

# Our Sacred Trust

## What does it mean to be a House of Prayer?

As a local prayer ministry, we believe that the most effective way to build up and strengthen our prayer lives is to have an intentional practice under a sacred time with the Lord daily. This is meant to be a spiritual discipline that anyone can adopt and customize to fit their lifestyle.

**Our Sacred Trust** = set aside time (~1hr) daily to engage with God personally or corporately

## 3 Main Principles/Practices:

### 1. Meditation

- Begin with short prayer
- Read aloud the scripture reading of the day
- Consider/Contemplate the words line by line
  - Allow the Holy Spirit to *emphasize* and *highlight truth* to you

### 2. Confession

- Do not just *read* the Word but **pray** the word aloud
  - **Confessing** → coming to *agreement* as TRUTH
  - Take the words of scripture line by line and be *sensitive* to the Holy Spirit
  - Speak out the Truths found in that scripture in a posture of agreement

### 3. Intercession

- **Intercession** = is to *stand* in the gap between God and another person(s)
- Take a moment to *wait* upon the Lord to show you who to pray for that day, however having a set group of people predetermined is fine as well
- Then take the **truths of God's word** that have been personally prayed for and then *apply* these in **prayer for others**.
- **Example:** "Father, we ask that you would reveal yourself to \_\_\_\_\_ as a loving Father. Break an orphan mentality by the power of your love."

## Please Read - IMPORTANT to keep in mind

- ❖ These *three principles* are exactly what they are: **principles**.
  - If this is new to you, then we encourage you to make it a practice. Just like learning anything new, we learn by *first imitating and then innovating*.
- ❖ Each of these principals can be used **modularly and creatively**.
  - The last thing we want is a religious exercise that does not have the life of God in it.
  - We are ultimately aiming to *know* the Lord intimately through His Word. Our community's sacred trust is typically an hour a day, but once again this is not a *legalistic boundary*.
  - We set aside that time because we typically need time to slow down in our soul to engage from our spirit. You can start out with whatever time frame you feel can begin consistently.
- ❖ This sacred trust can be applied **both individually as well as corporately**.
  - If you have a prayer group that meets regularly, give this a try and help guide people through this process. It is *intentionally simple* so that everyone can "play ball".