

O₂ Prayer



Overview:

This tool helps us identify **opportunities** and **obstacles** to pray strategically for the advancement of God’s Kingdom. We can pray for individuals, ministry teams, communities, or nations from different vantage points. It also works well over Zoom or 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**” together as a group. (things to pray for or ask for more of). Write each of these things to the left of the vertical line.

Examples:

If you are praying for...

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

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:

If you are praying for...

- Individual – health issues, discouragement, financial issues, relational conflicts
 - Ministry Team – disunity, sickness, despair
 - Community – resistance to gospel, apathy.
 - Nation – idols, false beliefs, traditions 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 can be easily 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 7 areas of influence within cities and countries (government, business, media, family, religion, education, and arts and entertainment).

Going Deeper

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.