

Top 10 ideas

for everyone

**for families
individuals
teams
training groups
all ages
everyone!**

prayerfit

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Introduction

**The prayer of a righteous person
is powerful and effective.**

James 5:16b (NIV-UK)

Prayer is direct communication with our loving God. There is no better use of our time or energy than praying, whether we pray alone or together with others. Famous missionary to China, Hudson Taylor said,

“When we work, we work.
When we pray, God works.”

Prayer can be active. We engage heart, soul, mind and strength as we focus on God while using our whole body. What better time to pray than when we are training for a sport, running with a friend, or walking in our neighbourhood with our family.

Prayerfit seeks to spur us on in prayer as we exercise. Here are 10 ideas for solos, pairs, family/households, and ideas that could be run with your church and community.



1. Prayer run/walk

Make prayer part of your daily exercise.

Pray as you run or walk around your neighbourhood. Do it alone, with your family, with friends, or as a group.

Pray for strangers (and their dogs) as you pass them. Remember to be friendly. You might sometimes pass or pause to have a conversation.

Pray for specific people and needs in your area as you run/walk past homes, shops, sporting fields and community places. Pray for the hidden needs you cannot see from the road.





2. Pray as you train

Pray as you train when you do regular exercise with your family, team or a friend.

Spend 15 minutes during warm-ups taking turns to suggest a warm-up and a topic for prayer. Or pray as you swim laps or do repetitive exercises during your training or as you cool down.



Four Simple Steps

1. **Choose** a physical activity.
2. **Pray** before, during, or after the activity.
3. **Count** your time and/or mileage and keep track of your daily/weekly achievement *(optional)*.
(Example from Tokyo Olympics in Japan:
<https://pray4tk2020.wixsite.com/english>)
4. **Share/Post** on Facebook or Instagram – a photo, a Bible text, an encouragement, a word from God, an answer to prayer ... Use the hashtag **#PRAYERFIT**



Story from Pray4TK2020 Japan Olympics

During the Olympics in Japan as part of a campaign to see 1 million hours of prayer, 112 participants from Brazil, USA, Japan, Colombia, Venezuela and Fiji got involved. They prayed while doing their 14 different sports (walking, running, cycling, functional training, swimming, basketball, soccer, capoeira, CrossFit, weight training, hiking, HIIT, Pilates and surfing). They registered a total of 18,446 km and 1,076 hours of prayer during 45 days of the campaign.

Testimonies

"It was so good to be part of this project. While we were taking care of our health by walking, we were praying together as a couple during the Olympics. We are very grateful for having

cooperated in this project. Watching the Games this time was different from the previous Games because we felt we were part of the Games. We appreciated a lot the opportunity to serve in this way. We were very blessed! We want to end this message by saying that all glory, honor, and crown belong to the One who won the victory for us - Jesus! A hug to the Body of Christ around the world." (H. and S., a couple from São Paulo, Brazil).

"I have never thought that I would be praying for the Games and the athletes and enjoying it." (I-san from Japan).

Follow on

PRAY4TK2020 project served as an inspiration for the sports ministry of the First Baptist Church of Santo André, in Brazil, to create the PRAY4MISSIONS project. Following the same philosophy, the church members are doing their physical exercises and praying for 44 missionary units in Brazil and other nations.

3. Bible verse prayer

Read a Bible verse and then pray/sing
it as you exercise – *for groups.*

Bible Verse Ideas

- “I can do all things through him who strengthens me.” Philippians 4:13 (ESV/GW)
- “God is our refuge and strength,
an ever-present help in trouble.
Therefore we will not fear,” Psalm 46:1-2a
(NIV)
- Search for more Bible memory verses.

Example: <https://www.signupgenius.com/church/bible-memory-verses.cfm>



4. Catch and pray

Use a frisbee to create a spontaneous active prayer time – *for pairs or groups.*

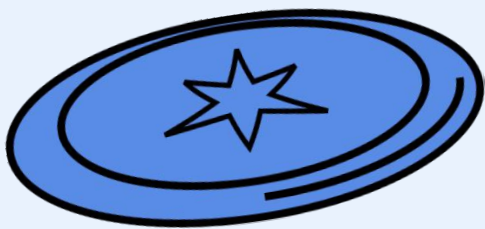
Draw on a Frisbee with paint pens, permanent markers or create a sticker to divide it into 3 sections. Mark each section with *Sorry*, *Please*, and *Thank You*.

Throw the **prayer frisbee** in pairs or a group.

Wherever your hand catches the frisbee is the topic or approach you take to pray out loud (or quietly if preferred) before you throw it to the next player.



This is a great prayer activity for all ages.



Prayer Frisbee Ideas

Option 1:

Once you've been using it for a while, write more prayer topics on the underside of the **prayer frisbee** e.g., *Worship, Transform, Obey*.

Option 2:

You may want to mark a basketball, volleyball, netball or rugby ball with similar prayer prompts for sports practice or a prayer game.

For tennis, baseball, and soccer/footballs where the point of contact is not a hand, try colouring segments of the ball that relate to prayer topics, or just 'catch/hit/kick and pray'.

5. Lord's Prayer by street

Go through the themes of the Lord's Prayer as you run or swim - solo or adapt for groups.

Break the Lord's prayer into phrases or sentences. Pray around each theme for the length of a street you walk/run, or for a certain number of exercise repetitions, or laps of a field or swimming pool. Here is the prayer divided into six parts:

1. Our Father in heaven, hallowed be your name,
2. your kingdom come, your will be done, on earth as in heaven.
3. Give us today our daily bread.
4. Forgive us our sins as we forgive those who sin against us.
5. Lead us not into temptation but deliver us from evil.
6. For the kingdom, the power, and the glory are yours now and forever. Amen.

Or use Matthew 6:9-13.

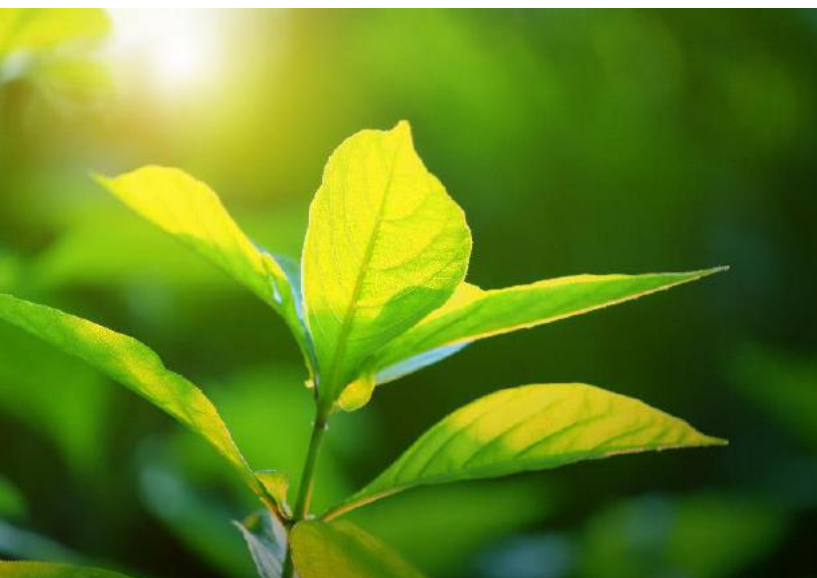
6. Psalms in nature

As you walk, ride, train or run in a natural place, take a Psalm with you to guide your thoughts and prayers - *solo, pairs or small groups.*

Read a Psalm before you start. If in a group, read it as everyone stretches and warms up together.

Use the intervals in your training to re-read segments of the Psalm and pray through each segment in your own words as you complete the next stage of your workout.

Use the time in your cool down to discuss and think through what you have discovered.



Examples from the Psalms

These are some of the many themes in the
book of Psalms in the Bible:

Journey:

Psalms 1, 32, 37, 91, 121,

Hardship:

Psalms 3, 18, 23, 40, 57, 86.

To rejoice in natural places:

Psalms 8, 18, 23, 46, 121, 139, 147.

Worry:

Psalms 23, 25, 34, 121, 116.

Thanksgiving and Praise:

Psalms 7, 28, 50, 69, 95,
100, 103, 133, 136,

Deliverance:

Psalms 40, 69, 77, 80, 141.

Option:

Try reading segments from the New Testament
epistles to guide you as you pray.



7. Topography prayers

Use the ups and downs of the topography to theme your prayers. Respond in prayer to what you observe - solo or adapt for groups.

If you exercise in an area where the landscape changes (flat ground to hills etc.) use the topography of your walk/run to pray in different ways.

- When you go uphill tell God your challenges.
- When you go downhill tell God what you are grateful for and praise Him.





Places you could go

A quiet bush path, open plain or still water may inspire you to pray Psalm 46 – “Be still and know that I am God” (NIV).

Mountains or hills: “I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth.” Psalm 121:1-2 (NIV)

By a stream: “Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.” John 7:38 (NIV)

Speaking through nature: Ask the Lord to speak to you as you look and listen for His voice. Nature is like a mouthpiece for God – listen. “For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.” Romans 1:20 (NIV)

8. Prayer stations

Bring many people together and pray in different ways using activity stations
- for groups.



Host a group prayer event. Set up prayer activity stations that people rotate around or do altogether combining fitness and prayer.

Sing-along sit ups

Split into two groups. Group one does a sit up and core hold as they sing “allelu, allelu, allelu, alleluja...” then lies back down. Group two then does a sit up and core hold as they sing the response "praise ye the lord". Keep going to complete the song.

Note: Use whatever responsive song is appropriate in your setting.

Prayer Cube

Create a giant cardboard prayer cube with different Bible verses and prayer prompts on each side. Take turns to roll the cube and all pray together prompted by the side of prayer cube facing up.

Hopscotch Prayer

Use chalk or tape to mark out hopscotch squares on the ground. Write names of places to pray for from closest to and including your community to countries far away. You could include special global prayer needs, prayers for persecuted Christians, those caught up in conflict, refugees, those affected by natural disasters or world leaders.

Example: 1. our town; 2. our city/country; 3. Our region; 4. global prayer need; 5. Country in crisis; 6. Country at war

Options:

Add more 'prayer station' activities you can think of that may relate to a particular sport or exercise. 4. *Catch and pray* could be used for example. Make use of the **Prayerfit Stations** available as a separate resource.



9. Breathing prayer

Sit quietly and use your natural breathing rhythm to pray and connect with God

– solo or groups.

Cool down meditation: Do a warming down/cooling down slow exercise. Or sit comfortably in a chair with your feet on the floor. Place your hands opened upwards on your knees.

Notice your breathing. Slow it down and breathe more deeply.

- As you inhale – say to yourself, ‘Come Holy Spirit.’
- As you exhale – say to yourself, ‘Lord, I give you....’ Say something that is troubling you.

Don’t worry if you keep having the same trouble come to mind. Just keep giving it to God.

Keep doing this until you sense there are no more troubles to bring to God at this moment. Sit in His presence silently until you are ready to move on.

10. Prayer & Bible workout

Grow in intimacy, grow in muscle...

Whether you work out your own routines doing different sets/reps at home or in a gym - prayer and listening to God's Word will lift you as you train.

Prayer: Use a timer to help you so you don't have to count your sets/reps while praying. Sometimes we have many things that can fill our minds and distract us from praying. Try creating specific prayer points for each routine. For example, shoulder routine, 3 sets / 45 second workout and 15 second rest – Pray for your work mates. (3 minutes of prayer). Then pick another prayer theme as you train until you finish your workout routine of the day.

Bible: As you work out, focus on listening to the Word of God. There are plenty of audio Bible options. The *Streetlight bible app* offers the New Testament and Psalms for free with nice beats to encourage you as you train.

<https://play.google.com/store/apps/details?id=com.streetlights.bible.app>

Pray as you make

Pray while doing building or creative tasks

— solo or in groups.

Pray as you are making or doing something – painting, building with wood or Lego, molding clay, gardening or chopping firewood.

Many of us find it easier to talk about things that are close to our hearts when we are doing something with our hands or whole bodies. Prayer is no different.

It can be easier to pray when you are side by side with others, rather than directly facing each other. This is the advantage of walking or working together when you talk to God.



Pray Daily @ 09:38

**Pray daily at 09:38am
for more 'workers in the harvest field'
(Matthew 9:38)**

Join a movement of people around the world praying daily at 09:38 for 'the Lord of the harvest to send out workers into His harvest field' (Matthew 9:38).



Ask the Lord how *you* can be part of what He is doing in His harvest field. Each day as you prepare to go to work, study or at home ask Him to use you to share His good news and show others what God is like. Look out for opportunities. Encourage other believers to do the same.

Pray for believers you know who have been *sent* further afield to share Jesus with others. Tell them you're praying at 09:38 every day.

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