



Workshop Title: *One Prayer That Opens the Door to Outreach*

A Natural and Spirit-Led First Step Toward Reaching Others

Total 45 min

Workshop Outline:

1. What Is One Prayer?
2. Why Do Prayer Matter in Outreach?
3. Part 1- Making Prayer Natural and Sustainable
4. Part 2 - Interceding with God's Heart for the Lost.
5. Part 3 -Trusting God Sovereignty in Prayer
6. Reflection + Group Prayer at Your Table

1. What is One Prayer?

a. A Simple, Honest Moment with God

The concept of “One Prayer” is about intentionally inviting God into the everyday moments of our lives, no matter how ordinary or small those moments may seem. Rather than reserving prayer for formal or religious settings, “One Prayer” is rooted in spontaneous honesty: those brief, authentic prayers we might whisper as we head into a meeting, wash the dishes, commute, or comfort a friend. These could be as simple as, “God, help me see people the way You do,” or, “Jesus, give me words to comfort my friend.” The beauty of this approach is in its accessibility—anyone can do this, any time, anywhere.

This practice echoes Paul's instruction in 1 Thessalonians 5:16–18: *“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”*

If you've ever wondered how it's possible to “pray without ceasing,” “One Prayer” offers a tangible way: by inviting God into the ordinary rhythms and thoughts of daily life through frequent, honest conversation. Instead of compartmentalizing spirituality, it makes relationship with God integral to our lives. Over time, these small prayers foster an ongoing awareness of God's nearness, teaching us to depend on Him not only in emergencies but amid the flow of everyday life.

For those who struggle with distraction or feeling unworthy, “One Prayer” shifts the focus from religious performance to a relationship marked by honesty, humility, and daily reliance on God. The comfort is that God welcomes our simplest, briefest prayers and is present with us—always, in all circumstances.

b. Following Jesus’ Example in Prayer

Throughout all four Gospels, Jesus models prayer not as a mere ritual, but as a living dialogue with the Father in all seasons of life. He prayed before important decisions (Luke 6:12), during times of need (Mark 1:35), and even amid the busyness of ministry (Mark 6:46). In the garden of Gethsemane, His anguished, honest prayers demonstrate both intimacy and surrender. By prioritizing prayer in ordinary rhythms, He taught His disciples that every moment is an invitation to commune with God.

“One Prayer” becomes a means of spiritual formation as we imitate Christ. The discipline of pausing to pray throughout the day attunes us to the Spirit’s subtle promptings and aligns our actions with God’s heart. We learn that prayer is not just for dramatic needs or spiritual highs, but for navigating work stress, engaging neighbors, or seeking patience with loved ones. As this habit grows, we discover that God is not distant or detached from daily routines, but ever present and actively guiding those who seek Him—even in the simplest prayers.

2. Why Do Prayer Matter in Outreach?

a. Rooted in God, Not Human Effort

Outreach begins with God—not us. As Jesus said, “I am the vine; you are the branches... apart from me you can do nothing” (John 15:5). Prayer keeps us connected to Jesus, our true source; without Him, we simply cannot bear any spiritual fruit. Prayer shifts our focus from our own abilities to God’s power. It reminds us that successful outreach isn’t about clever methods, persuasive words, or our performance. True change comes as God works through us. When we pray, we humbly confess our dependence on the Spirit, letting Him guide our words, attitudes, and actions. It’s a chance to ask God to shape our hearts, purify our motives, and give us His love for others.

b. Participation in God’s Supernatural Work

Prayer is not just preparation—it’s participation in God’s work. Jesus instructs us, “Ask the Lord of the harvest to send out workers into his harvest field” (Luke 10:2). James 5:16 reminds us, “The prayer of a righteous person is powerful and effective.” Your quiet prayers—often unseen—can change someone’s eternity, because God moves through them in ways we never could. Through prayer, the Holy Spirit works supernaturally, softening hearts,

stirring curiosity, and opening doors we might never have noticed. Many stories of life change and breakthrough begin with someone faithfully praying behind the scenes. Even when our efforts seem to fall flat, prayer continues working, often outlasting our words and presence.

In the end, prayer matters in outreach because only God can change hearts. Prayer removes our reliance on self and invites the Spirit to go before us, preparing and transforming lives. Jesus Himself depended on prayer; so for us, prayer isn't a backup plan or last resort—it's our starting point. Before we move outward toward others, we begin on our knees, aligning ourselves with God's heart and trusting Him for results that only He can bring.

3. Part 1- Making Prayer Natural and Sustainable

a. Prayer is a Relationship, Not a Ritual

How do we make prayer feel natural—something that flows through our everyday life, not just something on a checklist? Prayer isn't a task. It's not about getting the words "right." Prayer is a relationship—a way of being with God in the middle of real life.

Paul Miller, in *A Praying Life*, reminds us that the starting point of prayer isn't perfection—it's honesty. God isn't looking for polished language or spiritual performance. He simply wants your heart. That's why Scripture describes our relationship with Him in deeply personal terms. Romans 8:15 says, "The Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.'" That's the language of closeness—like saying "Daddy."

Think about how a child talks to a parent: freely, honestly, and without fear of saying the "wrong thing." That's how God invites us to approach Him. I remember when my son was little—he once gave away some of his toys and told me, "It's okay—you can just buy more with the card." He had no idea how credit cards actually work! But he trusted. He spoke freely. That's the kind of trust God welcomes in prayer.

Miller also writes, "Come messy. Your Father is not put off by your confusion or raw emotion." That's freeing. You don't have to clean yourself up to pray. You can come tired, distracted, frustrated, or even silent—and God welcomes it all. As you begin to pray from a place of honesty, prayer transforms from a burdensome ritual into a life-giving relationship. It becomes a wellspring of comfort, healing, and direction. Over time, this authentic communion breaks the chains of legalism and fosters spiritual rhythms that last—even when life gets messy or discouraging.

Jesus models this kind of connection. In Luke 18:16–17, He says, “Let the little children come to me... anyone who will not receive the kingdom of God like a little child will never enter it.” He honors childlike trust—not adult-like perfection.

b. Let Prayer Become Part of Your Everyday Rhythm—Like Breathing

True sustainability in prayer comes not from setting aside isolated “spiritual” moments, but from weaving prayer into the natural rhythms and transitions of your day. Think about the in-between spaces—sipping your morning coffee, waiting in line at the store, commuting to work, or taking a walk. When you train your heart to turn to God in those ordinary moments, prayer becomes an ongoing conversation, not a rigid appointment. Over time, this practice builds a living connection with God that is continuous and comforting, rather than compartmentalized or pressured.

Kevin Harney, in *Organic Outreach for Ordinary People*, encourages us to pray like we breathe—naturally and continually. Prayer doesn’t need a stage or a script. It can flow through your entire day, just like conversations with someone you love. Your friends or spouse might not always be available—but Jesus is. Seven days a week. Twenty-four hours a day. Always listening. Always present.

That’s why 1 Thessalonians 5:17 says, “Pray without ceasing.” It doesn’t mean nonstop talking—it means ongoing connection. And in John 15:5, Jesus says, “If you remain in me and I in you, you will bear much fruit.” Prayer keeps us abiding in Him—moment by moment, breath by breath.

So let prayer become like breathing—simple, frequent, and essential. Let it be rooted in relationship, not ritual. Let it be a space where you bring your real self—your thoughts, your chaos, your worship—and let it shape how you live, love, and walk with God throughout each day.

Reflection

When you pray, “God, break my heart for what breaks Yours,” you align your compassion with His and deepen your love for others. Intercessory prayer invites you to stand alongside God in His mission—pleading for mercy, truth, and the advance of the Gospel. Though you may not always witness the full impact, your faithful prayers are woven into God’s redemptive work, empowering spiritual transformation and sustaining hope. This practice calls believers to embody God’s heart, becoming active participants in His unfolding story of restoration.

c. Table Discussion #2 (7 min)

Question: “What helps you stay connected to God in the flow of everyday life?”

Prompt: Think about small routines—morning coffee, commutes, quiet walks, transitions in your day.

4. Part 2 - Interceding with God's Heart for the Lost.

Intercessory prayer is the sacred act of carrying others—especially those who do not yet know Jesus—into the loving presence of God. It's much more than a list of requests; it's an invitation to feel something of God's burning compassion for the lost, lonely, or resistant people in our lives. True intercession begins with love—feeling what God feels for the lost—and invites us to step into God's heart for salvation.

Andrew Murray once said, *"The man who mobilizes the Christian church to pray will make the greatest contribution to world evangelization in history."* Why? Because prayer moves the heart of God—and softens the hearts of people. Intercession is not just about bringing our needs to God; it's joining God's longing for salvation and embodying His compassionate stance toward the lost.

Three Essential Truths About Intercession

- 1. Intercession Is Joining God's Longing for the Salvation of Others.** When we pray for the lost, we are not convincing a reluctant God to care; rather, we are joining a loving God who already longs to save, heal, and restore. 1 Timothy 2:3–4 reminds us, "God our Savior... desires all people to be saved and to come to the knowledge of the truth." In Ezekiel 22:30, God expresses His search for someone to "stand in the gap before me on behalf of the land." Moses exemplified this in Exodus 32 when, after Israel's failure, he stood in the gap and pleaded for mercy—an intercession that God heard. Intercession is this posture—not pushing God to care, but reflecting that He already does deeply.
- 2. It Begins with Love—Feeling What God Feels for the Lost.** Before intercession becomes words, it must become a burden in our hearts. God calls us to pray not from guilt or duty, but from love. Paul expressed this deeply in Romans 9:2–3, where he conveys his "great sorrow and unceasing anguish" for his people—a love so intense he wished to be "cut off from Christ" for their sake. Jesus wept over Jerusalem's spiritual blindness (Luke 19:41), moved by compassion. This is the heart posture God wants us to carry: broken by what breaks His heart, motivated by love rather than obligation. For example, a mother praying for her prodigal child prays from love, not guilt. If we want to pray like Jesus, we must love like Jesus.
- 3. Intercessory Prayer Is not a Side Activity—It's Central to God's Mission.** Too often prayer is treated as a warm-up or backup plan, but intercession is the engine room powering the advance of the gospel in

unseen ways. Jesus told His followers in Matthew 9:37–38, “The harvest is plentiful but the workers are few. Ask the Lord of the harvest to send out workers.” Before Pentecost, the disciples “joined together constantly in prayer” (Acts 1:14). After prayer, “the place where they were meeting was shaken... and they spoke the word of God boldly” (Acts 4:31). The Moravian movement’s historic 24/7 prayer chain for over a century fueled one of the greatest missionary awakenings in church history—showing prayer as the power behind the movement, not just a prelude. All revival, awakening, and spiritual fruit begin with deep roots in persistent prayer. Intercession is God’s chosen means to accomplish His mission through us, whether or not we see the visible effects.

Table Discussion #2 (7 minutes) *Question:* “Who is someone in your life that God may be inviting you to carry in prayer right now?”

Prompt: Ask the Holy Spirit: “Lord, who needs prayer right now? Who are You placing on my heart?”

Reflection

When you pray, saying “God, break my heart for what breaks Yours,” you open yourself to loving people more deeply, forgiving easier, and persisting in hope longer than before. Through intercession, you participate directly in God’s redemptive mission, standing in the gap with Him for mercy, truth, and Gospel encounters. While you may never see the full results, your faithfulness in prayer is woven into God’s unfolding story of transformation in the world.

This teaching affirms intercessory prayer as both the sharing of God’s compassion and the driving force of His mission, calling believers to pray with God’s heart for the lost and join Him in bringing about spiritual breakthrough.

4. Part 3 - Trusting God Sovereignty in Prayer

Finding Peace When You Can’t See Results

One of the hardest lessons in prayer is learning to trust God’s sovereignty when answers seem delayed, unclear, or completely contrary to your hopes. The Bible is full of saints who wrestled with apparent silence or “unanswered” prayers—and yet, God was always working behind the scenes, weaving a story bigger and better than they understood. In your own journey, you may intercede for loved ones for years without visible change, or pray for healing and see only incremental movement.

a. God’s Sovereignty Doesn’t Make Prayer Pointless—It Makes It Powerful

One common question that arises is: *“If God already knows everything and controls everything, why bother praying?”*

It’s a fair question, and many wrestle with it. But here’s the surprising truth: God’s sovereignty doesn’t make prayer pointless—it actually makes it

powerful. If God weren't in control, praying would be like throwing words into the wind. But because He is sovereign, prayer connects us to the One who not only listens but holds absolute authority to act.

Some assume that if God is fully in control, then our prayers don't really matter. Yet, as J. I. Packer writes in *Evangelism and the Sovereignty of God*, it is precisely because God is sovereign that we can pray with confidence. Psalm 103:19 says, "The Lord has established His throne in the heavens, and His sovereignty rules over all." When we pray, we're not calling a powerless friend—we are calling the One who holds all things in His hands.

We don't pray to change God's mind. Instead, we pray to align our hearts with His—and to join Him in what He's already determined to do.

b. Prayer Is God's Ordained Means to His Ends

So, if God is sovereign and prayer still matters, what is prayer? It's not about altering God's plan; it's about participating in it. In His wisdom, God chooses to work through the prayers of His people.

James 5:16 promises, "The prayer of a righteous person is powerful and effective." Jesus taught His disciples to pray, "Your kingdom come, Your will be done..." Not because God needed reminding, but because He was inviting them into His mission.

As Packer states, "God foreordains the means as well as the end." When you pray, you are walking in the very path God has already prepared to accomplish His purposes.

c. Trusting God's Sovereignty Gives Us Peace in Unanswered Prayers

But let's be honest—there are times when we pray and nothing seems to happen. We plead, we wait, and we wonder if God is listening.

This is where trusting God's sovereignty becomes deeply personal. Because in the silence or the "not yet," we find peace—not from the outcomes, but from knowing who God is.

Romans 8:28 reassures us: "We know that in all things God works for the good of those who love Him..." Isaiah 55 reminds us, "My thoughts are not your thoughts... my ways are higher than your ways."

When answers don't come the way we want, it's not because God has forgotten. It's because He sees more than we do and is working in ways we can't yet understand. Think of Jesus in the Garden of Gethsemane, who prayed, "Father, if it's possible, take this cup from me. But not my will—Yours be done." (Luke 22:42) God didn't remove the suffering but brought resurrection through it. That is what sovereign love looks like.

So, even when the answer is “no” or “not yet,” we don’t carry the weight of outcomes. We can rest in the truth that God is wise, loving, and always at work. His sovereignty doesn’t silence our prayers—it gives them strength and gives us peace.

d. Praying Boldly, Letting God Lead the Outcome

Believing in God’s sovereignty does not make us passive—it actually invites us to pray with greater passion and boldness. When we know that our prayers aren’t lost in the void but are heard by a mighty King who can do the impossible, we are emboldened to ask for miracles, breakthroughs, and open doors.

Yet we hold our desires loosely, remembering Jesus’ prayer: “Not my will, but Yours be done.” This dynamic tension—praying with conviction while submitting outcomes to God—is the mark of mature faith.

Such trust also equips us to walk compassionately with others as they navigate seasons of waiting or disappointment in prayer. We can encourage them that God is always present, always good, and always at work, even when His timing or methods are a mystery. By sharing our own journey of trust, including moments of grief or confusion, we model resilience and hope grounded not in circumstances but in God’s unchanging character.

e. Table Discussion #3

Question: *“How does trusting God’s sovereignty shape the way you pray—especially when the answer is ‘no’ or ‘not yet’?”*

Prompt: Take a moment to reflect on a time when God didn’t answer a prayer the way you had hoped.

- What did you learn about God during that season?
- How did that experience impact your trust in Him
- And how might it shape the way you encourage someone else to pray—especially when they’re facing silence or waiting?

Reflection: Trusting God’s sovereignty in prayer reminds us that prayer is not about changing God’s mind but about aligning our hearts with His perfect will. Even when answers seem silent or delayed, God is at work behind the scenes, weaving a greater story that we may not yet see. This truth invites us to pray boldly and persistently, yet also to rest peacefully in His wisdom and love.

When we accept that God’s timing and ways are higher than ours, we are freed from anxiety over outcomes. Our prayers become powerful not because they force God’s hand, but because they connect us to the One who holds all things in His hands. This trust cultivates resilience, hope, and compassion, enabling us to

walk with faith through both answered and unanswered prayers, knowing that God's sovereign love never fails.

5. Reflection + Group Prayer at your table

Putting Everything into Practice Together The time of group prayer is essential, not only as a closing exercise but as a space to begin living out all you've learned. Gathering with others to pray together cultivates authenticity, vulnerability, and accountability. It's a place where seasoned prayers and new believers alike can support one another through honest sharing, remembering specific names, situations, and burdens discussed during your session. Group prayer also magnifies hope and courage, as hearing others pray often inspires us to pray more daringly ourselves. Together, you create a spiritual "greenhouse" where faith grows quickly. The combined effect of many hearts joining in prayer can be felt tangibly, building unity and deepening the sense of mission. In such settings, the Spirit often prompts new insights, words of encouragement, or unexpected direction, reminding everyone that prayer truly changes both people and circumstances.

Experiencing the Power of Community Prayer There is a special power and comfort in praying together; Jesus Himself affirmed that when two or three gather in His name, He is there among them (Matthew 18:20). In a group, prayers often gain new boldness and specificity, and burdens are shared, lightened, and multiplied by love. People discover that they are not alone in their hopes or struggles—others care, and God cares even more. Over time, these experiences forge strong bonds of friendship and a growing expectation that God will honor your prayers. Stories often emerge from such groups—accounts of answered prayer, unexpected provision, spiritual breakthroughs, or simply an increased sense of God's peace in trials. Corporate prayer transforms not only the issues it addresses, but the hearts of those who participate. It turns learning into lived experience, and theory into testimony. As you close your time together, you set the stage for continued support, deeper relationships, and a culture of prayer that extends far beyond this meeting—each group a living outpost of God's presence and power in the world.