



2-HOUR PRAYER FLOW CARD



A SIMPLE FLOW TO HELP YOU PRAY
WITH FOCUS & FREEDOM

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MIN

WELCOME & WORSHIP (10 MIN)

Settle your heart and focus on God.

Scripture: Psalm 100:4

10
MIN

ADORATION (20 MIN)

Praise God for who He is.

Scripture: Psalm 95:1-7

30
MIN

CONFESSION & REPENTANCE (15 MIN)

Agree with God and receive His cleansing.

Scripture: 1 John 1:9

45
MIN

THANKSGIVING (15 MIN)

Give thanks for what He has done.

Scripture: Psalm 136

60
MIN

INTERCESSION (40 MIN)

Pray for others, needs,
and the nations.

Scripture: 1 Timothy 2:1-4

100
MIN

LISTEN & WAIT (20 MIN)

Be still and listen for His voice.

Scripture: Psalm 46:10

120
MIN

RESPONSE & SENDING (10 MIN)

Respond, write, and step out in faith.

Scripture: James 1:22



TIPS FOR YOUR TIME



Come with expectation
and an open heart.



Remove distractions
and focus on Him.



Write what He shows
you and pray it back.



Move with the Spirit
and stay flexible.



Pray in unity and
encourage others.



SCRIPTURE REMINDER

*“Devote yourselves
to prayer, being
watchful and thankful.”*

COLOSSIANS 4:2

Take Your Time.
He is Worth It.



HE HEARS. HE SPEAKS. HE MOVES.



SEEK HIM.
KNOW HIM.
MAKE HIM KNOWN.



THIS IS
A PLACE OF
PRAYER.



THIS IS
A PLACE FOR
EVERY NATION.

MY HOUSE SHALL BE CALLED A HOUSE OF PRAYER FOR ALL NATIONS.

ISAIAH 56:7