

One Prayer Starts Outreach

Welcome & Material

- (Course Guide + Schedule + 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 — And Why IT Matters?

- One Prayer is aligning your heart with God's heart for one person each day.

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

God's Heart for the Lost:

- *"If a man has a hundred sheep and one of them gets lost, what will he do? Won't he leave the ninety-nine others in the wilderness and go to search for the one that is lost until he finds it?"* (NLT) Luke 15:4

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

"What does this story show about God's heart for the one, and who might be your one right now?"

Workshop Roadmap

- How do we pray daily—naturally, joyfully, and without growing dry or tired?
1. Breath Prayer (Awareness)
 2. Blessing Prayer (Intention)
 3. Intercessory Prayer (Love & Burden)

Part 1 – Breath Prayer — Prayer Every Moment

1. **The heart behind of breath prayer.** We cry, “Abba, Father.”

“The Spirit you received brought about your adoption to sonship. And by him we cry, ‘Abba, Father.’” **Romans 8:15**

2. **A daily rhythm** — Like breathing

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.*”

Jesus says in John 15:5 says, “*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 can happen while:

3. **Simple tips**
 - Keep it simple
 - Don’t wait to “feel spiritual.”
 - Attach prayer to something you already do.

Table Discussion #2 (8 min)

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

Part 2 – Blessing Prayer — Praying God’s Goodness over Them

1. What a Blessing Prayer Is

Speaking God’s goodness over someone in Jesus’s name

David often blesses God’s people with short, simple, direct prayers like these:

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

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

“I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy.” **Philippians 1:3-4**

3. Blessing prayer opens doors in real life.

The Story of my “One”: Benjamin

Table Discussion #3 (8 min)

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

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

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

1. 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.”*

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

3. 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.”*

Table Discussion #4 (8 min)

“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