
BOOT CAMP WORKBOOK



Cyndee Ownbey - Women's Ministry Toolbox

www.prayerwarriorbootcamp.com

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Exercise #1 - Adoration:

Put it into practice.

Pray praising God out loud for who He is.

Write out several prayers of adoration below.

Examples:

Father, I praise you for you are Lord, our Maker.

Lord, I praise you for you are Holy.

God, I praise you for _____.

God, I praise you for _____.

God, I praise you for _____.

List other ways you can praise God below.

Group Work - ABC's of Thanksgiving Challenge

For each letter of the alphabet list something for which you are thankful. For example: A – Aunt Shirley, B – Butterflies, C – College Acceptance Letters, D – Date nights, E – Electricity. Go with the first thing that comes to your mind. Your answer doesn't need to be super-spiritual. ☺
 Want a challenge? Choose one category for all your answers such as nature, family, or church.

A	J	S
B	K	T
C	L	U
D	M	V
E	N	W
F	O	X
G	P	Y
H	Q	Z
I	R	

PRAYER WARRIOR BOOT CAMP LEADER GUIDE



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HISTORY AND OVERVIEW

“Would anyone like to close us in prayer?”

That was the question posed by our summer Bible study leader and the response was silence. A long, awkward silence.

One sweet soul finally had mercy on our leader and offered to pray.

It grieved my heart that out of a group of over 20 women not one felt confident praying out loud.

Prayer doesn't have to be hard, and it shouldn't be intimidating, but we perceive it as both.

At our next women's ministry team meeting I suggested we offer a workshop on prayer. I had experienced the power of a transformed prayer life myself through 4 years of weekly prayer group meetings. In the years since, I've eagerly shared the basics of this course with many women and students.

God shaped those experiences into what has become the Prayer Warrior Boot Camp.

The Prayer Warrior Boot Camp will:

- Strengthen the prayers of your women as they pray privately and corporately.
- Remove one more barrier that keeps your women from discipling and mentoring others.

Inside you'll find very detailed directions for each lesson of the Prayer Warrior Boot Camp, as well as suggested schedules for using the Prayer Warrior Boot Camp as a (a) weekly Bible study, (b) 3-hour Workshop, (c) 1 Day Retreat, or (d) 2 Night Retreat.

P.S. The Prayer Warrior Boot Camp is also available as an online course for individuals. You can find more information about the online, individual version at www.prayerwarriorbootcamp.com.

3 HOUR WORKSHOP SCHEDULE

Intro	17 Minutes	9:00 – 9:17 AM
Warm-Up	18 Minutes	9:17 – 9:35 AM
Exercise #1	27 Minutes	9:35 – 10:02 AM
Exercise #2	15 Minutes	10:02 – 10: 17 AM
Break	10 Minutes	10:17 – 10:30 AM
Exercise # 3	29 Minutes	10:30 – 10: 59 AM
Exercise #4	19 Minutes	10:59 – 11: 18 AM
Circuit Training	10 Minutes	11:18 – 11:28 AM
Cool Down	9 Minutes	11: 28 – 11:37 PM
Prayer Plateaus	9 Minutes	11:37 – 11:46 PM

*This schedule allows for 14 extra minutes should you find any lesson takes longer than the time frame listed.

GOALS & WARM-UP

See Workbook Page 4

TELL (2 minutes)

Say: "If your check-up has left you feeling discouraged, I want you to know there is hope!

Through the Prayer Warrior Boot Camp you'll:

1. Learn an exercise routine that you can use and teach others.
2. Stretch your prayer muscles by trying something new.
3. Build up your scriptural prayer knowledge.
4. Gain confidence in praying out loud.
5. Acquire tools that you can use in your prayer life.

We've all got some areas of our prayer life that can use some strengthening, so let's get started!

For the next few minutes, work together with the women at your table to come up with a definition of prayer. I'll be asking for groups to share their definitions."

DO (6 minutes)

Give the women 3-4 minutes to develop their definitions.

Ask: Have several (or all, if time) of the tables share their definitions with the group.

DO (1 minute)

Distribute scripture verses to those willing to read: Matthew 7:7, Colossians 4:2, John 15:7, Philippians 4:6-7, Matthew 6:6, Matthew 18:19, Matthew 18:20

ASK & DO (8 minutes)

Ask the volunteers to read Matthew 7:7, Colossians 4:2, and John 15:7.

Guide the group to fill in the blanks: We pray because Jesus tells us to.

EXERCISE #3 -THANKSGIVING

See workbook pages 12-15.

TELL (4 minutes)

Say: "We are leaving confession behind and moving on to our 3rd exercise – Thanksgiving! Thank goodness!

Prayers of thanksgiving are focused on thanking God for what He has done."

Ask someone to read 1 Thessalonians 5:18.

Say: "Guess how many times the Bible tells us to be thankful?"

[Take guesses.]

Say: "While it varies by translation, the idea of thanks or thanksgiving appears over 100 times in the Bible."

DO (10 minutes)

Say: "I've got a challenge for you to do. Turn to page 13 in your workbook. Work with the women at your table to come up with an alphabetical list of things we can be thankful for. If you're feeling confident, choose one category such as food, nature, or animals for all of your answers. You've got about 8 minutes to complete the task."

Give the group about 8 minutes to complete the ABC's of Thanksgiving Challenge.

Tell & DO (10 Minutes)

Say: "1 Thessalonians 5:18 says, we are to give thanks in ALL circumstance, but sometimes it is hard to be thankful. Turn to page 14 in your workbook and take the next 5 minutes to work together to find something to be thankful for in each situation."

Get the group's attention and discuss one or two answers for each scenario.