



One Prayer Starts Outreach

Workshop Outline:

- **Introduction & Material** (7 min)
- **What is THREE ONES?** (1 min)
- **What is One Prayer?** (1 min)
- **Why Prayers Matter** (2 min)
- **Part 1 Breath Prayer** — staying connected to God throughout the day (12 min)
- **Part 2 Blessing Prayer** — Praying God's Goodness over Them (12 min)
- **Part 3 Intercessory Prayer**—Pray with the Heart of Jesus (12 min)
- **Final Wrap-Up** (2 min)

Thank you, Pastor Josh.

I grew up in a small rural town in Japan, in a non-Christian family. I didn't know anything about Christ at that time. I went to elementary, middle, and high school there, and later moved to Tokyo for college.

In high school, I was really into music. Today rap music is popular? But in my time it was hard rock. I dreamed of playing electric guitar in a band and becoming famous. But there were so many talented musicians in Japan, and eventually I ended up working in the clothing industry, traveling between Japan and the U.S.

In my late twenties, I wanted to become fluent in English, so I moved to Canada. The exchange rate was better than the U.S. dollar at the time—but more importantly, God had a different plan for me there.

In Canada, I met Christians who welcomed me, invited me into their lives, and genuinely loved me. Through their lives, I saw Christ in them. And that's how I came to know Jesus.

In His plan, God later led me to the United States, where I met Pastor Josh. I've now been at The Orchard for about 17 years—the same amount of time Pastor Josh has been here.

Looking back, I realize something:

I didn't come to faith because someone pressured me to come to know Christ. I came to faith because people prayed for me, walked with me, and shared their lives in Christ with me.

That experience deeply shaped how I think about outreach.

And that's why I'm here today.

I'm here to introduce a simple outreach framework our team developed to help us think clearly and live naturally as we reach and walk with others.

We call it **THREE ONES**:

- One Prayer
- One Conversation
- One Story

Today's my goal is simply this. You would begin praying for one person.

You should have a handout before you. It's a **today's Workshop Handout**, which we will use throughout our time together.

Now, please take out your phone and go to **threeones.org**.

There, you'll find both the monthly journey and the weekly action plans in the **THREE ONES Workshop guideline**.

Here's how to get there:

1. Click the hamburger menu
2. Select **Workshop**
3. Choose **THREE ONES**

You'll see the **THREE ONES Workshop journey**, laid out with a monthly schedule and simple weekly action steps to help you keep going.

We prepared your outreach **self-assessment** for you.

This assessment is simply a moment to pause and ask yourself:
"Where am I right now—spiritually, and in reaching others?"

You can complete it quickly now—it's for your own reflection.

Before we begin, let's invite God into our time.

"Heavenly Father,
Thank You for bringing us together today.
This is not accident —this is your plan.

- Open our hearts
- Guide us by Your Spirit.
- Help us to see people the way You see them.
- Teach us to love with compassion,
- to listen with care,
- and to speak with grace.

Use this time to shape us, Lord,
and prepare us for the everyday moments
where You are already at work.

We ask this in Jesus' name, Amen.”

I would like to start this workshop with some questions.

Have you ever had a close friend go through a tough time maybe stress at home, social media drama or feeling like everyone else's life is better?

When that happens, what do you usually do?

- Listen?
- Try to help?
- Feel stuck and not know what to say?

That's usually how we respond, right?

Then,

Have you ever prayed for that friend, not out loud, not perfectly, just quietly, asking God to help them?

Then let me ask you this:

If you care about your friends, you're already halfway into prayer of outreach. You've already entered God's mission.

Jesus doesn't call only pastors or missionaries to reach out the lost. He calls **every single Christian** to reach out to the lost.

Jesus said,

"Go and make disciples of all nations."

That's not a pressure command—it's a purpose-filled invitation.

He also said,

"You will be my witnesses."

Not experts.

Not perfect people.

Just witnesses—sharing what we've seen and experienced.

And when Jesus first called His disciples, He didn't say,

"I will make you great speakers."

He said,

“Follow me, and I will make you fishers of men.”

That’s what THREE ONES is about.

Just following Jesus—
one prayer,
one friend,
one step at a time.

What Is THREE ONES?

THREE ONES is a simple, doable, relational, and spirit-led ways to start outreach naturally through one prayer, one conversation, and one story.

THREE ONES always starts small.

One Prayer.

One Conversation.

One Story.

One step at a time.

And yet, God often uses these small and faithful steps to make an eternal difference.

Rather than pressure or performance,

THREE ONES invites us to walk with others attentively, prayerfully, and relationally—trusting God to lead each step.

Let me pause again here for a moment.

There's no right or wrong answer—just notice what feels true for you right now.

Which part of THREE ONES feels most natural to you at this season when you reach out others?

- **Prayer?**
- **Conversation?**
- **Or Story?**

Most people at The Orchard seem to feel most comfortable with **Prayer**, followed by **Story**, and least comfortable with **Conversation**.

I think that's understandable. Many in our church are thoughtful and ? mind people who want to be careful and don't want to make mistakes.

What is One Prayer?

So now that you've heard what is **THREE ONES**.
let's talk about **what One Prayer actually is.**

One Prayer is a aligning your heart with God's heart for one person daily.

One Prayer always starts small.

A simple short prayer.

An ordinary moment.

A faithful step.

It's not about saying the right words
or praying long prayers.

It's about staying open and available to God
in the middle of everyday life.

One prayer starts with God's heart.

As we pray, God shapes our hearts—
growing **love, awareness, and dependence on Him.**

One Prayer is not about praying for everyone—it's **about praying faithfully for one.**

That person might be:

- a neighbor
- a coworker
- a classmate
- a family member
- or someone you see regularly

Simply.

One name.

One relationship.

One prayer.

One Prayer invites us to begin outreach with God—
trusting Him to lead,
and believing He is already at work.

Why Prayers Matter

So now that we've talked about **what One Prayer is**,

Let me ask you a question. You can just respond by raising your hand.

How many of you have ever felt pressure about outreach—what to say or what to do?

(Pause. Look around.)

Thank you. You're not alone.

That feeling usually comes from the same place:
we think outreach depends on *us*—our words, our timing, our courage.

But prayer reminds us of something important.

Prayer isn't just a helpful habit or a good idea.
It's actually the **foundation** of everything we do **in outreach**.

**Before we speak to people about God,
we first speak to “God” about people.**

That's why Prayers Matters so much.

Why Prayer Matters

1. Prayer Reminds Us that God Is already at Work.

Jesus said:

“The harvest is plentiful, but the laborers are few; therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.” — Matthew 9:37–38

Prayer helps us focus on what God is doing, not what we can do.
Prayer moves us from self-effort to trusting His power.

Prayer keeps us grounded in the truth that **God is already at work**, even when we can't see it.

2. **Prayer opens our eyes to opportunities.**

The more we pray for someone,
the more we notice them—

their needs,
their questions,
their struggles,
and their openness.

Prayer makes us **spiritually alert** and attentive.
It helps us recognize moments that God may be opening for conversation or care.

Jesus teaches us to pray this way:

“Devote yourselves to prayer, being watchful... that God may open a door.”
— **Colossians 4:2–3**

3. **Prayer Invites God to do what we cannot.**

Only God can change a heart, heal a wound, or bring someone to faith.

Prayer keeps us humble and dependent,

Reminding us that this is **God’s story—not ours.**

Jesus said:

“No one can come to me unless the Father who sent me draws him.”
— **John 6:44**

Prayer invites God to do what only He can do.

Session Roadmap for Today's Workshop—One Prayer

So, we've just seen **why prayer matters**.

- God is already at work.
- Prayer helps us see.
- Prayer invites His help.

So here's the question that guides the rest of our time today:

How do we pray daily—naturally, joyfully, and without growing dry or tired?

Today, we'll briefly walk through **three simple prayer practices** that help us stay connected to God's heart for one person.

Part 1: Breath Prayer — staying connected to God throughout the day

Part 2: Blessing Prayer — praying God's goodness over others

Part 3: Intercessory Prayer — carrying one person before God with Jesus' heart

Before we continue, let me say this clearly:

These are not the only ways to pray.

We can pray with Scripture,
through journaling,
on our knees,
through fasting,
in silence,
with worship music,
by drawing,
or even through tears.

All of those are real, powerful ways to pray.

Today, I'm simply highlighting **three prayer practices** because breath prayer, blessing prayer, and intercessory prayer create **momentum**.

They move us:

- from **simple awareness**,
- to **intentional prayer**,
- to **carrying someone before God with love and burden**.

This is a **small, faithful rhythm** anyone can practice—
and God often uses small, faithful steps to make an eternal difference.

Part 1: Breath Prayer—Prayer Every Moment

1. The Heart Behind Breath Prayer, “Abba, Father”

Before we learn *how* to practice Breath Prayer, we need to start with **the heart behind prayer**.

Prayer isn’t a technique. It’s not about saying the right words or sounding spiritual. At its core, **prayer is a relationship**.

The Bible tells us of this in **Romans 8:15**:

“The Spirit you received brought about your adoption to sonship. And by him we cry, ‘Abba, Father.’”

That word “*Abba*” is deeply personal. It’s like saying, “*Dad*” or “*Daddy*.”

This tells us something important:
When we pray, we don’t come as performers.
We come as children.

You don’t need polished words.
You don’t need to sound spiritual.
You can come tired, distracted, confused, or even frustrated.

God doesn’t ask you to come prepared.
He asks you to come **honestly**.

Paul Miller by A Praying Life puts it this way:

“The starting point of prayer isn’t perfection—it’s honesty.”

God isn’t after perfect sentences.
He wants your heart.

Here’s a quick story.

When my son was about five years old, I noticed that he started giving away his toys freely, without any concern.

I said to him, “*Those are your favorite toys. Didn’t your grandfather buy those for you?*”

He looked at me and said, “*It’s okay—you can buy more with **The Card**.*”

He didn't really understand how credit cards worked.
But he trusted me as his father completely.

And that's the kind of trust God invites us into in prayer.

We don't need to understand everything.
We simply come honestly—as children who trust their Father.

2. **Prayer as a Daily Rhythm — Like Breathing**

“Now, think of prayer like breathing — a rhythm that flows naturally through your day.

Kevin Harney, in ***Organic Outreach for Ordinary People***, encourages us to pray like we breathe—**naturally** and **continually**.

We don't breathe only in the morning or at night.

We breathe all day — quiet breaths, quick breaths, unnoticed breaths.

Prayer can be the same.

1 Thessalonians 5:17 says,

*“Rejoice always, **pray without ceasing**, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”*

It means staying connected — turning your heart toward God again and again.

Jesus says in John 15:5 say,

*“I am the vine; you are the branches. **Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.**”*

Prayer is how we remain in Him.

That means prayer can happen while

- sipping coffee
- unlocking your phone
- between classes
- waiting for the bus or a ride.
- Anytime, anywhere

When prayer is tied to ordinary moments,

- It becomes natural
- It becomes sustainable
- It becomes life-giving.

3. **Quick Tips** for a Daily Prayer Rhythm

“Before we practice Breath Prayer, here are a few simple tips:

1. Keep it simple.

Short, honest prayers are powerful.

2. Don’t wait to “feel spiritual.”

Some of your best prayers will come when you’re tired or distracted with your honest mind and heart.

3. Attach prayer to something you already do.

For example, every time you unlock your phone, pray one sentence.

Table Discussion #1 (8 min)

“Think about your everyday routine — morning, work, home, or in-between moments.

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

“Write them down on your paper and share one example with your table.”

Transition Back

But prayer isn’t just personal—it’s **missional**.

It’s not only about staying close to God for ourselves—it’s about joining Him in His heart for others.

Part 2—Blessing Prayer — Praying God’s Goodness Over Them

1. What a Blessing Prayer Is

A blessing prayer is simply **speaking God’s goodness over someone in Jesus’ name.**

Think of it as gently placing that person into the stream of God’s kindness—not trying to fix them,
not trying to control outcomes,
but entrusting them to the care of a good and loving God.

Blessing prayer is not complicated or dramatic.
It is **simple, relational, and God-centered.**

We see this kind of prayer throughout the book of Psalms.
David often blesses God’s people with short, direct prayers like these:

1. **Psalm 29:11** — *“May the Lord give strength to his people; may the Lord bless his people with peace.”*
2. **Psalm 67:1** — *“May God be gracious to us and bless us and make His face shine upon us.”*
3. **Psalm 20:4** — *“May He grant you your heart’s desire and fulfill all your plans.”*

These are the same kind of blessing prayers we can pray today

- **simple,**
- **direct,**
- **full of God’s heart for His people.**

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

Blessing prayer doesn’t just affect the person you’re praying for.
It also does something **inside you.**

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.

David prayed this way too. In **Psalm 20:1–4**, he blesses the people by praying:

¹ ***May the Lord answer you in the day of trouble!***

May the name of the God of Jacob protect you!

² ***May he send you help from the sanctuary***
and give you support from Zion!

⁴ ***May he grant you your heart's desire***
and fulfill all your plans!

David invites us to pray the same way

- for real help,
- real protection
- real peace,
- real needs.

When our prayers move from vague to personal,
from distant to specific,
joy begins to return.

We remember: *God actually cares about this person's life.*

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

Sometimes, praying for one person week after week can feel dry—especially when we don't immediately see what God is doing.

That was true for me.

But when I began praying blessing prayers—asking God to meet **real, everyday needs**—something changed.

I found myself praying with new energy,
because I was no longer praying in the abstract.
I was praying for a real person whom God deeply loves.

My one is Benjamin. Since last September, I am praying blessing prayers for him:

- He would get his driver's license.
- He'll get his car and be protected.

- He would receive help with his studies.
- God would bring stability into his life.

Even when I didn't see clear answers right away,

I would hear small updates—simple good things happening in his life.

Those moments reminded me that **God truly is at work, even when I can't see everything.**

Over time, I had opportunities to bless Benjamin in person

And something beautiful happened.

We grew closer.

And those moments opened the door to natural, joyful conversations about God's goodness and mercy.

Table Discussion #2 (8 min)

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

Transition Back

Thank you for sharing together.

Blessing Prayer is simple, but it's powerful.

As we bless people, something happens inside us—our hearts soften, our joy grows, and we begin to see others the way Jesus does.

Now that we've practiced this, let's move to the next step of prayer—

intercessory prayer—where we bring one person before God with faith, hope, and love in His work.

Part 3—Intercessory Prayer — Pray with the Heart of Jesus

“Now let’s talk about another kind of prayer—**intercession**.”

1. **Intercession** simply means carrying someone else before God in prayer.

It’s more than asking for things.

It’s about joining God in His deep longing for people to know Him.

1 Timothy 2:3–4 says, *“God our Savior... wants all people to be saved and to come to a knowledge of the truth.”*

When we intercede, we are not trying to convince a reluctant God to care—**He already does.**

We are joining what He is already praying and longing for.

We are stepping into alignment with His heart.

As Pastor Tom preached from John 17:20–26, when we pray for those who don’t yet know Christ, we are joining the prayer of Jesus Himself.

We are stepping into alignment with His heart.

2. **But true intercession always begins with love.**

Paul writes in **Romans 9:2–3**, *“I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were cursed and cut off from Christ for the sake of my people.”*

That’s how deeply Paul longed for his people to know Jesus.

And in **Luke 19:41**, we see Jesus Himself weeping over Jerusalem, moved with compassion for their spiritual blindness.

Intercession is born out of that same love—**feeling what God feels for the lost.**

3. And let’s be clear: **intercession is not a side activity**. It’s central to **God’s mission**.

And in **Matthew 9:37–38**, Jesus said, *“The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.”*

Prayer is where mission begins.

Andrew Murray once said, *“The man who mobilizes the Christian church to pray will make the greatest contribution to world evangelization in history.”*

So when we intercede, we’re not just preparing the ground—**we’re participating in God’s mission.**

Here’s a simple question I’d love for you to talk about at your table:

Table Discussion #3 (8 min)

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

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

- A family member going through a difficult time.
- A friend who feels distant from God.
- A neighbor or coworker facing uncertainty or stress.
- Someone you’ve lost contact with but suddenly came to mind.

Final Wrap-up and Group Prayer

As we come to the end of today's workshop, I hope you can see something important:

Prayer is not complicated. Prayer is not for “experts.”

Prayer is the simple, daily way we join God in what He's already doing around us.

Today we practiced three parts:

- **Breath Prayer** — A short prayer you can repeat throughout the day—like breathing.
- **Blessing Prayer** — speaking God's goodness over people with joy and compassion.
- **Intercessory Prayer** — carrying one person before God with the heart of Christ.

Each of these is **simple**.

Each of these is **doable**.

And each of these opens your heart to God's love and opens your eyes to the people He's placed in your life.

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So, here's the invitation:

What's one small step you can take this week to pray differently?

- Maybe it's setting aside five quiet minutes in the morning.
- Maybe it's whispering prayers throughout your day—at work, in the car, or while doing dishes.
- Maybe it's choosing one person to start interceding for.

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Our workshop ends.

Gather at your tables to pray for one another and those God places on your heart.

Thank you for being here!