

movement prayer

O² Prayer

Overview

This Prayer Tool enables us to pray more strategically for the advancement of God's Kingdom by helping us identify "Opportunities" and "Obstacles" that need focused attention. Once we identify these areas, we see how to pray for individuals, ministry teams, communities, and nations from a different vantage point.

O² Prayer works well with small to medium-sized groups of people.

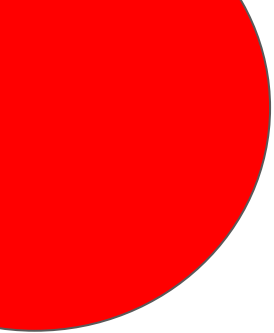

Getting Started

1. Begin by drawing a vertical line in the middle of a piece of paper or white board. Write "**Opportunities**" at the top to the left of the line and "**Obstacles**" at the top to the right of the line.
2. Being sensitive to the Holy Spirit, discuss the "**Opportunities**" (things to pray for or ask for more of) as a group. Write each of these things to the left of the vertical line.

Examples of Opportunities:

If you are praying for...

- Individuals – new relationships, open doors for ministry, spiritual conversations
- Ministry Teams – spiritual conversations, finding persons of peace, starting Discovery groups, clarity, perseverance
- Communities – more laborers, hunger for God, formation of Discovery groups
- Nations – resources, spiritual hunger, openness to God

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3. Next, ask the Lord to reveal “**Obstacles**” (hindrances or barriers) that stand in the way of the advancement of God’s Kingdom. Write these down to the right of the line.

Examples of Obstacles:


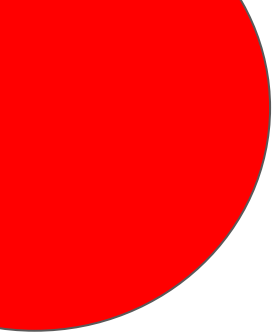
If you are praying for...

- Individuals – health problems, discouragement, financial issues, relational conflicts
 - Ministry Teams – disunity, sickness, despair
 - Communities – resistance to gospel, apathy
 - Nations – idols, false beliefs, traditions that cause barriers
4. As the Spirit leads, take turns praying *for* each of the items listed under “Opportunities” and then begin praying *against* the items listed under “Obstacles.” As each area is mentioned and covered in prayer, circle the opportunities and cross off each obstacle.

Other Options

This Prayer Tool can easily be done over Zoom by utilizing the “share your screen” option and then choosing the “whiteboard.” The tools provided allow you to jot items down and then circle or cross them out as they are prayed for.

Invite people to draw pictures to represent each opportunity or obstacle. Then pray over each picture that was drawn.



“Prayers of Blessing” and “Negative Influences” can be used in place of “Opportunities” and “Obstacles.” Some have also used this tool to pray for the seven areas of influence within cities and countries (government, business, media, family, religion, education, and arts and entertainment).

Going Deeper

Prayer using this tool can become more intense and strategic as the team grows in spiritual discernment and begins to uncover lies and strongholds of the enemy that stand in the way of answered prayer and Kingdom breakthroughs.