



PREPARING FOR ONE PERCENT PRAYER

Between now and our first One Percent Prayer on January 1, take some time to prepare. Ask Jesus to help you follow the Holy Spirit, he is the best teacher!

SET A TIME

- The best time for you to pray is the time that you will actually do it, so find the time that works for your life.
- If possible, find 20 minutes when you can give God your undivided attention.
- Many participants find that it's easiest to pray first thing in the morning, before checking news, social media, or other messages.
- Doing it at the same time each day is helpful if this is possible for you.
- Consider putting it in your calendar and setting a reminder.

YOUR PRAYER SPACE

- Choose a location that will work for your life.
- Find a quiet spot with limited distractions and where you will not be interrupted.
- If possible, find a spot that you do not usually work, sleep, or lounge. If that's not possible, try to arrange it in a new way to make it more conducive to prayer.
- Make sure it has comfortable seating and good lighting.
- Consider adorning the space with a crucifix, a favorite image of Scripture or a Saint, and a votive candle to light during prayer.
- Some people will appreciate having a Bible to read along with the audio
- You may also like to journal with a favorite pen for after your time of prayer.

YOUR HOUSEHOLD

- Let others in your household know when you are taking your prayer time and ask them to respect your 20 minutes of quiet prayer--or to join you for it!
- Roommates, spouses, and children may enjoy listening to One Percent Prayer with you and joining you in the daily action to grow in love for God and neighbor.

CONSIDER ASKING 2-3 FRIENDS TO JOIN YOU

- Growing in love for God and neighbor is not a solo sport. Even in times of physical distance from each other, we can choose to connect with others, encourage each other, and hold each other accountable.
- Ask God to help you think of 2-3 friends (or acquaintances you'd like to get to know better) with whom you would enjoy growing. Think about others who:
 - might like to grow in their faith
 - could use extra encouragement during this time
- Prayerfully consider when and how to invite them to join you in this One Percent Prayer Challenge.
- Your invitation might sound like, "Hey, I'm doing a 30 day prayer challenge. Would you consider doing it with me? It would mean listening to a 20 minute audio guide that leads us in prayer, doing a daily action to grow in love with God and neighbor, and encouraging each other by checking in occasionally about how it's going. You can find out more at [One Percent Prayer](#). It's free. Would you like to join me?"
- During these 30 days, you can encourage each other by sharing how it's going, what God's been saying, and praying for each other.

ASK FOR WHAT YOU DESIRE (BEGIN WITH THE END IN MIND)

- Take some time to consider what you desire to be different when you finish:
 - What would you like your relationship with God to be like?
 - What good habits would you like to have established in your life?
 - What virtues would you like to have strengthened?
 - What do you want God to do for your loved ones and the world?
- Jesus is able to accomplish far more than we ask or imagine (Eph 3:20). Ask Him for the grace to grow in these ways and to answer your prayers for others.
- Write down what you asked. Keep it handy. Ask Jesus for this grace regularly. This can help you to stay committed to your time of prayer when it gets tough.

Remember, if you miss a day, don't get discouraged. Simply return to Jesus the next day and ask Him to help you to try again. His grace is renewed each morning (Lam 3:22-24).