

How to
Run a
24-7
Prayer
Room

24-7 Prayer Room

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Welcome

The prayer room was a place of peace, a place where encounter with God was easy and natural. It was also a place where many, many people expressed their deep desire for Jesus and heartfelt desire for God to move and bring transformation to people and place. As the week went by, the room filled up with prayers of all types written all over the various available surfaces. There was also an increasing sense of the manifest presence of God from the cumulative effect of the unending chain of prayer in this place.

This resource is our gift to you. It's a practical guide, written from years of experience, to help you plan your 24-7 Prayer Room and to mobilise your community to "pray continually" (1 Thessalonians 5:17 NIV UK).

We're with you every step of the way. Our team is happy to discuss any questions you have which aren't addressed in this resource. We pray that your prayer room is the beginning of your community's next great adventure with God.

God bless,

The 24-7 Prayer Team
prayersupport@24-7prayer.com



What You Need to Run a 24-7 Prayer Room

There are a million different ways to run a prayer room, but at the core of it all, day and night prayer isn't complicated.

You only need **three** things to pull off a 24-7 Prayer Room:

1

People who want to pray night and day.

2

Some kind of shared space to pray, which can be physical or virtual.

3

A way to organise time slots so that prayer never stops. When you register your 24-7 Prayer Room, you get our Sign-up Tool, which makes this super straightforward.

It's really that simple.

Everything else we'll talk about in this guide is optional – choose what works best for your community and know that, when we make the time to meet with God, He always draws near. Guaranteed.

Key Decisions to Make



Before you spread the word about your 24-7 Prayer Room and start to get people signed up, there are a few key decisions to make.



► **Who** will make your Prayer Room come to life?

24-7 Prayer Rooms work best when there's a core group of people committed to the vision. Gather people who are really excited about the possibility of non-stop prayer and work together to set plans in motion.

Need to motivate others?

We recommend sharing copies of Pete Greig's book [Red Moon Rising](#) or going to [24-7prayer.com](#) for inspiring stories of how God moves through prayer rooms.

► **How long** will you be praying for?

This completely depends on the size of your community and their hunger for prayer.

The key is to build momentum: you want your 24-7 Prayer Room to last a length of time that's stretching but also achievable. Many churches choose to do a week of prayer, but you can also start with 24 hours if a week is too much.

We've heard of small groups praying non-stop for weeks, and large churches who started out with 24 hours of non-stop prayer and then gradually built up their prayer stamina. Ultimately the aim is to have a focused time of unbroken prayer rather than a long period of prayer with gaps.

► **When will it take place?**

Choose dates that are far enough in the future that you have plenty of time to prepare and get people involved and excited. We recommend planning three months in advance, but you can pull a prayer room together much more quickly than that too.

When you choose to hold your prayer room is connected to your reason for holding it - your 'why'. Is it to seek the presence of God? Are you praying to see change in your university, town, or nation? Is there a specific area of injustice you are responding to? You might decide to run a prayer room at a significant moment in the Church calendar, like the week before Easter, or in response to a change or a need in your community, like a new church plant. Knowing your 'why' is important for communicating the vision of the prayer room and mobilising others to get involved.

► **What is your budget?**

The financial cost of running a prayer room varies, and you don't need a big budget to make it happen. Prayer rooms can be set up for almost no cost, borrowing and repurposing materials from your homes and your church, and just buying a few new things, such as pens, paper, and materials for prayer activities. On the other hand, some communities spend a lot on buying materials, cushions, lighting, and aids to prayer. The cost of your prayer room is up to you but do decide on it before you start planning your room set-up and decoration.

► **Where will you hold your Prayer Room?**

You can run non-stop prayer anywhere. We've seen prayer rooms in cupboards, churches and caravans!

You want a space large enough for small groups to gather, but not so big that one person feels lost. Ideally, it will be somewhere your community knows well, with good access to toilets and drinking water, and it should be comfortable enough to spend several hours there.

Safety is also a factor to consider – your prayer room should be secure, and safe to travel to and from at night.

Read more about the factors to consider in choosing the location of a prayer room, including safety and safeguarding:

24-7prayer.com/safety-and-safeguarding

► **Is it best to hold an in-person Prayer Room or a virtual one?**

Learn more about virtual Prayer Rooms and consider if this is the best fit for your community:

24-7prayer.com/virtual-prayer-rooms





Mobilising

your Community to Pray

When you're planning your prayer room, take the time to share your vision with your community and help them get excited about prayer!



Pray that people will pray

It might sound obvious, but take time to pray that people will be drawn to God's presence before you start your time of non-stop prayer!

Get leaders on board

Who are the motivators in your community who inspire others? Find these people and invite them to champion the Prayer Room. Don't forget to invite those who love prayer already!

This doesn't just mean church leaders (though definitely talk with them too!) Small group leaders, youth workers, and student representatives are all amazing people to involve.

Also remember the creative and logistically gifted people who will be able to provide support in making your prayer room come to life. People who have helped to make your prayer room come together will want to use the space and invite others to use it!

Communicate the vision

Often, the concept of non-stop prayer can appear daunting or confusing to others! As you talk about the prayer room, try to use simple, encouraging language. It's often helpful to share the impact that prayer has had on your life, or the lives of people around you. If you or others have been part of a prayer room before, share those stories!

Encourage people to learn about 24-7 Prayer using the website or by reading Pete Greig's books: *Red Moon Rising* contains background information and inspiring stories about how non-stop prayer can bring transformation.

Tell people about the prayer room dates and location

It can sound obvious, but make sure you communicate the dates and location of your 24-7 Prayer Room ahead of time! It can help to use different communication tools: group chats' and email messages are great, but so is sharing what you are doing in a church or youth group meeting, and even creating flyers and posters. People often need to hear about your prayer room multiple times before they sign up.

We've also seen 24-7 Prayer Rooms become engaging spaces for people who don't know God or haven't been around Church for a while. Consider encouraging your community to invite their friends and family members who don't know Jesus to engage in the prayer room too.



Make it easy for people to sign up

When you register your 24-7 Prayer Room (24-7prayer.com/register), you'll be given a link to our sign-up tool: a free, online calendar that allows everyone to see available slots in the Prayer Room and sign up for themselves.

If there are empty hour slots, it can work well to 'auction' them if you're in a community meeting: e.g. "Who can pray from 11-12pm?" The stats in our sign-up tool will show you when the prayer room is close to 100% full, which can be a great motivation to promote sign up for the remaining slots!

But remember not to put pressure on people to pray - encourage and inspire them to get involved. After spending an hour in a 24-7 Prayer Room, people often want to return. Have your sign-up sheet in the room (or a link to find it online) so people can book another hour right there and then. ▲

The Prayer Room Sign-up Tool

When you register your prayer room, you get access to the 24-7 Prayer Room Sign-up Tool. This is your key resource to keep unceasing prayer going in your community. Take a look:

- 1 Prayer Room details**
Your group name, prayer room name, time and date will show in the header section.
- 2 Language**
Select the globe icon to change the language displayed.
- 3 Settings**
Selecting the cog icon will bring up settings. See page 10 which explains this in more detail.
- 4 Admin settings**
From the drop down select 'Statistics' to view simple stats about your prayer room.

Select 'My notifications' to choose what notifications you would like to receive about prayer room bookings.

- 5 Themes**
Themes can be used to indicate different uses for the prayer room. See the following page for more details.
- 6 Calendar view**
Here you can see everyone who has signed up for a slot in your Prayer Room. To see all the slots, move your mouse onto the calendar and use your laptop trackpad or mouse scroll button.

Add and edit prayer slots

As an administrator you are able to manually add a prayer slot by clicking any date on the calendar view.

You are also able to edit the details for a particular person if you select a previously added slot.

Configuring settings

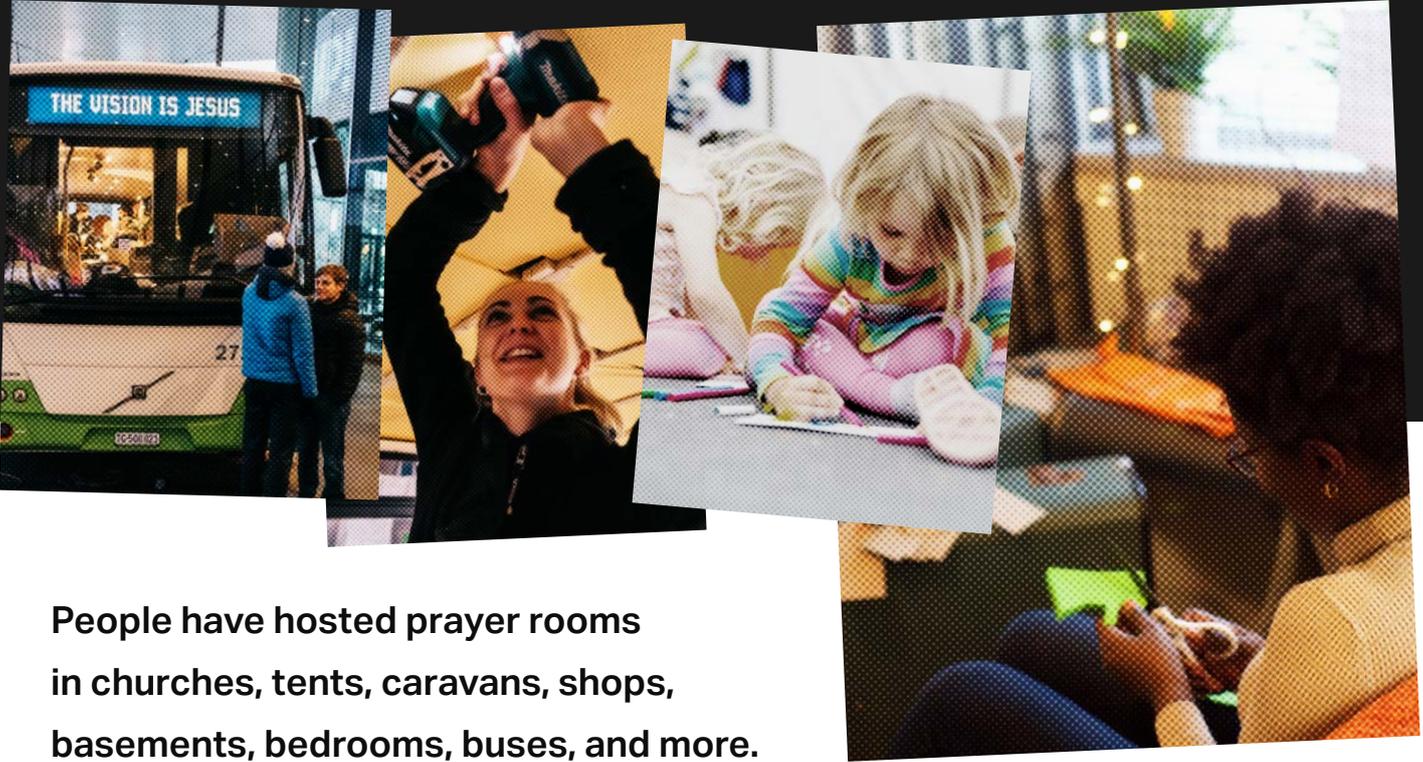
- 1 General**
 Control various time display settings and the requirements you would like to set for your bookings.
- 2 Messages**
 Here you can email everyone who signs up for a slot, decide the text you want people to receive in their confirmation and reminder emails, and choose when the emails are sent.
- 3 Themes**
 Do you have slots for families? A worship slot? A time of Bible reading? Set these themes to let users know what is happening in the room!
- 4 Export**
 Downloadable list of your sign ups. This is deleted two weeks after your prayer room has run.

For more info

Take a look at our FAQs for prayer room admins:

[24-7prayer.com/
prayer-room-admin-faq](https://24-7prayer.com/prayer-room-admin-faq)

Creating your Prayer Room



People have hosted prayer rooms in churches, tents, caravans, shops, basements, bedrooms, buses, and more.

There isn't one 'right' way to do it. We are made in the image of a creative God who uses words, stories, pictures, music, and so much more to speak. There are no rules. Just use your imagination to create a space that glorifies God and helps people meet with Him.

You could include

- ▶ A welcome area with a visual introduction to the vision of the prayer room, along with information like an 'on call' phone number and practical instructions
- ▶ Soft lighting
- ▶ Comfortable seating
- ▶ Paper, pens, paints, and other art materials
- ▶ Different kinds of art: music, images and paintings, poems
- ▶ Prayer stations that engage the senses

Prayer stations

Prayer is more than just closing your eyes, and people connect with God in different ways. That's why a 24-7 Prayer Room uses creativity to engage all five senses. Over the years, we've found the idea of 'prayer stations' to be incredibly effective to help all kinds of people pray for longer than they've ever done before.

For lots of practical ideas for prayer stations, visit 24-7prayer.com/ideas



Sustaining Momentum

▶ Launching your 24-7 Prayer Room

How will you mark the beginning and end of your prayer room?

The Bible is full of holy fasts, feasts, and commissioning ceremonies, where people gather to mark significant moments. You can do the same!

Some communities launch their 24-7 Prayer Room during one weekly meeting and end it during another. Others bookend their Prayer Room with communal meals, or specially organised prayer and worship meetings. However you gather, remind everyone of your vision, dedicate the time to God, and invite everyone to get involved.

Don't forget

Make sure there is a way to sign up for slots in the prayer room at your launch event - maybe a laptop with the Sign-Up Tool on it. This is often a time when people get even more inspired to join in!





▶ Running your Prayer Room

It's a good idea to have a team of trusted people who have agreed to be 'on call' for one 24-hour period of your prayer room. During that time, an appropriate contact number should be displayed in the prayer room so they can be called upon if the next person doesn't arrive or if any issues come up. They should also make sure the room is tidy, welcoming, and restocked – including topping up refreshments and creative resources as needed.

Your 'on call' team can also fill any empty slots, either themselves or by recruiting others. The 24-7 Prayer sign-up tool gives you the ability to email everyone who has signed up for a prayer slot. This is particularly useful if you need to cover some slots later in your period of prayer; people who have enjoyed their first slot may be keen to return for another hour in the prayer room.

Top Tip

Keeping the prayer room clean and tidy will help those that use the space focus and not become distracted.

▶ Stewarding the story

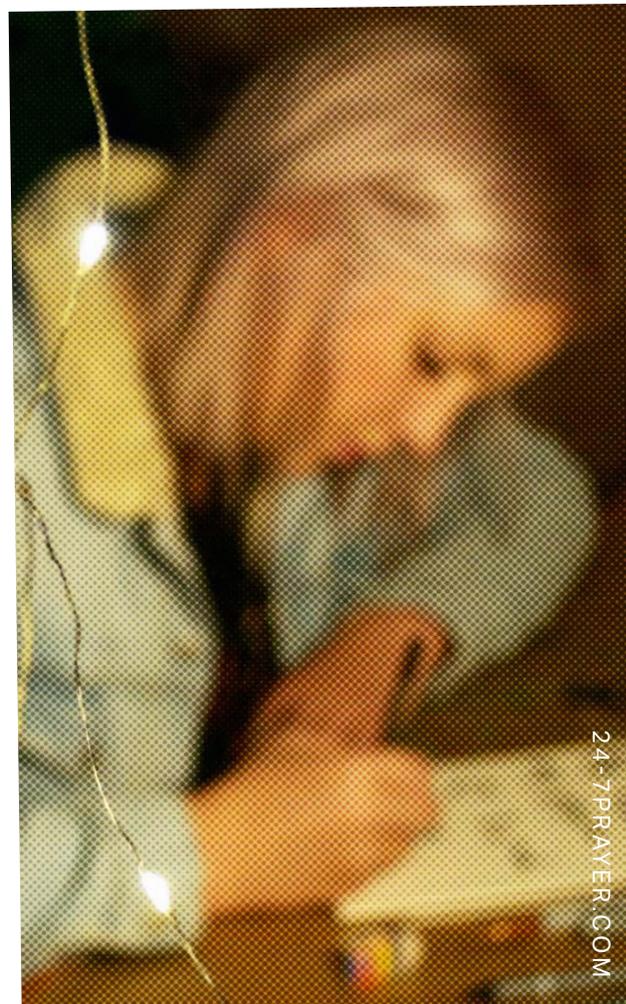
How will you capture what God says and how He responds as people pray?

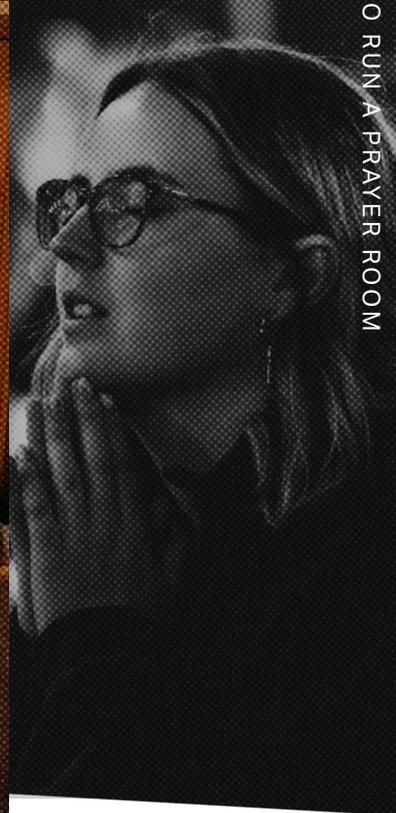
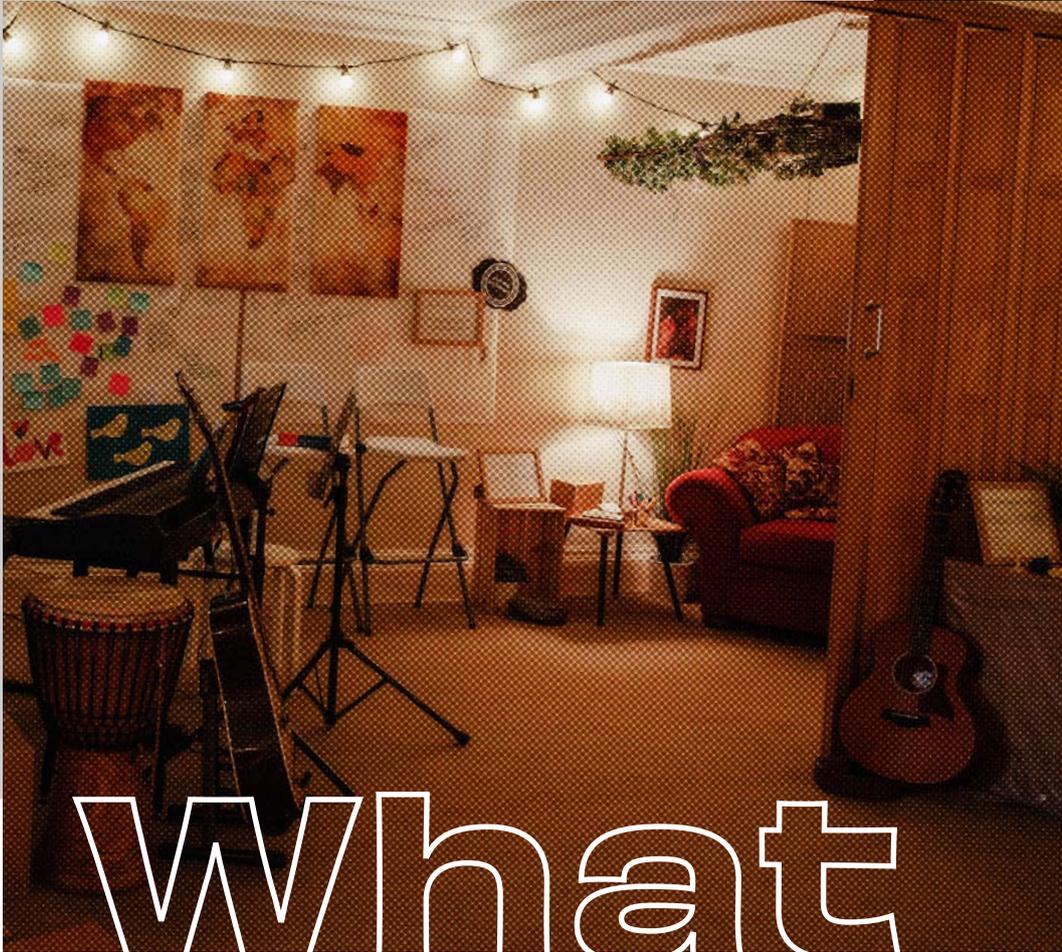
It's important to record what happens as people pray. You could create a place where people can write what they are hearing from God, and where they can share encouraging stories.

This could be:

- a physical book in the prayer room where people can paint, write, and draw
- a digital space like a social media page or a group chat

When you look back at the end of your time of prayer, this will paint an amazing picture of what God has been doing.





What next?

So your time running a 24-7 Prayer Room has come to an end...

There are a few things you can do immediately after the prayer room wraps up to respond to what God has done in your community, and then you can look ahead to the future.

Immediately after your prayer room

Collect and share testimonies

This is such a fun part of running a 24-7 Prayer Room! It's amazing to hear what God's been doing all week. Make sure you are intentional about giving people a chance to share their testimonies from the time they spent in the room – whether that's through email, an online form you send round, or a final meeting with an open mic to celebrate together. Share these testimonies with your wider community to encourage them, too!



Listening to God

Spend time weighing what God has said and done during your prayer room. Prioritise gathering feedback in meetings and conversations, along with anything from the feedback and stories book, or from the walls of the prayer room. Weigh what's been heard carefully, testing it, and asking God how He wants you to respond. You may find that common scriptures, prophetic words, or themes emerge.

Let us know!

We want to hear about your prayer room! Celebrating the ways God is working throughout the world is a huge priority for us as a movement. Send us your testimonies and stories at prayersupport@24-7prayer.com. And if you have any feedback or suggestions of ways we can support you even better, please share those, too.



The impact of a Prayer Room can extend well beyond the week itself.

Looking ahead

A 24-7 Prayer Room can be a shot of adrenalin to the prayer life of a community.

It's a place where people can learn to pray in new ways, see the hopes, dreams and needs of their church expressed, and intercede for their city. The impact of a Prayer Room can extend well beyond the week itself.

So don't treat it as an isolated project - use it! Harness the enthusiasm to take personal, corporate, and mission-focused prayer forward. How might the prayer rhythms of your church develop from this experience?

For ideas about what to do next, head to 24-7prayer.com/what-next



To-do Checklist

We've summarised all the information you've just read into these at-a-glance checklists to help you as you prepare your prayer room.

Top Tip

You might want to divide up these actions between a few people according to their interests and gifts.



Before

Getting Practical

- Gather the **people** who will help you make your prayer room become a reality
- Decide on a **length of time** that is achievable but stretching for your community to pray non-stop
- Decide on start and end **dates** for your prayer room
- Find a suitable **venue**
- Register** your 24-7 Prayer Room (24-7prayer.com/register) and access our online sign-up tool
- Decide on a **budget** for your prayer room
- Create and **decorate** your prayer room

Casting Vision in Your Community

- Pray for people to be inspired to join in
- Mobilise** leaders and people who already love prayer
- Ensure your prayer room meets **safety and safeguarding** standards
- Communicate** the vision with stories of answered prayer and teaching on prayer
- Encourage people to read *Red Moon Rising*, *Dirty Glory*, or *How to Pray* by Pete Greig to stir a passion for prayer
- Inform** local churches, communities, and individuals you'd like to get involved
- Promote** how to sign up and get as many hour slots as possible filled in advance

During

Launching

- Mark the start of your time of prayer with a **gathering** – this could involve sung worship, sharing food, or praying for the space
- Continue to share the sign-up link during and after the launch event

Keeping it Running

- Keep the room tidy and inviting for visitors
- Replenish refreshments
- Maintain daily contact with the 'on call' team
- Arrange for appropriate people to respond pastorally to issues that may arise

Record the Story

- Gather and share stories and testimonies
- Take photos of your prayer room
- Keep a record of what God is doing



After

Celebration

- Finish together: share stories and celebrate what God has done

Feedback

- Gather feedback on the prayer room experience and testimonies of what God did
- Feed back to the 24-7 Prayer team

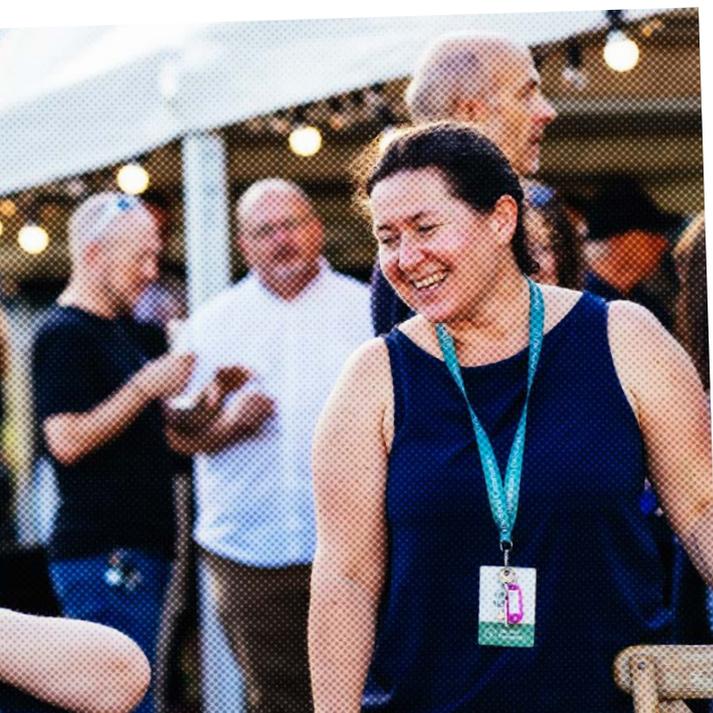
Discernment

- Consider what God said and did, as well as how you will respond
- Weigh the words you've received
- Monitor how your prayer and community life will change as a result

More info

For even more details on the ins and outs of running a 24-7 Prayer Room, read our Prayer Room FAQs.

24-7prayer.com/prayer-room-faqs



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