



Ascending to Hill of The Lord *(Psalm 24:3-6)*

Guidelines for an Extended Time of Prayer

Getting away for time in extended prayer gives you increased opportunity to think of the world from God's point of view. We need God's perspective to sharpen our vision of the unseen, and to let immediate, tangible things fall into their proper place in our Spiritual lives. There is a growing sense that the return of Christ is imminent. Therefore, we are instructed through the urging of the Apostle Peter **"The end of all things is near, therefore, be of sound judgment and sober spirit for the purpose of prayer."** (1 Peter 4:7) We provide the following guidelines to help you maximize the benefits you will receive as you dedicate your time in extended prayer.

Schedule Your Time - Divide It Into These Parts:

- Prepare your heart by confessing sin and any tendency to sin that plagues you.
- Wait on the Lord with your heart sincerely open to experience His presence.
- Offer prayers of thanksgiving and adoration for God in addition to asking things of Him.
- Pray for others. Ask specific things for them. Pray for yourself. Be totally honest with God.

Items to Take with You

- Essential: Bible, paper, pen/pencil, folding chair or mat/blanket to sit on.
- List of church ministries and missionaries (*i.e. our Vision booklet or topics on the opposite side of this page*).
- Your favorite devotional book; hymnal.
- Your current prayer list.
- Scripture verses to memorize (*Navigators' Topical Memory System is a good place to start*).
- Journal to record what God is communicating to you.
- Dress appropriately for the day's weather; wide-brimmed hat/visor, jacket, sunglasses, jacket/light cover-up.
- Sunscreen, snacks – cell phones for emergency only.

How to Stay Alert

- Get adequate rest the night before.
- Change positions: sit a while, walk around, sit walk, etc.
- Vary what you do: read Scripture, pray, journal.
- Pray aloud, pray in a whisper or soft voice.

The Value of Taking Notes

Taking notes during your extended time in prayer will give you a record of the things the Lord is speaking to you. It helps you to not forget the things God has imparted on your heart and/or that you need to act on.

Focus Questions

The result of your time in prayer should be answers to the two questions Paul asked the Lord on the Damascus road (Acts 22:6-10).

Paul's first question was, **'Who are you, Lord?'** The Lord replied, **'I am Jesus.'** You will be seeking to know Him; to find out who He is.

Paul's second question was, **'What shall I do, Lord?'** The Lord answered him specifically. This should be answered or reconfirmed for you in that part of the day when you unhurriedly seek His will for you.

In Summary

Do not think that you must end the day with some new discovery or extraordinary experience. Wait on God and expose yourself to His Word. The test of an extended time in prayer is not how exhilarated you are when the day is over, but how it works into your life in the days that follow.

These are focal points for our church-wide time of extended prayer:

- 1) **DEDICATION**: that our hearts will be moved to draw close to the Lord and more faithfully obey His Word so we will be prepared for His coming and our testimony will draw the lost to Him.
- 2) **WISDOM**: that we would clearly understand the times that are upon us and rightly respond to every opportunity to share Truth, demonstrate God's love, and encourage others who are afflicted.
- 3) **UNITY**: commit to laying aside all differences and offenses within our body, striving to be of one accord in standing against the attacks coming against us. The zeal of the Lord will accomplish this.

Pray for Our Church Ministries:

Prayer (including Prayer Chain), Praise, and Preaching
Sound System, Broadcasting of messages, Audio/Visual display, lighting
Discipleship, Bible Study, Biblical Guidance
Benevolence-for Congregation, Life Groups, Hearts & Hands
SUMMIT Men, PALSS Women, SLAM Young Adults & Teens, KIDS Children, Deaf Ministry, GriefShare
Ascent Bible Church Pantry
Facilities Maintenance and Improvement
Security and Safety
Ambassadors: Greeting and Welcoming, Ushering, Serving Communion
Financial and Technical Support

Pray for These Church Missions:

Abba's Helping Hands, Israel (Pastor Moshe Turjeman and Jonathan Shweiki)
Cuba (Pastor Everardo - Church and Seminary)
Diego Romero (Morocco; Diego is Steve and Cass Romero's son & Pastor John's and Larri's nephew)
Stephen and Natalia Taynton (Middle East; Natalia is George and Lupe Martin's grand-daughter)
Liz Stinard (Senegal/West Africa)
Mark and Celeste Yokom (Pristina, Kosovo)
Eddie Ziss & Family (Philippine Islands)
Kale Horvath & Family (Budapest, Hungary)
Bill and Julia Otterness (Kansas City; Julia is Bill and Jan Clements' daughter)
Para-Church Organizations (Desert Rose Women's Resource Center, Santa Fe Christian School, Hula Mai Kalani, Mosaic Music & Arts Café)
Local Outreach Events like E.M.T., fall gathering of churches at the Plaza, etc.
Operation Christmas Child