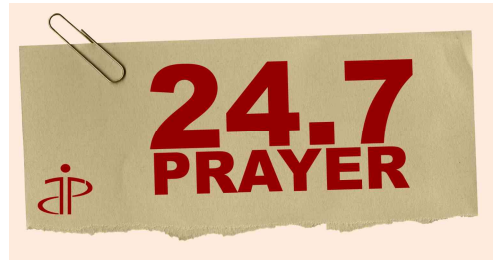


# Praying 24-7 in our Week of Prayer

## 21st - 28th February 2010

Over the last few years, **24-7 Prayer Rooms** have swept around the world. From a single prayer-experiment in the UK, today all around the world in churches, prisons, universities, department stores, military bases, schools, night clubs, cafes and even the Houses of Parliament people are **praying 24-7**.

This term, for our week of prayer, we are going to establish a **24-7 Prayer Room** at the CastleGate. The essence of it is dead simple – no special formulas – just a whole bunch of people like us, taking it in turns to create a continuous week of prayer in the prayer room, 24 hours a day, for 7 days.



*“24-7 prayer is prayer that persists. Prayer that explodes into mission and mercy. Prayer that gives birth to community and transformation...”*

### What will happen during our week of prayer?

- We will have a dedicated **24-7 Prayer Room** at the CastleGate for praying every hour during the week (21st - 28th February). This will be in the church library which is the smaller room at the back of the Basement (near to the kitchen).
- We will have a rota of people who will be praying there every hour in the week (24-7!) People are free to sign up for an hour slot (or two!) in the Prayer Room. This might be to pray on their own or with others.
- The room will be set-up in as creative a way as possible to help inspire us to pray. There will be all kinds of resources to stimulate the senses including sculpture, art, music, ambient lighting, maps, prayer walls, prophecies, a graffiti wall and a taste table!
- The person currently praying must stay in the prayer room until they have handed the baton of prayer on to the next person when they arrive. There will be an on-call team ready to step in should someone fail to arrive for their dedicated prayer hour.

*“We left the prayer room at 4.35 a.m. madly and passionately in love with Jesus”*  
Teenager in Reading

### What’s the point?

We all know that prayer is vitally important for us as Christians, but if we’re honest, many of us would also admit that we are weak in prayer. One of the greatest gifts that God has given us to help us overcome our weakness is one another. Accountability can make a huge difference in helping us to be the people that we know we are called to be.



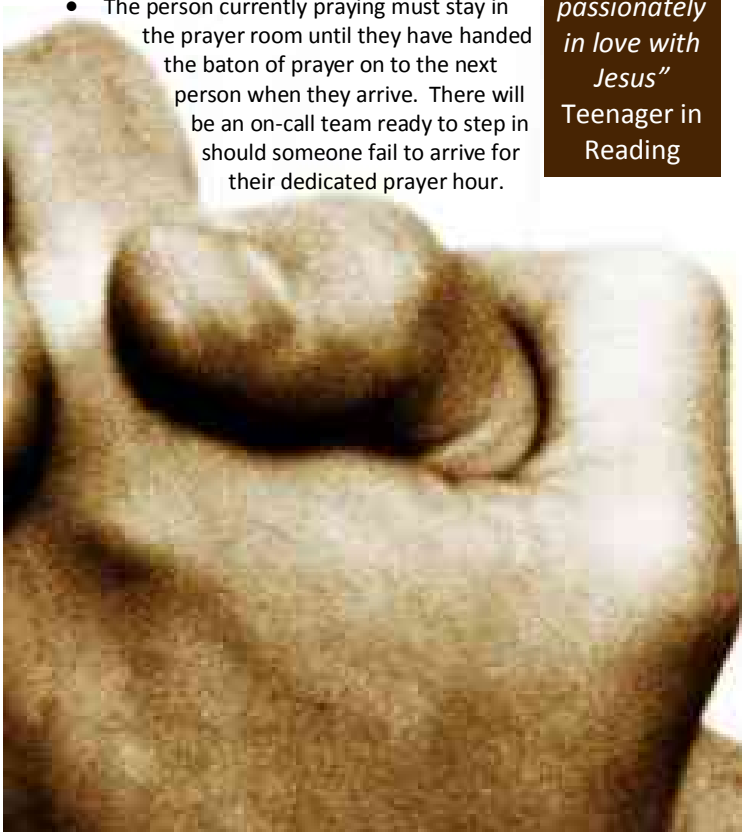
Committing to a slot on the 24-7 rota and knowing that someone else is waiting for us to arrive creates the accountability that helps us to fulfil our commitment to pray and get beyond mere good intentions.

The layout of the prayer room can inspire all of us to pray in new ways and may be particularly helpful for people who haven’t always found it easy to connect to God in a more traditional corporate prayer setting.

Throughout church history, Christians who have been involved in extended periods of prayer have noticed that often this can create a “thin place” – a place where the veil between heaven and earth begins to lift and the presence of God is particularly strong. It is certainly true that it will be inspiring to pray in a place that has already been soaked in hours and hours of prayer by others.



*“His whisper is much louder in here”*  
Jen, aged 13



## Pete Greig – one of the founders of the 24-7 Prayer Room writes -

*"In all honesty, for most people 24-7 works something like this:*

*On Sunday at church you get fired up and decide to give God an hour or two of exclusive time in the week of prayer. In that flush of rash enthusiasm, you find yourself signing up on the 24-7 rota to visit the prayer room at three o'clock on a Tuesday morning.*

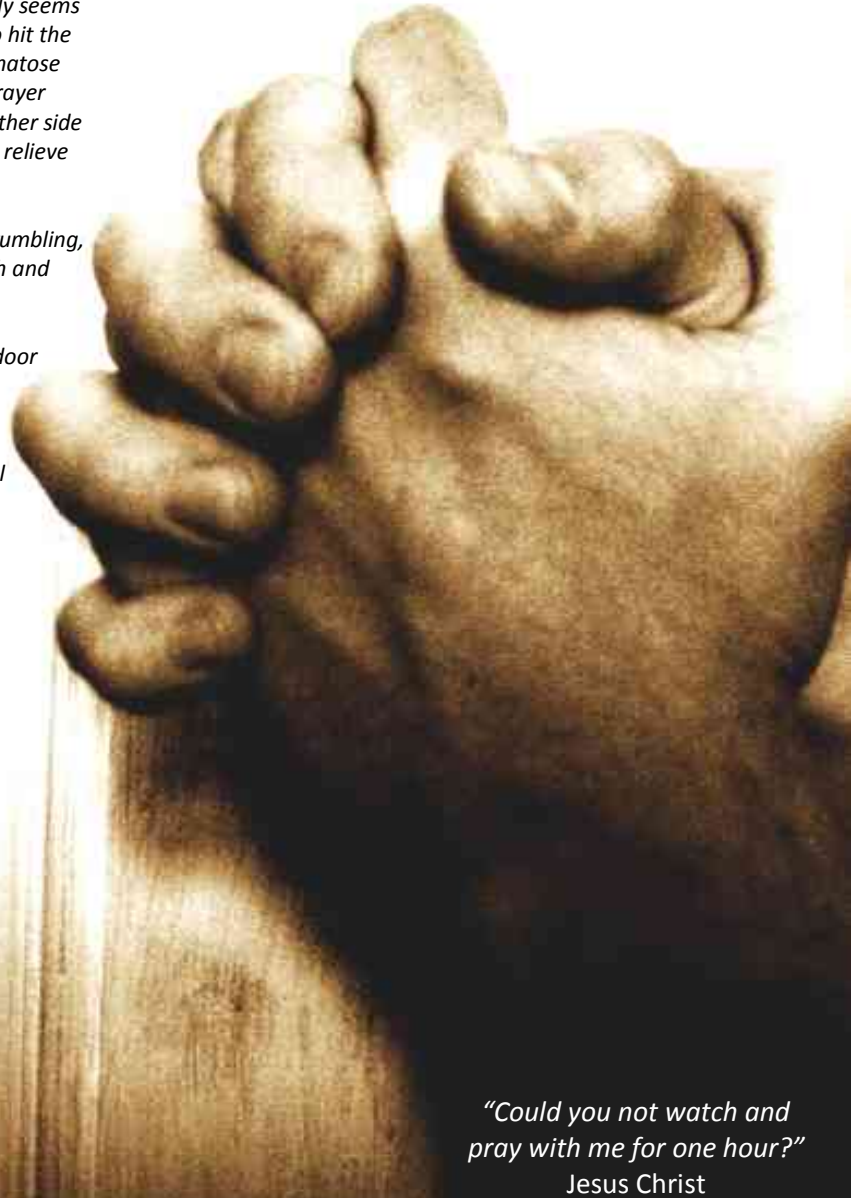
*It seemed like such a great idea at church on Sunday, but a few days later, when your alarm clock rips you from the warmth of your bed on a freezing winter night, 24-7 prayer suddenly seems like the worst idea in world history. Resisting the urge to hit the snooze button for the fourth time, you stagger semi-comatose from bed, haunted by the memory of Sunday's foolish prayer pledge and hating the fact that some poor soul on the other side of town can't leave the prayer room until you turn up to relieve him.*

*When you arrive at the room, bleary-eyed and secretly rumbling, the previous person prays for you with bad coffee breath and happily goes home to bed.*

***And that's often the defining moment:*** *the click of the door as the previous person leaves. It's the moment you find yourself alone in a room with God in the middle of the night; the moment you discover the reality of God's promise to be found by those who truly seek him with all their hearts.*

*Suddenly all the talk about prayer, the guilt at your prayerlessness, the theory, the apathy, the hectic schedule, evaporates. It's now or never. You and God, face-to-face at last, looking for words in the silence. In a complicated world, this is the simple, inevitable core.*

*Many 24-7 regulars still consider themselves bad at praying, yet they find a single hour in the prayer room just isn't enough and sign up for two."*



*"Could you not watch and pray with me for one hour?"*  
Jesus Christ

### How can I get involved?

1. Sign-up for a prayer slot, choose any free hour between 9pm on Sunday 21st and 9pm on Sunday 28th February. You can pray on your own or with others. It's up to you. Why not sign up to pray with your whole City Group or maybe a couple of your mates? You can sign-up by **emailing** - [office@city-church.co.uk](mailto:office@city-church.co.uk); **phoning** - the church office on 0191 233 2288; or **by adding your name** to the sign-up sheet at the Information Point on a Sunday morning.
2. Come to the CastleGate a few minutes before your prayer slot is due to begin. If this is after office hours, ring the **24-7 Prayer Room** phone – **0794 827 7033**. The person preceding you on the rota will answer the phone and then come and let you in to the building. (This phone number will also be on the door of the CastleGate).
3. Make the most of everything in the Prayer Room and connect to your God!
4. If you would like more information – pick up a leaflet from the Information Point in the Turbine Hall or check out the **24-7 Prayer** website [www.24-7prayer.com/about/what](http://www.24-7prayer.com/about/what)

It will be thrilling to pray together 24-7.  
Who knows what God will do?