

## Preparing for Your Hour of Prayer

Thoughtful preparation before your designated hour will help you to make the most of your time in prayer. God wants all of your attention, so it's important to create a space that will help you to stay focused, awake, and intentional. To be clear, scripture says to “pray without ceasing”, meaning we are to pray continually regardless of the space we are in. This is an optional tool intended to help you encounter God, but you do not need these things to experience the transcendent presence of our loving Father.

- Designate a quiet space where you can focus
  - A comfy chair
  - A table or desk
  - A cozy corner
  - Outside
  - A Prayer Room will be available at Providence for anyone interested
    - Open 9-4pm on March 30th–April 2nd
    - Available for anyone to pray, not just the person signed up
    - Email [info@providenceomaha.org](mailto:info@providenceomaha.org) with questions
- Remove distractions
  - Phones
  - Clutter
  - Chores
  - Find a space where you can be alone
- Prep materials
  - Bible
  - Journal
  - Pens & highlighters
  - Print optional content resources
- Make the space comfortable & functional
  - Worshipful focus music—William Augusto
  - Blankets & pillows (don't fall asleep!)
  - Snacks & drinks