

# Prayer Room Recommendations

The FOL Prayer Team has prepared this sacred space for you to meet with God. Consider engaging in one or more of the interactive stations mentioned here to deepen your time in prayer with your Creator.

Contemplation: Be still and allow God to speak.

- Sit comfortably on the couch and take some deep breaths as you welcome the Holy Spirit.
- Be attentive to what God might be saying – does a word, picture, Bible verse or something else come to mind? Bring this to God in prayer and listen for God's voice.

Thankfulness Wall: Practice gratitude.

- Reflect back on the past month: About what are you thankful to God?
- Look through the Psalms and find a line that captures your heart.
- Add to the "Thankfulness Wall" by writing a word, a psalm, or drawing an image that captures what you are thanking God for in your life.

Praise & Worship: Lift your eyes to God and exalt His name.

- Select a worship CD or song from your music library on your phone and spend some time praising God.

Intercession Quilt: Contend in prayer for God's Kingdom to come.

- Consider the categories listed on the quilt on the wall: in which area do you need a breakthrough?
- Write your prayer specifying the change you want to see and place your prayer card in the pocket in the quilt.

Anointing Oils: Consecrate yourself.

- Throughout scripture, oils are used as an act of faith for people to agree with what the Holy Spirit is conferring upon them. The oils in this prayer room have names that indicate what blessing they are meant to confer.
- Choose the oil you believe would be helpful for your life or situation and agree with God, by faith, that a change has occurred.
- Put a drop of oil on your finger to anoint your head, hands, or heart for example. You may also choose to put a few drops into your palm, rub your hands together, and breathe in the scent.

Scan code to sign up for time in the prayer room.

