



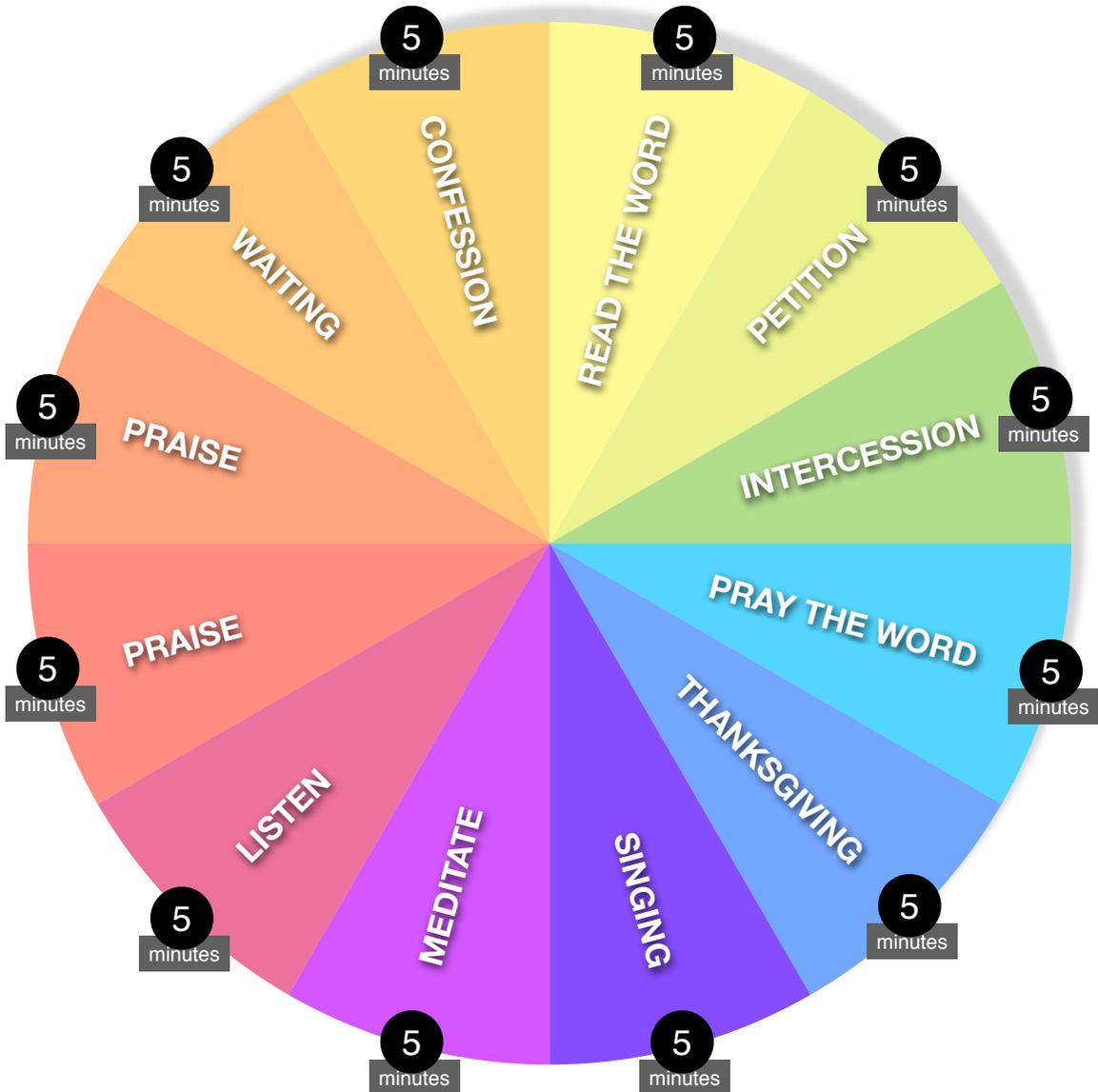
Meta Camp

BOOT CAMP. BASE CAMP. TRAINING CAMP.

MODULE 1

PARTICIPANT'S GUIDE

Spend an hour with God? It's easier than you think. Break it up into 5 minute blocks and focus on the following during each 5 minute segment:



PRAYER WHEEL

1. PRAISE

Start your prayer hour by praising the Lord. Praise Him for things that are on your mind right now. Praise Him for one special thing He has done in your life in the past week. Praise Him for His goodness to your family. (Psalm 34:1)

2. WAITING

Spend this time waiting on the Lord. Let Him pull together reflections for you. Think about the hour before you and the things you want the Lord to do in your life. (Psalm 27:14)

3. CONFESSION

Ask the Holy Spirit to show you anything in your life which might be displeasing to Him. Ask Him to point out attitudes that are wrong, as well as specific acts for which you have not yet made a prayer of confession. Now confess that to the Lord and claim 1 John 1:9 so that you might be cleansed for the remainder of the hour before you, and then pick up and read the Word. (Psalm 51:1-19)

4. READ THE WORD

Spend time reading promises of God in the Psalms, in the prophets, and passages on prayer located in the New Testament. Check your concordance. (Psalm 119:97)

5. PETITION

This is general request for others, praying through the prayer list, the prayer cards, or personal prayer interest on behalf of yourself and others. (Hebrews 4:16)

6. INTERCESSION

Specific prayer on the behalf of others. Pray specifically for those requests of which you are aware. (Romans 15:30-33)

7. PRAY THE WORD

Now take the Scriptures and start praying the Scriptures as certain sections of Psalm 119 lend themselves beautifully to prayer expression. (Psalm 119:38-46)

8. THANKSGIVING

Spend these minutes giving thanks to the Lord for things in your life, things on behalf of the church, things on behalf of your family. (Philippians 4:6)

9. SINGING

Take your hymnal and sing a prayer song, sing a praise song, sing a song regarding soul winning or witnessing. Let it be a time of praise. (Psalm 59:17)

10. MEDITATE

Ask the Lord to speak back to you and keep a paper and pen handy, ready to relate the impressions that He makes upon your life. (Psalm 63)

11. LISTEN

Spend time merging the things you have read from the Word, the things you have prayed, the things you have thanked the Lord for, the things that you have been singing, and see how the Lord brings them all together to speak to you. (1 Samuel 3:9-10)

12. END WITH PRAISE

Praise the Lord for the time you have had to spend with Him. Praise Him for the impressions that He has given you. Praise Him for the prayer requests He raised up in your mind. (Psalm 145:1-13)

GETTING STARTED:

1. **JOIN WITH OTHERS.** It is better to go with another person. Larger groups can split into pairs or small groups.
2. **SET ASIDE A SPECIFIC TIME AND DESIGNATE A SPECIFIC AREA.**
3. **LISTEN TO GOD.** We find as we prayerwalk that a key ingredient is hearing the voice of the Lord. After all, we are seeking to cooperate with God to pray His desires over an area. We know many of His desires from the Bible, and He will never contradict His Word. However, in prayerwalking we see three specific ways that God gives us insight into what He wants to do.
 - **Observation:** Seeing garbage on the streets may trigger you to pray against the garbage in people’s lives, for example.
 - **Research:** From research you might find there are specific pockets of crime, injustice, or occult practices which direct you to those places and give you a clear direction for prayer.
 - **Revelation:** You may get a nudge from the Holy Spirit to pray a certain direction or to pray a certain Scripture. You might even have a vision which reveals something to pray over.
4. **COORDINATE EFFORTS, REGATHER & REPORT** if you are with a larger group.

ACTIVITIES COMMON TO PRAYERWALKING:

PRAISE

Praise gives glory to Christ and exalts Him to His proper place as Lord of all. The Lord inhabits the praises of His people. God’s presence fills the area when we praise, and the demons flee. In Ps. 100, praise is like the entrance into His very presence.

PRAYER

In Rev. 8, there was silence in heaven for the coming up of the prayers of the saints. Eph. 6:18 suggests our main weapon against the enemy is to “pray without ceasing.” God can do anything He wants without our help. But He chooses to use the prayers

of Christians as the vessel for releasing His power and bringing about victory in the spiritual realm.

- Pray in the Spirit (Eph. 6:18).
- Pray with your eyes open.
- Pray together with others (Matt. 18:19-20, Lev. 26:8).
- Pray Scripture passages.
- True fasting has divine results (Is. 58).

PROCLAMATION

- God-given scriptures or issues spoken in God-appointed places
- Sharing the gospel
- Prayer Evangelism - involves visiting your neighbors to ask what you can pray for. Often through God answering prayer, a person's heart is opened to hear His truth. (See BLESS prayers on next page.)

OTHER IMPORTANT ELEMENTS OF PRAYERWALKING:

- Unity
- Decide on a leader
- Decide upon specific scriptures to pray in preparation for the prayerwalk
- Submission to the Lord
- Humility and obedience
- Persistence

5 PRESSURE POINTS

Places you might want to seek out in the area that you are prayerwalking:

1. Government centers where legislation is made
2. Commercial centers where decisions are made for who gets what goods
3. Educational centers, especially the president’s office and teachers
4. Communication centers, such as for media, TV, & radio
5. Spiritual centers, both Christian and non-Christian

PRAYERWALKING

BLESS PRAYERS

These prayers can be used to pray for people you meet and offer to pray for them:

- **BODY**
- **LABOR**
- **ECONOMICS**
- **SOCIAL**
- **SPIRITUAL**

THEMES FOR PRAYERWALKING:

Attempt to keep every prayer pertinent to the specific community you pass through. Occasionally, however, you will find prayers naturally progress to the nation and to the world.

Use a theme passage of Scripture. For example, you might try 1 Timothy 2:1-10. Many have found it to be a useful launching point for prayerwalking. Verse 8 speaks of the important territorial dimension to prayer connected with God's desire that all people be saved. "I want the men in every place to pray"

Copy this and other passages in a format easy to read aloud several times during your walk. Each of the following prayer points emerges from this passage.

• **CONCERNING CHRIST**

Proclaim Him afresh to be the one Mediator and the ransom for all. Name Him Lord of the neighborhood and of the lives you see.

• **CONCERNING LEADERS**

Pray for people responsible in any position of authority – for teachers, police, administrators and parents.

• **CONCERNING PEACE**

Cry out for the godliness and holiness of God's people to increase into substantial peace. Pray for new churches to be established.

• **CONCERNING TRUTH**

Declare openly the bedrock reality that there is one God. Celebrate the faithful revelation of His truth to all peoples through ordinary people (1 Tim. 2:8). Pray that the eyes of minds would cease to be blinded by Satan so that they could come to a knowledge of the truth.

• **CONCERNING THE GOSPEL**

Praise God for His heart's desire that all people be saved. Ask that heaven would designate this year as a "proper time" for the testimony of Christ to be given afresh with simple power (1 Tim. 2:6). Name specific people.

• **CONCERNING THE BLESSING OF GOD**

Thanksgivings are to be made on behalf of all people. Give God the explicit thanks He deserves for the goodness He constantly bestows on the homes you pass by. Ask to see the city with His eyes, that you might sense what is good and pleasing in His sight as well as what things grieve Him deeply. Ask God to bring forth an enduring spiritual awakening.

• **CONCERNING THE CHURCH**

Ask for healing in relationships, that there be no wrath or dissension among God's people. Ask that God would make His people, men and women alike, expressive in worship with the substance of radiant, relational holiness. Ask that our worship would be adorned with the confirming power of saints doing good in our communities.

*Heavenly Father, You made my body to serve You and my soul to follow hard after You.
With sorrow and contrition of heart, I admit before You my faults and my failures.*

*My failure to be true even to my own accepted standards;
My self-deception in the face of temptation;
My choosing of the worse when I know the better;
O Lord, forgive!*

*My silence when You would have me speak and my speech when You would have me keep silence;
My actions when You would have me wait on You and my hesitation when You would have me act;
My complacency toward wrongs that do not affect me and my oversensitivity to those that do;
O Lord, forgive!*

*My lack of Your compassion in showing mercy for the downtrodden and the lost;
My pride in considering my own comfort and convenience above the needs of others;
My blindness to the suffering of others and my slowness to be taught by my own;
O Lord, forgive!*

*My failure to apply to myself the standards of conduct I demand of others;
My slowness to see the good in others and to see the evil in myself;
My hardness of heart toward my neighbors' faults and my readiness to make allowance for my own;
O Lord, forgive!*

*My unwillingness to recognize that You have called me to a small work and my brother to a great one;
My ingratitude and grumbling when You place a great opportunity before me to display Your grace;
My failure to recognize Your loving hand in all that touches me;
O Lord, forgive!*