

DAY OF PRAYER & EVALUATION

I. Why spend a day in Prayer? Jeremiah 10:21

- A. For increased Passion – Extended time with God will increase your passion to know God and to make Him known.
- B. For increased Protection – Extended time with God will increase your hatred of sin and desire to be like Christ.
- C. For increased Productivity – Extended time with God will help you to stay on God's agenda and trust Him more.

II. What is a DOPE?

A. It consists of:

1. Prayer

- a. Worship
- b. Thanksgiving
- c. Confession
- d. Intercession

2. Evaluation of:

- a. Mission, Roles, Goals
- b. Ministry Plans
- c. Job Description
- d. People
- e. Potential Dangers

III. What is involved:

A. **Looking Up** – Spend some time just focusing on Him and who He is. Don't move onto anything else until you are overwhelmed with who God is and all He has done and can do for you. To help you *Look Up*, you can:

- 1. Read praise passages: Psalms, Romans 8, Colossians 1-2, Revelation 4-5, etc.
- 2. Sing/Read hymns/Meditate on the Names of God

B. **Looking In** – Take some time to sit quietly before God and ask Him to reveal sin in your life. Psalms 139:23-24 is a good passage to start with. Psalm 51 and 1 John 1:9 are good reminders as well.

C. **Looking Back** – Pray back over the last month and ask God to show to you and confirm to you lessons He has been trying to teach you. Sometimes it is helpful to:

- 1. Review your calendar/Day-Timer
- 2. Think back over the major events of the month
- 3. Think back over the people you have interacted with deeply over the month

D. **Looking Around** – Ask God to tell you where He is at work in and around your life. This is a good time to pray over (interceding and listening to God) the Key areas, roles, relationships and responsibilities of your life. Pray for wisdom to discern God's

plan and work and your part in it.

E. **Looking Ahead** – This can be a time of both vision and commitment. You can pray over all God could do in the next period of time (month, year, lifetime), and you can take time to recommit yourself to God and to His will in your life.

IV. **How to Maximize your Day**

- A. Schedule AHEAD
- B. Have DOPE with someone
- C. Have a PLAN for your time
- D. FAST during that day