

## Prayer Retreat & Prayer Pow Wow

### Prayer Pow Wow

- The one-day Prayer Pow Wow starts at 10:00 AM and goes until 3:00 PM, or whatever time the group prefers.
- Have each lady bring a sack lunch or assign women to bring pot luck, per group preference.
- Follow the guidelines for the prayer sessions below and hold 2-3 prayer sessions, one before lunch and 1-2 after lunch.
- Close with a corporate prayer if the ladies have broken into multiple groups.

### Prayer Retreat

#### **General Information**

- The prayer retreat is a 2-3 day intensive intercessory prayer event that bonds women together in agreement for answers to prayer.
- The prayer retreat should start on Thursday night or Friday night and extend to Saturday. The Friday-Saturday retreat will end with supper on Saturday. The Thursday-Saturday retreat will end with lunch on Saturday.
- The prayer retreat consists of three major prayer sessions.
- Prayer Sessions 1 & 3 should happen within prayer cells of 4-5 women. Session 2 can include everyone in the group, up to 10 people per group.

#### **Food**

- Each lady should bring what she wants for breakfast, snacks, fruit and the drinks that she prefers.
- Someone needs to provide coffee with creamer and sweetener.
- Someone needs to provide disposable plates, cutlery, napkins, ice, etc.
- Each meal should be designated to 1-2 of the ladies to prepare.
- For the Thursday-Saturday event, we ate out for lunch on Friday.

#### **Prayer Sessions**

- **First Prayer Session (about 2 hours).** Theme scripture: 2 Chronicles 7:14; James 5:16. The first prayer session is a time of confession/stating of weaknesses/areas of struggle. After each lady shares, the group will lay hands on her and pray for her forgiveness/healing/empowerment. Repeat until each lady in the group has been prayed for. Remember that it is not necessary to state the gory details one might share with a counselor; generalities are fine, especially in a group where there are new acquaintances.
- **Second Prayer Session (about 2-3 hours).** Theme scripture: 1 Timothy 2:1-4. The second prayer session focuses on praying for revival and for the leaders in all churches that are represented by the denominational affiliation of the ladies present. As Texas

Nazarenes, we prayed for each District Superintendent, church and pastor by name on the North/East Texas and West Texas Districts. We also prayed by name for each Nazarene district and D.S. in the U.S. and Canada. We prayed for each General Superintendent and missionary by name. We concluded by praying by name for each Nazarene college in the U.S. We used the lists readily available on the internet to guide us in our prayer. The leader of each round would call out the name of the one prayed for, and the prayer group would repeat the name. Once all the names had been called out and repeated, the leader would pray for the list that had been recited, and the other ladies in the prayer cell would join in. For instance, we repeated the name of every pastor and church on the North/East Texas District and then prayed for the North/East Texas District pastors and churches. We did the same for the West Texas District, the U.S./Canada D.S.'s and districts, the General Superintendents, missionaries, colleges etc. Once we repeated each list, we stopped to pray for that specific list and then moved to the next list. We prayed for whatever the spirit lead, but really focused on praying for revival. Each lady in the prayer cell took turns leading for the different lists.

- **Third Prayer Session (about 2 hours).** Each lady shared one short Bible verse that the Lord had lain upon her heart during the retreat and then spent about five minutes explaining what God was showing her about that verse. Then, the lady stated her requests for specific family and ministry needs. The group then laid hands on that lady and prayed for her specific needs. Repeat with each lady. We repeated with each lady, praying for our families and our ministries and for any other areas of healing that needed to be prayed over.

### **Points to Remember**

- Turn off the TV and radio, except for Christian music.
- Limit technology.
- The focus is on prayer, not visiting or socializing. While there was plenty of encouragement and peer-mentoring during non-prayer times and meals, the focus in the prayer sessions should remain on prayer. A wise leader needs to gently keep the ladies on-task during the prayer sessions.
- If planning a prayer retreat, it's best for the ladies to spend the night at a designated place, rather than leave and come back. This breeds more unity.
- The ladies don't all have to know each other before the session. I was the only person who knew each lady in the first prayer retreat. The three ladies I invited did not know one another, but an amazing bond sprang up among us as the weekend progressed.