

# INTERNATIONAL HOUSE OF PRAYER MACON

## PRACTICAL TIPS FOR SPENDING TIME IN THE PRAYER ROOM

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**General Tips** – If you come to IHOP Macon often, it is a good idea to have a general plan for how you will spend your time in the prayer room. These are practical suggestions that may be used in order to help focus your prayer room time.

- Develop a Bible study action plan and follow it. This may include studying a specific topic such as the Love of God or Justice for the Oppressed. Continually studying intimacy and eschatology will help sustain your heart in prayer.
- Study the Apostolic Prayer or Hymns of Revelation (available in lobby).
- Have a Prayer plan, which may include: Meditating on a particular passage, “Gazing on the beauty of the Lord, Time for listening and soaking in God’s presence, Individual intercession, Corporate intercession.
- Schedule time to take a short break, away from others.
- Ear plugs allow music and prayers to be heard without volume being a distraction.
- Try Journaling. Write down your prayers, revelations, or thoughts about God.

**Worship with the Word** – This format is designed to be a singing Bible study and can be very beneficial for helping your heart to engage with the Lord through the scripture.

- Participate in singing the corporate worship songs.
- Engage in spontaneous singing by:
  - Singing in the spirit
  - Singing directly from the Psalms
  - Singing passages of Scripture in order to get insight
- Follow along in the Bible during when the prayer leader names the passages that are being used.
- Sing your own phrases along with the singers.
- Journal any revelation you receive from the verses being prayed/sung.

**Apostolic Intercession** – This format is designed for corporate intercession primarily using the apostolic Prayers. One of the goals is to pray together, with hearts that are engaged intercession.

- Turn off your laptop.
- Participate in singing the corporate worship songs.
- Engage in the spontaneous singing, as in Worship with the Word.
- Have your Bible out so that you may follow along with the Intercessor on the microphone.
- Pray in the spirit or pray for someone or some group that you know.
- Posture yourself in a position that helps you focus (ex: standing or pacing)
- Pray on the microphone (sit on the front row and the Prayer leader will let you know when it is your turn).