



The logo features the words "PRAY 360°" in a large, bold, white font with a thick orange outline. This text is centered within an orange circle. Surrounding this orange circle are two larger, concentric white circles, all contained within a black rectangular border. An arrow points from the text "360°" to the outermost white circle. Along the top inner edge of the outermost circle, the text "THREE HUNDRED AND SIXTY MINUTES OF PRAYER A MONTH EVERY MONTH" is written in a small, orange, sans-serif font, following the curve of the circle.

PRAY
360°

THREE HUNDRED AND SIXTY MINUTES OF PRAYER A MONTH EVERY MONTH



TO ENCOURAGE & CHALLENGE

Praying regularly can be really hard! You love Jesus and want to serve him, but actually taking time to pray can still be incredibly tough— even though perhaps it shouldn't be.

So, praying for 360 minutes every month may sound almost impossible but when you break it down, it actually works out at approximately 12 minutes a day.

Pray 360 aims to encourage you to pray for 3 minutes four times a day and to challenge you to do that every day for a month and every month of the year. You can divide your time in whatever way you would like, the main point is to encourage you to get praying and spending time talking to God! So, don't worry or feel guilty if you miss days—just keep trying! Some prayer is better than no prayer.



FAMILY

Praying for your family is a great thing but it can also be tough, especially if you have recently had a disagreement with a sibling or an argument with a parent. BUT, that is all the more reason to pray.

Here are some prayer points:

- Pray for your parents to become Christians or for them to continue to grow and develop in their faith.
- Ask Jesus to bless your brothers and sisters.
- Pray that your grandparents would be happy and healthy.
- Pray for unity within your family, for relationships to be strong and for there to be a sense of togetherness.



5 HELPFUL HINTS

There are loads of ways to pray and so we wanted to give you some suggestions!

- 1) Decide in advance the times you are going to pray and for how long. Gradually over time, once you've got into a habit of spending time praying you'll find that it will become second-nature! You may decide to try 12 minutes straight or you could break it down into two 6 minute slots in the morning and the evening, for example. You could pray on the bus or train, or on your walk to school. For some people it may be helpful to set an alarm on your mobile to act as a reminder.
- 2) During the week or on weekends you may want to meet up with a mate or a group to pray, which is a great way to support and encourage one another. If you choose to do this, making praying the priority and socialising second!
- 3) It may be helpful for you to write down your prayers. This can also be great when you look back at your prayer letters and can see that when you've asked God for guidance, a miracle or whatever it may be, that He has fulfilled those prayers! This then means you can come to him in prayer praising and thanking Him for all that He has done, is doing and will continue to do!
- 4) If you get easily distracted you need to find an environment that works best for you. For some that will be sitting in silence in a quiet place, for others you may like to have some music on in the background. It's important to find what works best for you, a place and a way where you won't get distracted.
- 5) ENJOY! Prayer is not meant to be boring, a chore, a duty, dull or legalistic. Instead, it is a way of engaging with God; you can view it as a conversation with God and so it is exciting, life-changing and fun!



CHURCH & YOU

When you follow Jesus you become a part of the body of Christ and so are apart of the church. Praying for the church you regularly attend pleases God because it is one way of giving yourself to that church. God wants you to be a part of 'Church' so praying for God to move in it and bless it so that it can continue to be a place in which people grow spiritually and in fellowship with one another.

God cares about you and is interested in you, you can talk to him about your deepest thoughts and feelings in prayer.

Here are some things you could pray for:

- Pray that PBC (or another church) would be blessing the community and reaching out to others.
- Ask God how you may be able to serve Him in your church e.g. helping out at Scouts, serving tea and coffee.
- Spend some time praying for yourself, things you are struggling with and issues in your life and ask God to help you and keep you strong and reliant upon Him.
- Thank Jesus for all that you have and that you can know him personally. Thank Him for the love He has for you and that he will never leave you.



LISTENING

Sometimes we can talk too much, so we spend time listening to God. This can be tricky because our minds can wander onto other things, but I encourage you to try and stay focused and let God speak to you. It's also a good idea to write stuff down that God may have said to you.

"IN PRAYER, IT IS BETTER TO HAVE HEART WITHOUT WORDS THAN WORDS WITHOUT HEART."

JOHN BUNYAN



THE PERSECUTED CHURCH

In many countries being a Christian is dangerous and results in hardship, persecution and even death. Praying for our brothers and sisters in different parts of the world where this is the case, is vital. It's a way of standing with them, united as the world-wide body of Christ and asking God to help them in the face of much adversity. We are united in Jesus, so let's be united in prayer.

Here are some things to pray for the persecuted church. Taken from 'Barnabas Aid' literature:

- Pray that all governments will work for justice and righteousness.
- Pray that leaders of liberal democracies will use their influence to find ways to reduce, if not end, persecution.
- Pray for the growth of the church where persecution flourishes.
- Pray for strength and courage for those undergoing persecution, and for peace that only God can bring. Pray that their faith will not fail, but that their suffering will draw them closer to Him and increase their faith.
- Pray that the Holy Spirit will enable persecuted Christians to forgive and love their persecutors.
- Pray that the Lord will be at work in the hearts of those who currently persecute our sisters and brothers to bring them to a saving knowledge of Himself.



HEALING

The gospels and Acts have many occasions where Jesus or his disciples prayed for people to be healed. God heals and we can be a part of the process by lifting people we to God in prayer.

- Pray in Jesus name that anyone you know who is ill or sick in anyway will be healed in Jesus name.
- Pray for people you know who may have depression, or low self-esteem or for those who are struggling.
- Pray for any injuries or health issues that you know people have.
- Pray for any of the above which applies to you.



FRIENDS

Choose five friends who are not yet Christians and commit to praying for them. Friendship is a wonderful thing and seeing friends come to know Jesus is simply awesome! Being a good friend is an excellent witness, by reflecting the nature of Jesus and the fruit of the spirit.

- Pray for 5 of your friends who don't yet know Jesus, that they might come to know Him. Mention them all by name.
- Pray that you can be a good friend and that you will be a good witness to them.
- Pray for any difficulties or fallings out you may have had with a friend and pray for new friends, and that you aren't leaving people out at school or church.



COMMUNITY AND WORLD

Everyone is part of community at some level. Praying for our local area, our local politics, our local issues etc. can make a real difference to the community. The world may be huge but media coverage gives us information instantly from anywhere in the world. We can't cover everything in the whole world but we can pray for specific things that we may have seen or read about.

- Pray for your street, anyone you may know and blessings on your neighbours.
- Pray that your community would be a safe and good place to live.
- Pray for any specific problems that you may know about.
- Pray for your school, that it would be open to Christian opinion and there would be opportunity for a Christian presence.
- Pray for the world, current issues you are aware of, our government, world leaders and peace where there is unrest.

REMEMBER # REMEMBER # REMEMBER # REMEMBER

PRAY 360 is simply about praying. The different sections in this booklet are here to help fuel prayers, give you focus or some ideas of things to pray for—they are not set rules or regulations that must be followed. You don't have to sit there praying with a timer, you can pray for as long you like—because it is not the length of our prayers that matters, it's the heart with which we're saying them that does! We simply give this to you as a guide to get you started and to inspire and encourage you in prayer. Don't get down or feel rubbish if you miss days, just pick up where you left off, go again and keep trying.

Every month Pray 360 resets.

“I'D RATHER BE ABLE TO PRAY THAN TO BE A GREAT PREACHER. JESUS NEVER TAUGHT HIS DISCIPLES HOW TO PREACH, BUT ONLY HOW TO PRAY.”

D. L. MOODY.