

FCA GEORGIA REGION

PRAYER GUIDE



FELLOWSHIP OF CHRISTIAN ATHLETES

WHAT IS...

OUR GOAL IN PRAYER

In 1 Thessalonians 5:17, Paul says to “pray without ceasing.” Our hope as an organization is to ceaselessly seek the Lord’s presence, leading and Spirit through prayer. May the discipline of prayer overflow into a lifestyle of unceasing prayer for the Kingdom locally, regionally and globally.

VISION

FCA teammates within the Georgia Region praying in unity for God to fulfill the FCA mission and vision locally, regionally and globally.



“Rejoice always, *pray constantly*, give thanks in everything; for this is God’s will for you in Christ Jesus.”

1 THESSALONIANS 5:16-18

DEVELOPING A CONSISTENT RHYTHM OF PRAYER

This scripture instructs us that we are to pray constantly. To do this we must maintain a constant attitude of prayer throughout the day. One practical way to put our constant attitude into action is to develop a consistent prayer rhythm. A consistent prayer rhythm will result in us understanding God's will for us in Christ Jesus.

A FEW PRAYER REMINDERS

- Setting a schedule for regular prayer times will give us focus when to pray.
- Making a prayer list will give us focus on what to pray.
- Having a reverent and biblical view of God will give us focus to want to pray.

TRUTHS TO CONSIDER

- **INTIMACY** | A focus on our love, adoration, worship, and devotion to God. This type of prayer includes, but is not limited to, meditating, listening, praying and reading God's Word.
- **DECLARATION** | A focus on acknowledging and admitting our sin to a holy God who is faithful and just to forgive us and cleanse us of our unrighteousness.
- **PETITION** | A focus on actively and persistently approaching God in prayer, with "asking" representing making a request, "seeking" being an intentional search for God's will, and "knocking" encouraging us to desire a dedicated and unwavering prayer rhythm where we not only ask for, but actively pursue God's guidance and presence.
- **INTERCESSION** | A focus on praying to God on behalf of another person, group, or situation. It is an authentic appeal for God's mercy, guidance, or intervention.

May we continue to unite together as teammates with a constant attitude and consistent rhythm of prayer, for this is God's will for us in Christ Jesus.

PREPARATION

BEST PRACTICES FOR PREPARING FOR AN HOUR OF PRAYER



READY

- Identify the rhythm that you would like to begin for specific time in prayer. (Weekly, Monthly, Quarterly, Annually).
- Identify who you would like to gather in prayer for this rhythm. (Staff, Board Members, Coaches, Athletes, Volunteers).
- Identify your vision for this time in prayer.
- Gather specific prayer requests and send these requests to your prayer group in advance.
- Think about how you can intentionally pray for FCA locally, regionally and globally. You can find Georgia regional prayer requests in the Pray FCA email sent monthly.



SET

- Communicate the vision for your prayer time with all participants.
- Send a calendar invite with details for the time and location. If you are meeting virtually, send a zoom link out prior to the meeting.
- Create a schedule for your time in prayer. Having a schedule that identifies blocks of time for specific prayer needs, worship, etc. will help you manage the time as a team.
- See the **Hour Timeline** in this guide for an idea of how to structure your time.
- Communicate specific prayer topics or needs to all those praying with you prior to your prayer time.



GO

Launch your time in prayer! Use all that you have prepared to guide your time and be open to how the Holy Spirit may lead you and your team in this time! See the following pages for details on the prayer time and ideas you can incorporate!

PRAYER TIME

BEST PRACTICES FOR HOSTING AN HOUR OF PRAYER



CONSIDER THE TIME

- Give 5 min at the start of your hour for people to get in the room and settled or share personal prayer requests.
- Consider breaking up your hour into smaller segments of prayer.
- Consider asking people to lead blocks of prayer for specific prayer needs.



COMMUNICATE THE VISION

- Share the vision behind spending an hour in prayer.
- Explain the FCA International alignment (Share how Georgia partners with Brazil, and communicate the vision to pray for Brazil during your prayer time).
- Pray for local, regional and global needs.



MANAGE THE TENSION

- During your prayer time, you may experience tension in the silence. When it quiets down, leave space for others to jump in and pray. Or, ask someone to pray over a specific need or request.
- Planning a structure is extremely helpful, but do not worry if you get off schedule! Let the Lord lead you and your team in prayer and use your schedule as is most helpful during your time.



CONSIDER THE SPACE

- Will you be meeting virtually on zoom or Microsoft Teams? Make sure to send a link to the meeting in advance and include any information needed to enter (passcode, etc)..
- Are you meeting in person? Make sure you have a quiet space to meet.

PRAYER IDEAS

CONTENT FOR HOSTING AN HOUR OF PRAYER



WORSHIP

- Incorporate worship in your prayer time. This could look like playing a song digitally or having someone lead worship in person.
- Be aware of potential issues with audio quality if on a Zoom /Teams call Encourage participants to pray individually during this time, sing, or read scripture.



SCRIPTURE

- How can you incorporate scripture? Praying scripture out loud is powerful.
- Choose a few scriptures that you would like to share with your group as you pray, or ask others to pray specific scriptures that come to their minds. Incorporate the Pray the Word Guide during your time.



COMMUNICATE WITH OTHERS AHEAD OF TIME

- Communicate with others before the hour of prayer and have them prepared to lead a block of prayer.
- Consider inviting your aligned International Sports Partner in Brazil to your hour of prayer (keep in mind time differences).
- Share ideas between other staff and Multi Areas. What are other teammates doing?



PRAY THE WORD GUIDE

- This is a resource available to help you pray through scripture during your prayer hour.
- To access this resource, please go to the GA FCA Staff team on Microsoft Teams, and select the International Advancement Channel.
- Click on the Folder titled “Georgia Regional Prayer Guide Resources” and you will find this document there!

HOURLY TIMELINE

USE THIS AS A GUIDE ON HOW TO LEAD YOUR
HOURLY SESSION!

0-5 MINUTES **WELCOME FROM HOST**

INTRODUCE YOURSELF + WHERE
YOU SERVE + THE VISION FOR
THE TIME

5-10 MINUTES **PRAY THE WORD**

HELPFUL RESOURCE: PRAY
THE WORD GUIDE

10-15 MINUTES **PRAY OVER YOUR REGION**

PRAY OVER YOUR FCA REGION, THE
COACHES AND ATHLETES
THROUGHOUT THE REGION, AND
FOR DOORS TO BE OPENED ACROSS
THE REGION FOR MINISTRY.

2-5 MINUTES **SEND OUT**

THANK EVERYONE WHO
JOINED + SHARE SOME
NEXT STEPS.

5-10 MINUTES **WORSHIP**

THIS CAN BE MUSIC PLAYED, SANG
[IF YOU KNOW SOMEONE WILLING]
OR READING QUOTES | LYRICS TO
HELP PREPARE HEARTS

10-15 MINUTES **PRAY FOR YOUR LOCAL AREA**

PRAY SPECIFICALLY FOR YOUR
LOCAL COMMUNITY. PRAY FOR
COACHES AND ATHLETES, LOCAL
FCA STAFF, BOARDS, DONORS,
AND VOLUNTEERS.

10-15 MINUTES **PRAY FOR FCA GLOBALLY**

PRAY FOR YOUR ALIGNED
INTERNATIONAL REGION
(BRAZIL), THE INTERNATIONAL
SPORTS PARTNERS, AND
MINISTRY OPPORTUNITIES. PRAY
OVER FCA AROUND THE WORLD
AND ONE GLOBAL MISSION.

