

5-Minute Prayer Activation

PRAYER ACTIVATION SERIES

Intercessors Arise Prayer Activation Library

A short guided prayer experience for days when you need a simple, clear starting point.

Step by Step

Minute 1

Thank God for one specific thing.

Minutes 2-3

Speak honestly about what is on your heart.

Minute 4

Pray for one person, situation, or need.

Minute 5

Listen quietly and write what you sense.

One thing I am thankful for

What is on my heart today

Who or what I am praying for

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What I sense as I listen

“Simple prayer is powerful prayer.”