitive to hearing God's voice. Especially if you have never fasted before, we encourage you to incorporate fasting into your prayer experience preparation.

What is fasting?

The term "fasting" means "to abstain from food and/or drink." Our English word "breakfast," simply means breaking (or ending) our night-long fast. The biblical meaning of the word "fast" is "to voluntarily abstain from food and/or drink for a set period of time as a spiritual discipline to draw us closer to God."

Why should I fast?

- Fasting was practiced in both the Old and New Testament eras. Moses fasted at least two recorded forty-day periods (Exodus 24:18; 34:28). Queen Esther called the people to fast for three days and nights for a specific purpose (Esther 4:15-17). Jesus fasted 40 days (Matthew 4:2) and reminded His followers to fast (Matthew 6:16).
- Fasting and prayer can result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21).
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- Fasting can transform your prayer life into a richer and more personal experience.

- Fasting can result in a dynamic personal revival in your own life—and make you a channel of revival to others.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!

How do I fast?

Fasting may be practiced by intentionally skipping a meal or meals, or abstaining from a food or beverage of which you regularly partake (ex. sweets, caffeine, junk food, alcohol, meat, etc).

Are there additional ways to fast besides food & drink?

Although fasting most often refers to going without food or drink, there are many other things that we depend on in our daily lives in this day and age that can be even more effective to consider for the discipline of fasting:

- Electronics—an extended time without phone? Social media? Internet? Television? Video games?
- Your most unhealthy habit
- Noise—Sit in or drive in silence

How long should I fast?

Fasting is not about being legalistic or comparing or competing to see who is the most spiritual. If this is your first time fasting you may want to consider 24 hours or just starting with a shorter period of one or two meals. We encourage you to take a step that is right for you in fasting.

Is it healthy for me to fast?

For people in good health, fasting is safe and can even improve your health. If you have any health concerns, consult your doctor before you begin your fast. If you are under any medication, make sure you talk to your doctor before changing your regime. Make accommodations to fit your medical needs.

How do I spiritually prepare to fast?

Spend time in private conversation with God. Examine your heart. Confess any sin. Go before God with an attitude of humility and repentance (Psalm 66:16-20).

The first 15 minutes

Welcome to your prayer experience! We are so excited that you are here! Our prayer for you is that today you would have a new and deeper experience of prayer.

If you have never heard God's voice, we pray that you would begin to recognize it in this experience. If you are still not sure what you believe, we pray that you will begin to see and know the One True Living God who knows you and loves you. If you are experienced in prayer, we pray that God will meet you in this time and give you what you need from His abundance and grace.

Here is what we are going to do

1st portion- 15 mins | Group time to learn more about praying together and prepare for solo time.

2nd portion- 45 mins | Individual guided prayer time with journals.

What are your thoughts and feelings?

What feelings have you had as you prepared for this experience and as we begin today?

What is one hope or desire you have for this experience?

Names and the Character of God

Abba	Romans 8:15
Comforter	Isaiah 66:13
Counselor	Isaiah 28:29
Creator	Genesis 1:1
Deliverer	Psalms 91:3
Faithful	Lamentations 3:23
Forgiving	Numbers 14:18
Fortress	Psalms 91:2
Gentle	Isaiah 40:11
Good	Psalms 91:2
Guide	Psalms 48:14
Healer	Exodus 15:26
Holy	Leviticus 19:2
Husband	Isaiah 54:4
Jealous	Exodus 34:14
Just	Isaiah 45:21
Light	Psalms 27:1
Living Water	Jeremiah 2:13
Longsuffering	Numbers 14:18
Love	1 John 4:8
Merciful	Ephesians 2:4
Mighty	Luke 1:49
Miracle Worker	Matthew 19:26
Never Changes	James 1:17
Never Weary	Isaiah 40:28
PeaceMaker	Proverbs 16:7
Physician	Psalms 103:3
Powerful	Psalms 66:7
Redeemer	Isaiah 54:4
Refiner	Malachi 3:3
Refuge	Psalms 46:1
Rescuer	Daniel 6:27
Rock	2 Samuel 22:32
Shepherd	Psalms 23
Steadfast	Daniel 6:26
Strong	Psalms 89:8
Teacher	Psalms 119
Trustworthy	Psalms 144:2

GOD'S PROMISES TO YOU

Isaiah 65:24

Before they call I will answer; while they are still speaking I will hear.

Jeremiah 29:12-13

Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.

Your Individual Prayer Time

What should I expect?

1. Expect God to show up and seek Him with anticipation. This is a time of silence, but it does not need to be somber; it can be a joy-filled time.
2. Expect to be hit with distractions and interruptions. Please do everything you can to eliminate them in your preparation, but if they still come, don't let them upset you or ruin your time. We recommend doing your solo time "unplugged" from your phone and electronic devices.
3. Expect to hear God's still small voice, but also expect it to take time to quiet your mind to be able to focus on listening.

Where should I pray?

If you are doing the self guided version of the prayer experience then find a quiet place to sit indoors or outdoors where you can be comfortable for 60 minutes with the minimum of distractions. If you are heading to a location then follow the same route as you did last time. Meet up at the same starting point and follow the lead of our Purpose staff.

PRAISE

To praise God is to acknowledge how great He is and to thank Him for the great things He has done and that He is going to do. Spend some time pondering God's character and the ways He manifests His goodness, and specifically how He has blessed you and the city. Read or review the Names and the Character of God.

REPENT

To repent is to confess specific sins and to turn away from doing them again. As we read God's Word and spend time in prayer, it is important to pray as David did in Psalm 139:23-24: Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. To repent is to confess specific sins and to turn away from doing them again.

As we read God's Word and spend time in prayer, it is important to pray as David did in Psalm 139:23-24: Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Coming clean before God is an important part of genuine prayer and reaffirms the truth that God forgives us and we don't have to carry guilt.

1 John 1:8-9: If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Take a moment to consider sin through the lens of sometimes lowering, muting, or completely shutting off God's voice, particularly when it comes to His leading and nudging us to care for the city.

ASK

God encourages us to ask for the things that are on our mind.


Matthew 7:7-11 “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.” “Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!”

Begin to pray for those in the community, those who reside in the immediate area, those who you were exposed to. Ask God to protect them, to provide for them, and to draw them to Himself. Ask God to reveal needs and opportunities for you to serve. Ask God to show you how He is already at work in the city, in this area.

YIELD

Be quiet after you have spoken to God and listen to what He might want to say to you. As you practice this discipline you will begin to hear God's voice.

John 10:3-4 ³ The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. ⁴ When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice.





**EVERYONE EVERYWHERE
FOLLOWING JESUS**

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