

One Prayer Starts Outreach

Welcome & Material & Introduction

- (Self-Assessment + Course Guide + Workshop Handout)

What Is THREE ONES?

- Simple, doable, relational, and spirit-led ways to start outreach naturally through one prayer, one conversation, and one story.

What Is One Prayer?

- A simple short prayer.
- Starts with God's heart.
- Praying faithfully for one person.

Why Prayer Matters

- God is already at work. (Matthew 9:37-38)
- Prayer opens our eyes to opportunities. (Colossians 4:2-3)
- Prayer invites God to do what we cannot. (John 6:44)

Session Roadmap

Part 1. Breath Prayer

Part 2. Blessing Prayer

Part 3. Intercessory Prayer

Breath Prayer → Blessing Prayer → Intercessory Prayer
(Awareness) (Intention) (Love & Burden)

These prayers create momentum—from awareness, to intention, to love-filled intercession.

Part 1 – Breath Prayer

1. **The heart behind of breath prayer.** We cry, “Abba, Father.”
2. **A daily rhythm** — Like breathing
 - You can pray while sipping coffee, commuting, folding laundry, or taking a walk.
 - When prayer is tied to ordinary moments, it becomes natural, sustainable, life-giving.
3. **Quick tips**
 - Keep it simple
 - Don't wait to “feel spiritual.”
 - Attach prayer to something you already do.

Table Discussion #1 (8 min)

Question: Where is one natural moment in your day when you could pause and pray a simple breath prayer?

Notes:

Part 2 – Blessing Prayer

1. **Speaking God’s goodness over someone in Jesus’s name**

- David often blesses God’s people with short, simple, God-centered prayers
- *“May the Lord give strength to his people; may the Lord bless his people with peace.”*
Psalms 29:11

2. **Blessing prayer does something inside you—it awakens joy.**

- When you consistently pray God’s goodness over someone, your heart begins to soften, your hope begins to grow, and your prayers feel alive again.

3. **Blessing prayer opens doors in real life.**

- As you bless someone in prayer, God often creates natural moments for presence, conversation, and care.

Table Discussion #2 (8 min)

Question: If you were to pray one simple blessing prayer today, what would it sound like? (Keep it short—one sentence.)

Notes:

Part 3 – Intercessory Prayer

1. **Bringing someone else before God in Prayer.** (*1 Tim 2:3–4*)

- Joining God’s own desire for people to know Him.

2. **Always begins with love.** (*Romans 9:2–3; Luke 19:41*)

- Intercession flows from a heart that feels what God feels.

3. **Central to God’s mission.** (*Matthew 9:37–38*)

- Prayer is where God’s mission begins.

Table Discussion #3 (8 min)

Question: “Who is someone in your life that God may be inviting you to bring in prayer right now?”

Notes:

Final Wrap-Up and Group Prayer

- Takeaway: What’s one small step you can take this week?
- Gather at your tables to pray for one another and for those God places on your heart.
- Remember: Prayer is aligning our hearts with God’s heart.

“The prayer of a righteous person is powerful and effective.”—James 5:16