

# One Prayer Starts Outreach

## Welcome & Material

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

## Where Did THREE ONES Come From?

- Team prayer and crying out to God.
- The Orchard's DNA.
- Conferences, books, shared experiences.
- Listening to our culture.
- Shared our own experiences

## 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?

- One Prayer is aligning your heart with God's heart for one person each day.
- One Prayer starts with God's heart.
- "What man of you, having a hundred sheep, if he has lost one of them, does not leave the ninety-nine in the open country, and go after the one that is lost, until he finds it?" — Luke 15:4

## Table Discussion (8 min) Luke 15:1-7 Discuss and reflect

Question: What does this story reveal about God's heart for one lost person? Why does Jesus emphasize one sheep rather than the ninety-nine? Who might be one person God has placed in your life right now?

**Take a moment to write down the name of your "one."**

## 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?

## **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."*  
*Psalm 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.)

## **Part 3 – Intercessory Prayer**

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

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

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

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

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

- a. 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?"

## **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