

Prayer Room



The FOL Prayer Team has prepared a sacred space for us to meet with God. In addition to it being a solitary space, it is a space filled with possibilities. Not only can you anticipate God speaking to you in some way, you can participate in prayer through some interactive stations.

There is a couch for sitting comfortably, taking some deep breaths, and welcoming the Holy Spirit. As you reflect on the past month, you could make note of your gratitude to God for the people, places, and experiences in your life. Then, write these things down and add them to the Thankfulness Wall. Another option is open a bible and reflect on a psalm. Turn that psalm into a prayer and personalize it to your life. If you want, sing along in worship to one of the CDs in the room or a song from your phone. Spend some time interceding for different things happening in our community, nation, and the world. Be specific in prayer about an area of breakthrough you want in your life and then consecrate yourself with the anointing oils.

During your time in the prayer room, remember to interact with God and keep coming back to God in prayer, worship, silence, and gratitude. Remember that you are loved. Remember that God wants to meet with you.

Some instructions: to get to the prayer room, go down the stairs near the front desk. The prayer room is the second door on the right. Look for the sign with the OctoberFast 2026 logo on it.

As you enter the room, take off your shoes. Please don't bring food or liquids into the prayer room.



Scan this QR code to access the prayer room sign up form.