



# DAY OF PRAYER + EVALUATION

A simple guide to planning  
an effective personal  
day of prayer

*created by*  
Campus Outreach

# Day of Prayer & Evaluation

## A simple guide to planning an effective personal day of prayer

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In the slower season of December, most campus ministers need to take some extended time to pray and evaluate. Use this as a simple guide to help you rest, restore and renew during this slower month.

### Why spend a day in prayer?

Without guidance from the Lord, we are helpless & our flock scatters. (Jeremiah 10:21; Ezekiel 34; 1 Kings 22; Isaiah 9:13)

A day of prayer gives us:

- Increased *passion*
  - Extended time with God will increase your passion to know Him and make Him known. (Phil. 3:7-17; Matt. 16:24-28; Isaiah 6)
- Increased *protection*
  - Extended time with God will increase your hatred of sin and your desire to be like Christ. (Romans 6:5-14; 1 Thess. 4:1-8; Titus 2:11-14)
- Increased *productivity*
  - Extended time with God will help you stay on God's agenda and help you trust Him more. (Isaiah 14:24-27; Proverbs 19:21; 2 Chron. 20:6)

### What does a day of prayer & evaluation consist of?

1. Prayer
  - Worship / adoration / praise
  - Thanksgiving / gratefulness
  - Confession / repentance
  - Intercession / petition / supplication
2. Evaluation of:
  - Mission, vision, roles, objectives, goals
  - Ministry plans / job description
  - People you are connected to
  - Potential dangers headed your way

### What is involved in the process?

#### Looking Up

Spend 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 for us and is capable of doing for us.

To help you “look up” you can:

- Read praise passages: Psalms; Romans 8; Colossians 1-2; Revelation 4-5; 1 Chronicles 29
- Sing / read hymns
- Meditate on names, attributes and character of God

### *Looking In*

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

Look inward at yourself and evaluate the last month

- Analyze my sin patterns for the month

### *Looking Back*

Think through the last month and ask God to show you lessons He taught you and confirm what He is trying to teach you.

Sometimes it’s helpful to:

- Review your calendar
- Think back over major events of the month
- Think over the people you have interacted with deeply over the last month

### *Looking Around*

Ask God to tell you where He is at work in and around your life. This is a good time to look at and pray through the key areas, relationships, and responsibilities you have. Pray for wisdom to discern God’s plan in your life.

### *Looking Ahead*

This can be a time of vision and commitment. You can pray over all that God could do in the next period of time and commit yourself to Him.

- Think and dream about future
- Commit to follow Christ and build His Kingdom and not your own.

# Day of Prayer & Evaluation Worksheet

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*Looking Up*

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*Looking In*

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*Looking Back*

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*Looking Around*

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*Looking Ahead*