

PRAYER ROOM RESOURCE MANUAL

DEVOTIONAL WORSHIP

Devotional Worship

I. WHAT IS DEVOTIONAL WORSHIP?

A. DEVOTIONAL WORSHIP IS A PRAYER FORMAT DESIGNED TO PROVIDE AN ANOINTED ATMOSPHERE FOR MEDITATION ON SCRIPTURE AND FOR LINGERING IN THE PRESENCE OF GOD.

1. The worship songs and music style are devotional in focus so that we may “sit at the feet of Jesus” as Mary of Bethany did.

II. WHAT DO I DO DURING A DEVOTIONAL WORSHIP SET?

The following are suggestions of what you can do to engage with the Lord during “Devotional Worship” sets.

A. CONTEMPLATIVE PRAYER – Enjoying loving intimacy with the Godhead by communing with the Holy Spirit who dwells within us resulting in personal transformation.

1. How do I engage in Contemplative Prayer?

- a. Believe the Holy Spirit lives inside of you.

“To them God willed to make known what are the riches of the glory of this mystery among the Gentiles, which is CHRIST IN YOU, THE HOPE OF GLORY.” (Colossians 1:24-27)

“I will give you a new heart and PUT A NEW SPIRIT WITHIN YOU. I will take the heart of stone out of your flesh and give you a heart of flesh. I WILL PUT MY SPIRIT WITHIN YOU and cause you to walk in My statutes...” (Ezekiel 36:26-27)

“For YOU ARE THE TEMPLE OF THE LIVING GOD. As God has said, ‘I WILL DWELL IN THEM and walk among them...’ (2 Corinthians 6:16)

- b. Pray the Bible

1. Method #1:

- a. Choose a short phrase in Scripture.
- b. Begin slowly praying the Scripture in silence.
- c. Focus your prayer toward the Spirit Who lives inside of you.
- d. Remain on a phrase as long as you feel the Lord’s presence on it. Stay with what He is revealing until He moves on from that phrase. Then move with Him, slowly praying through the next part of the passage.

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2. Method #2:

- a. Choose a short story in Scripture.
 - b. Read through the story 3 times silently.
 - c. Close your eyes and acknowledge the Spirit Who lives in you.
 - d. Use your imagination and place yourself as one of the characters in the story as you play out the story in your mind.
 - e. Ask the Holy Spirit to give you revelation of the story, the characters, their emotions, the message of God in the story, and the Lord's emotions.
- c. Behold the Holy Spirit within you. The goal now is to search for and experience God's presence inside of you, not to only understand God's Word.
1. Begin gently praying a short passage of Scripture in silence while focusing on the Indwelling Spirit.
 2. Once you feel God's presence you no longer need to focus on the Scripture. Begin to focus on Jesus' presence within you.
 3. The Scripture is used to quiet your mind and draw your mind into God.
 4. You will be able to notice His presence now. He has always been there, but now your attention is on Him on the inside of you.
 5. The outward senses are quiet and your surface thoughts are gone. You are beginning to be consumed by the Spirit of Jesus.
 6. In this time you can stay quiet or silently ask the Spirit to show you a vision.
- d. Overcome Distractions
1. Your mind will have to be trained to not wander and think on other things. To overcome a wandering mind, simply begin thinking on the Scripture you are meditating on and focusing your prayer to the Spirit within. The Lord sees your heart that is searching for Him, and He is still smiling upon you.
 2. You may become sleepy during prayer. To overcome, sit up straight instead of slouching and do not lie down. Also, begin speaking under your breath the Scripture you are meditating on until you feel the drowsiness subside; then return to silent prayer.

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- e. Develop Diligence in Prayer – In time these methods of praying will become easy. You will find the Spirit Who lives in you if you search for Him with all your heart, but it will require time and your whole heart.
- f. Keys to Progress:
 1. Humility – the High and Lofty One dwells with the lowly in heart (Isaiah 57)
 2. Very disciplined life of prayer, fasting, giving and loving your enemies (Matthew 6)
 3. Total abandonment in love to Jesus & loving nothing of this life (Matthew 7:14)

B. MEDITATION AND MEDITATIVE PRAYER

Meditation: Beholding the Beauty of Jesus Christ

by Jess Gjerstad

When I first started in the IHOP community, the idea of speaking and communing with God for hours was an intimidating concept. It appeared that most of the regulars at IHOP always had testimonies such as, “While quietly meditating on a scripture, God met me.” The person would then explain the sustained joy, pleasure, and ecstasy that they felt while involved in meditating on God. Their testimony would conclude with: “All you need to do is get quiet, and open your Bible with an open heart, and God will speak to you.” This seemed easy enough and I tried it. However, all I experienced was sustained boredom and meditation on the back of my eyelids. Was there something wrong with me? How could I get started?

Here are some tips taken with help from Kirk Bennett’s manual, *Deepening Prophetic Revelation through Meditation*:

1. **Deliberate Planning.** The first step towards fruitful Biblical meditation is to start planning time for it. At IHOP, we have an advantage of continuous worship and intercession that create an anointed atmosphere in the prayer room. Devotional and Worship with the Word prayer meetings are great times to meditate on God’s beauty.
 - a. **Schedule it.** This new paradigm of theological education emphasizes truly knowing Jesus, not facts and figures about Him. Therefore, the curriculum has been adjusted so that there is time to get to know Jesus.
 - b. **Prepare yourself spiritually to do it.** We don’t want anything to hinder or quench the Holy Spirit that empowers us to meditate and commune with God.
 - c. **Don’t give up.** God wants to be with you! In addition, meditating on Scripture and beholding the beauty of Jesus is also a skill that you can build. Remember how awkward it felt when you were first learning how to type, exercise, or handle the controllers for that new video game console?

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2. Pick a verse. Truth is a Person (Jesus Christ), not a set of facts and

Scripture:	Tasks/other distractions:
Thoughts & Understanding:	
Ministry:	

information. Any verse in the Bible will work. Some of the easier Scriptures to start with might be Revelation 4-5, John 17, Psalm 23, Psalm 24, and the list of Apostolic Prayers.

3. Meditate on a verse. Kirk Bennett has an excellent 5-letter format:
R-W-S-S-P
 1. Read it

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2. Write it
 3. Say it
 4. Sing it
 5. Pray it
4. Journal prophetic insights. Kirk Bennett recommends dividing the page as shown on the following page.
 5. Write out the scripture verse as it is in your Bible in the scripture box. Then as distractions, necessary tasks, or ministry ideas come out in thinking, write them down as well as the meditation thoughts from the scripture.

C. SCRIPTURE PRAYING

1. Pray through a portion of scripture such as the Psalms, Song of Songs, Apostolic Prayers, or Hymns of Revelation.
 - a. Personalize the scripture as you pray it back to God.
 1. Ps. 1:1 “Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful.”
 - a. *“Lord purify my heart, help me to walk in wisdom, to stand in the path of righteousness, and to sit in your presence”*
 2. Ps. 1:2 “But his delight is in the Law of the Lord and in his Law he meditates day and night.”
 - a. *“Lord, give me a hunger for your Word and Your ways. Give me revelation and understanding of yourself. Holy Spirit, open up my heart to the Word.”*
 - b. As you pray the Word, engage in conversation with God. Ask questions like, “What did you mean by this Lord?” or “What was in your heart in this passage Lord?” or whatever other questions come to mind. Wait and listen for the answers; God wants to give you revelation.
 - c. If you are receiving revelation, don’t move on; remain meditating on the verse(s).
 - d. Journal your prayers and the revelation you receive.

D. SCRIPTURE MEMORIZATION

Memorizing Scripture

by Jess Gjerstad

Memorizing scripture is an important discipline in preparing to be End-Time messengers to the nations. In many nations, possessing a Bible is illegal with heavy fines and jail time for those caught breaking the law. In order to sustain vibrant Christianity in these nations, believers will pass around parts of the Bible, memorize them, and continue passing the fragments of scripture around to other believers.

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In the End-Times, we should expect the Anti-Christ to make possessing a Bible an illegal activity on a global scale. It will be the ultimate “closed book” exam for the Global Church. Only those who have hidden the Word of God in their heart will be able to stand. As IHOP-KC is training End-Time messengers, memorization is a vital part of the curriculum.

Memorization and meditation of scripture are very interrelated. Therefore, the R-W-S-S-P method will be very helpful in memorizing larger chunks of scripture as well as meditating on individual verses.

R-W-S-S-P from Kirk Bennett’s *Meditation* book:

1. Read it
 2. Write it
 3. Say it
 4. Sing it
 5. Pray it
2. Write it – Repetitively writing it may help you to memorize Scripture quickly. Repetitious writing usually leads to being able to write it from memory
 3. Say it – When you say the Scriptures over and over, try emphasizing different verses or parts of verses as you say it. Much of Scripture was in poetic form, using Hebraic poetic devices which allowed for quick memorization.
 4. Sing it – Here’s a little contest: Can you say the alphabet letters without singing the “Alphabet Song”? Most children grew up singing it to remember the sequence. In the same way, singing the Scriptures enhances our memorization of Scripture.
 5. Pray it – Take passages from the text and pray them back to the Lord as you pace or sit in the Prayer Room or even as you are going through your normal daily activities.
 6. Ask for revelation and record your thoughts. Compile a meditation journal.

The Benefits of Scriptural Meditation

by Jess Gjerstad

At first, meditation exercise may be a different or difficult experience. Out of the hour that you scheduled for scriptural meditation, you may only enjoy a good five minutes of focused intense prayer and communion with God. This means that you have had a breakthrough! You spent five more minutes with God intentionally than you probably did yesterday, last week, or last year! As you continue to intentionally schedule and spend more time meditating on Scriptures, the five minutes will grow to ten minutes, then fifteen, then twenty. Suddenly, before you know it, you will want to spend much more than just an hour enjoying meeting God with His written Word.

Even on days when you spend an hour trying to meditate and *nothing* apparently happens, you are very successful. What type of love message are you sending to God before heaven when you spend an hour of time with Jesus rather than a TV program, for example?

In addition to the best one of all (communion with God), there are some other long-term benefits to *regularly and consistently practicing scriptural meditation.*

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1. Scriptural meditation is a great way to memorize scripture. Then, when that opportunity to share Jesus with someone else comes, you can pull out the scripture verse from memory and testify to Jesus with power.
2. Scriptural meditation is a powerful way to overcome sin and darkness. As we fill our minds (and hearts) with the Word of God, we will sinful patterns and pockets of deception in our minds getting “crowded out” of our lives.
3. The accuracy and depth of releasing the testimony of Jesus (i.e. prophecy) greatly increases through scriptural meditation. The Apostle John was exiled to the Island of Patmos, meditating on the Word of God.
4. Sustained scriptural meditation builds a “launching pad” into fulfilling God-given purposes on earth. The Apostle Paul spent fourteen years in the desert, meditating and seeking the Lord. Jesus spent 40 days in the desert, meditating on the spoken Word of God.
5. Sustained scriptural meditation is a powerful way to regularly minister to Jesus! Even if *nothing* seems to happen to you while doing it, you spent time loving on Jesus. Apostolic Christianity isn’t “me centered” anyway!

E. BIBLE STUDY

1. How do I study the Bible?

a. The following are some suggestions for studying the Bible:

1. Suggestion #1: “Pray-Read” 10 chapters in the New Testament a day. You will read through the New Testament once every month if you do this (235 chapters in New Testament = 10 chapters a day x 6 days a week = 240 chapters a month). Journal as you “pray-read” through each book.

a. What does it mean to “Pray-Read” the Bible? As we read through a passage, it is essential to pray it back to God. When reading the Word, we encounter two broad categories of scriptural truth: truths that exhort us to believe God and truths that exhort us to obey God.

1. When you come to truths exhorting you to believe:

a. Thank Jesus for the reality represented in the specific passage you are reading.

For example: When the Lord says in Song of Solomon 4:9, “You have ravished My heart, My sister, My Bride.”

1. Respond by simply thanking Him for this truth.

2. Be patient and speak slowly in your heart to God. You may be surprised how the Holy Spirit will, on occasions, tenderize your heart by such simple declarations of thanksgiving.

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- b. Ask Jesus to reveal the passage of Scripture in a greater way.

For example: When the Lord says in Song of Solomon 4:9, “You have ravished My heart, My sister, My Bride.”

1. Respond by asking Him for greater heart revelation of this truth.
2. Be persistent in asking Him to open the eyes of your heart. The Holy Spirit will cause your insight to gradually increase.

2. When you come to truths exhorting you to obey:

- a. Commit yourself to obey what the passage describes.

For example: When the Lord exhorts the Bride in Song of Solomon 2:10 to arise to follow Him to the mountains, leaving the comfort zone behind.

1. Respond by taking time to specifically declare the intent of your heart to fully obey this truth.
2. These sweet resolutions to fully obey a scriptural passage will cause strength of obedience in time.

- b. Ask the Lord to empower you to obey what the passage describes.

For example: When the Lord exhorts the Bride in Song of Solomon 2:10 to arise and follow Him to the mountains, leaving the comfort zone behind

1. Respond by taking time to specifically ask the Lord to empower your heart to obey this passage.
2. Such requests for divine help to obey will result in a growth in grace over time.

- b. Be sure to record your thoughts (meditations) as you “pray-read.” Take time to journal by writing down the prayers and the ideas that come to you.

2. Suggestion #2: Outline 10 chapters of the Bible a day

- a. Read one chapter at a time.
- b. Identify the main topics in each chapter.
- c. Outline each main topic verse by verse.

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Example: Philippians 2:1-11: “Therefore, if there is any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any affection and mercy, fulfill my joy by being like-minded, having the same love, being of one accord, of one mind. Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for

the interest of others. Let this mind be in you which was also in Christ Jesus, who being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross. Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

1. Break up passage into sections by identifying a unifying theme and title this section in your own words:

Philippians 2: 1-4: *“Unity and Servanthood”*

“Therefore, if there is any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any affection and mercy, fulfill my joy by being like-minded, having the same love, being of one accord, of one mind. Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interest of others.

Philippians 2: 5-11: *“The Example of Christ”*

Let this mind be in you which was also in Christ Jesus, who being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross. Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

2. Break these sections down into even further detail, again titling in your own words:

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Philippians 2:1-4: *Unity and Servanthood*”

Philippians 2: 1-2: “*Walk in love*”

“Therefore, if there is any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any affection and mercy, fulfill my joy by being like-minded, having the same love, being of one accord, of one mind.

Philippians 2:3-4: “*Walk in humility; esteem others*”

Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. Let each of you look out not only for his own interests, but also for the interest of others.

Philippians 2:5-11: *The Example of Christ*”

Philippians 2:5-8: “*The humanity of Jesus*”

Let this mind be in you which was also in Christ Jesus, who being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.

Philippians 2: 9-11: “*The Father’s reward to His Son*”

Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

3. Pray through each of the sections you titled and outlined, meditating on the specific themes and journaling your thoughts and revelation.
3. Suggestion #3: Use the Inductive Method – A good place to start here is the Gospels.
 - a. Read a passage and ask three questions.
 1. What is the surface meaning of the passage?
 - a. Example: *John 6:51: “I am the living bread which came down from heaven.”*
 2. Is there a deeper meaning?

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- a. To find a deeper meaning to the passage, ask inductive questions: *who, what, where, when, why and how.*
 1. Who is Jesus talking to?
 2. What response is He desiring? What just happened before this passage?
 3. Where else in the Word does this theme appear?
 4. When does this passage occur in the timeline of events in the book of John?
 5. Why does Jesus say this? Why is it such an offensive statement to those who hear it?
 6. How did the disciples respond?
3. Lastly, ask “what is this passage speaking to me personally?”
- b. Record your thoughts.
4. Suggestion # 4: Study the Bible using Word and Theme Studies
 - a. Word Studies (tracing the meaning of words in Greek and Hebrew)
 1. Possible tools needed: English/Hebrew Lexicon, Strong’s Exhaustive Concordance of the Bible, Vine’s Expository Dictionary of New Testament Words or a Bible Dictionary (these are just suggestions – there are many others to choose from).
 2. This will help you compare and trace the meaning of a word through the Old and New Testament which can give you a greater understanding of the passage.
 3. As you read a passage and a particular word strikes you or you don’t know its definition, use this method to trace the origin and definition of the word in the Greek and Hebrew language.
 - b. Theme studies (examples: sufferings of Christ, healing, etc.)
 1. This is a good devotional tool for prayer and meditation on different characteristics of God’s nature.
 2. Tools needed – a good concordance.

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3. Pick your topic, then, using your concordance, look up the different scriptures to research your topic.
 - a. Study the cross-references to become familiar with the subject as displayed throughout the Word
 1. Understand the context of the cross-references. Read the chapters before and after the cross-reference.
 2. Look for patterns or comparisons between the cross-references.

5. Suggestion #5: Study the Bible with commentaries
 - a. Pick your top ten “most wanted to study” books of the Bible.
 - b. Select the book of the Bible you want to study first.
 - c. Obtain two commentaries of the book you have selected.
 1. Use of Bible Commentaries.
 - a. There are hundreds of Bible commentaries laid out in different formats. Different types include specialization in scholarship, devotional studies, historic backgrounds, and word studies. Most all will contain some of the elements above while being stronger in one particular area.
 - b. WARNING! Commentaries are written from a number of differing perspectives, including liberal and conservative. Some will deny the supernatural aspect of Scripture and the Deity of Christ. View them as informational resources, not as the last word.
 - d. Determine the specific times in the week that you will dedicate for study.
 - e. How to study a book of the Bible – 5 simple steps:
 1. Highlight – Read each commentary, highlighting the key sentences. Do this for one biblical paragraph at a time. Go slow.
 2. Title – in your own words each paragraph in the Bible book that you study.
 3. Study Notes – write insights from the commentary for the key verses from each paragraph (sometimes word for word, other times paraphrase).

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4. Journal – write your personal meditations and observations.
5. Prayer – write a brief prayer from the passage when applicable.

F. PERSONAL PRAYER LIST

1. Create your own list of friends, relatives, people groups, nations, special events/gatherings etc. that you would like to pray for in a personal way in the prayer room.
 - a. Schedule time to pray for each person/issue that is on your heart. It may be helpful to select a specific time each day to pray your personal prayer list, and a specific day for each person/issue.

Example:

Monday 2-3pm: pray for Aunt Susie

Tuesday 2-3pm: pray for Uncle Joe

Wednesday 2-3pm: pray for church from your hometown

Etc.