

# 24/7 - PRAYER



**THE  
FILLING  
STATION**

## WHAT IS IT?

24/7 Prayer is where we take a full 24 hours to pray for our Filling Station ministry, dedicating our plans to the Lord. We encourage all those to join in, individually or as a local meeting, to sign up and pray on one of these days! We aim to do this three times a year.

## HOW TO SIGN UP

The virtual prayer room is hosted via 24/7's website, and each time, we provide the sign up link. There will be slots available from midnight as we welcome the day, until midnight on that day.

## WHO'S IT FOR:

- If you're a Host Team member: sign up your Filling Station Host Team, and/or invite guests to join you (in-person, or at a specific time in their own homes).
- If you attend a Filling Station: check with your Host Team if they have signed up for a slot, and ask them what time!
- If you are an individual and not part of a Filling Station, feel free to sign up whenever suits you! (There is no limit on sign ups on particular slots).

## HOW DOES IT WORK?

- Meet as a local Filling Station as a group - you might like to pick a time, then gather together to pray then. You might meet as a leadership Host team, or with all guests.
- You might prefer to pray alone! That's fine. You could pray from the comfort of your own home, or go for a prayer walk.

## HOW DO I FILL AN HOUR?

- A few days beforehand, we will email a PDF of suggestions of what you could pray for during your hour, for the Filling Station ministry and our Filling Station network.
- 24/7 have a wide range of resources that will help you strategically pray.
  - Download a "[Practising the Presence of God](#)" PDF from 24/7 Prayer
  - Download "[An Hour's Prayer for Coronavirus](#)" PDF from 24/7 Prayer