



One Prayer Starts Outreach

Workshop Outline:

- Welcome & Material (5 min)
- Where Did THREE ONES Come From? (1 min)
- What is THREE ONES? (1 min)
- What is One Prayer — And Why It Matters? (12 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 (1min)

Welcome

Good morning (evening), everyone!
I'm so glad you're here today.

Today we're going to explore something **simple, practical, and powerful** for everyday outreach.

We call it "**THREE ONES**":

- **One Prayer**
- **One Conversation**
- **One Story**

You'll be hearing and using these phrases more often on our campus throughout the coming year.

Course Guide, Schedule, and Handouts

Before we continue, I've given you three documents today.

First, the **Course Guide**—this gives you the big picture of what we're covering.

Second, the **Schedule**—this helps you to see the upcoming schedule.

Third, today's **Workshop Handouts**—you can use these to write, reflect, and apply what you're learning today.

Self-assessment

Now, please take out your phone and go to **threeones.org**. You'll also find the THREE ONES Course Guide there, too.

Here's how to get there:

1. Click the hamburger menu (top right)
2. Click **THREE ONES**
3. Scroll down and find **1. Self-Assessment**

It will only take 2 – 3 min, and it will help you see where you are in your outreach journey.

Prayer:

“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.”

Where Did **THREE ONES** Come From?

When I talk about **THREE ONES**, people often ask, “Where did the idea come from?”

The phrase is simple — but the journey wasn’t.
It was a humble journey.

Our team spent a lot of time in prayer.

At times, **we cried out to God.**

“Lord, show us a way to reach people naturally—
without pressure, without guilt, without forcing anything.
A way that fits our time and helps people find joy in loving others.”

Along the way, we reflected on **the DNA of The Orchard—
our values, culture, and calling.**

We learned from others through **conferences, books, and shared experiences.**
We listened carefully to our today’s culture — how people think, feel, and live today.

And **we shared our own outreach experiences—**
what was hard,
what was encouraging,
and where we saw God at work.

In the middle of all this—**THREE ONES** emerged:

- One Prayer.
- One Conversation.
- One Story.

That’s how the vision was formed.

Now let's talk about **What actually THREE ONES is.**

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.

Let me ask you

- ***Have you ever wanted to reach others, but didn't know how?***
- ***Have you ever felt the desire, but lacked confidence?***

Think about a friend going through a hard time—stress at home, pressure, or feeling like everyone else is doing better than they are.

What do you usually do????

If you care about your friend, you're already stepping into God's mission.

He said, "Go and make disciples of all nations."

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

He didn't say you must be an expert or a great speaker.

He said, "You will be my witnesses." Simply sharing what you've seen and experienced.

And when Jesus called His disciples, He said,

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

That's what THREE ONES is about:

Following Jesus—

one prayer,

one person,

one step at a time.

What Is One Prayer — And Why It Matters

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

A simple prayer.
An ordinary moment.
A faithful step.

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

Why does it matter?

1. Prayer reminds us that God is already at work.

Outreach doesn't begin with us.
God is already moving in people's lives.

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

2. Prayer opens our eyes.

As we pray, we begin to notice people more — their needs, struggles, and questions.

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

3. Prayer invites God to do what we cannot.

Only God changes hearts.

Jesus said, *"No one can come to me unless the Father who sent me draws him."* **John 6:44**

Prayer keeps us humble and dependent — this is God's work, not ours.

Prayer is the foundation of outreach.

***"Before we speak to people about God,
we first speak to God about people."***

Jesus tells a simple story that reveals 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***

"The shepherd doesn't love the 99 less.
They are already safe.
But the one who is lost is in danger—
so he goes after that one.

This story shows us something important:
God's heart always notices the one.

When we pray for one person, we are simply joining the Shepherd in His search.

That's where THREE ONES begins — by choosing your one person.
One person God has already placed in your life.

So let me ask you:

So, who is the one who needs your care and prayer right now?

Table Discussion #1 — God's Heart for the One (8 minutes)

Read: *Luke 15:1–7*

Take a moment to reflect together:

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

Did you find your "one"?

THREE ONES is not about reaching everyone.

It starts with **one person**. One name, One relationship, and One Prayer

Workshop Roadmap

Here's the question that guides our time today:

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

Today, we will look at three simple ways to pray that help us stay connected to God's heart for one person:

1. **Breath Prayer**
2. **Blessing Prayer**
3. **Intercessory Prayer**

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, we're focusing these simple practices — **Breath Prayer, Blessing Prayer, and Intercessory Prayer** — because they help create **momentum**.

They move us:

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

God often uses small, faithful steps to make an eternal difference.

Part 1: Breath Prayer—Prayer Every Moment

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

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

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 shows 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**.

As Paul Miller writes in *A Praying Life*:

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

God isn’t looking for 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 work.
But he trusted me completely as his father.

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

We don’t need to understand everything.
We don’t need to have it all figured out.

We simply come—honestly, simply—
like children who trust their loving Father—God.

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, even unnoticed ones.

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.”*

This doesn’t mean praying nonstop with words.

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
- commuting
- folding laundry

- cleaning
- or taking a walk.

When prayer is woven into ordinary moments, it becomes natural, sustainable, and life-giving.

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

Before we practice Breath Prayer, here are three simple tips:

1. Keep it simple.

Short, honest prayers are powerful.

2. Don't wait to "feel spiritual."

Some of your best prayers happen when you're tired or distracted.

3. Attach prayer to something you already do.

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

Table Discussion #2 (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:

- **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.”*

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

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.

Paul talks about this in Philippians. He says:

“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**

Did you notice that?

When Paul prays for others...
his prayers are filled with joy.

That means something is happening inside him.

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

Because we're no longer just saying words—
we're actually caring for someone before God.

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 #3 (8 min)

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

Transition Back

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—

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

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

Intercession simply means carrying someone else before God in prayer.

It’s more than asking for things.

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.”*

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 he 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 #4 (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

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.

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.

Our workshop ends.

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

Thank you for being here!