



## What is Iron Prayer?

Iron Prayers are volunteer-led, interdenominational prayer gatherings held before triathlons. They provide an opportunity for racers, spectators, and event staff to refocus their hearts and minds on Jesus while worshipping together through prayer, song, testimony, messages and/or fellowship.

Future Iron Prayer event details will be loaded on FCA Endurance's Facebook Page under the events tab - <https://www.facebook.com/fcaendurance/events>

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### STEPS TO PUTTING ON A SUCCESSFUL IRON PRAYER SERVICE

#### 1. Pray and Seek the Lord's will

- Pray and seek the Lord's will for the service, it's impact, those who would serve, a venue, open hearts to hear, and your role in it.

#### 2. Decide on date and time

- Can be done 2 days before race for Ironman Distance (prior to Ironman Pasta Dinner) OR
- Can be done 1 day before race for Half and Full Ironman distance (following Ironman Pancake Breakfast if one is scheduled) and other distances

#### 3. Find a location to hold event – the closer to the Registration and Expo Areas the better for the athlete and his/her family/support

- Past Locations: Host hotel; Ironman Banquet Tent; Athlete Village; Park near Expo; Local Church close to Expo
- Note: The ideal location is less than a ½ mile from the Expo/Athlete Village. This way, athletes/family/spectators/etc. can easily get there
- 2nd Note: Book this a month or more in advance if at all possible.

#### 4. Advertising- Get flyers out there...in packets, posted around town, handed out by volunteers

For placing in packets...

- Get flyers in packets free for some events you can provide volunteers for the race in the week leading up to the race and even on race day
- Good to contact Race Director for more info
- Post on FCA Endurance Facebook Page
- Post on the FCA Website and The Body (Robin Soares can help, see below)

## 5. Secure an MC for event (this could be you!)

## 6. Secure worship band

Contact Local Church

## 7. Secure pastor/speakers

- Contact Local Church
- Check Athlete Participant List to find Pastors/Ministers participating and Christian Pros
- Post on FCA Message Board

## 8. Secure volunteers to help before, during and after event

- BEFORE: Put up flyers around town, hand out flyers at Expo, hang Iron Prayer banner at Ironman Registration Tent, hang IP banner at Iron Prayer location, direct people to Iron Prayer, set up IP location
- DURING: Hand out water, hand out song sheets, lead prayer time for a small group
- AFTER: Pray for individuals, pick up bottles/song sheets/other, clean up IP location

## 9. Secure back-up leader(s), speakers and volunteers in case of a cancellation

## 10. Optional - Raise funds to host a booth at the Expo Area

## 11. Other info – Possible Agenda:

This is a typical agenda, feel free to improvise with the Lord's leading!

- (10 min) **Worship** music
- (5 min) **Leader** greets guests, introduces worship team, announces the sequence of speakers, and says what Iron Prayer is "prayer services before Ironmans. All volunteer. Started by Chad Hawker in 2000"
- (5-10 min) **Pastor** opens in prayer and short message. Then asks for testimonies
- (5 min) **Speaker 1** gives short story / testimony / encouragement
- (5 min) **Speaker 2** gives short story / testimony / encouragement
- (5 min) **Speaker 3** gives short story / testimony / encouragement
- (10 min) Prayer time. **Pastor** either takes requests and all pray as a group, or break up into small groups to pray for each other
- (5-10 min) **Worship** Music
- (5 min) **Leader** thanks speakers, worship team, and everyone for coming, asks people to sign guest list (with email address if interested), closes in short prayer

Examples of past topics: "Being a witness for Jesus at Ironman" 1Peter 2:12, "Being content with whatever happens" Matt 6:33, "Making time for our relationship with Jesus"

For more information and help, contact...

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# FCA Endurance IRON PRAYER

# GUEST SHEET

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