**Prayer Room Experience**

CONFESS: This is the first station. David knew the truth of confession as he cried out in Psalm 51:10 “Create in me a pure heart, O God, and renew a steadfast spirit within me. “ Tell God about the things you’ve done that displease him, disobey him, and create a barrier between you. Consider kneeling before the cross and ask God to reveal any sin you’ve been harboring, trusting the truth from 1 John 1:9 “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

HONOR: The second station turns your attention from sin to God. Psalm 100:1-2 says to “Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs.” Do that. Write or draw names that describe God on the paper provided. Read through the attributes of God listed, offering those names as praise to God for who he is, his character and nature. Sit and listen to the hymns and songs that offer praise. Consider writing your own hymn of praise in one of the provided journals.

ASK: The third station allows us to present our requests to God. Philippians 4:6 says “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.” Write those requests on the graffiti wall. Use the post-its and hang them up. Scripture says we don’t have because we don’t ask (James 4:2). So ask! And trust him to answer in his time, trusting his goodness and plan for your life (Jeremiah 29:11), believing John 15:7 “If you remain in me and my words remain in you, ask whatever you wish, and it will be given to you” according to his will. Be sure to pray through the prayer guide for this season’s Week of Prayer.

THANK: The final station brings our attention back to the Giver of all good things (James 1:17). Sit down and share answers to prayers in a journal. Sing a joyful song. Write a letter, thanking Jesus for his sacrifice, for the good things in your life, and maybe even the challenges and trials that form and shape you to look more like Christ. Take time to experience Psalm 100:4. “Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”

Don’t let this experience end as you head out the door. Continue to C.H.A.T. with God throughout your day and your week. Come back often for quiet moments of confession, updating answers to prayer, honoring, and thanking God as you continue to grow in your relationship with Christ.