



**VERSION 0.01 - 02/22/2025**

## **"PRISON TRAINING" GUIDE**

<https://tboekministries.com/undivided-purpose-project/>

# What is “Prison Training”?

“Prison Training” is time spent alone with God in prayer, worship, and silence without distractions such as phone, tv, music, Bible, etc. The purpose of “Prison Training” is to create space for God to speak into the stillness of your heart and for you to focus on prayer without distractions. “Prison Training” could be done in 15 minute, 30 minute, or 1 hour increments as your time allows per day. It is called “Prison Training” because it simulates the isolation that would come if you were thrown in prison for your faith. In prison you wouldn’t have your bible, or worship music, or possibly others to talk to. It would just be you and God. “Prison Training” should NOT replace your normal quiet time with the Lord and the reading of His Word. You should continue all your normal spiritual practices, but simply add “Prison Training” into your schedule as God leads you do it.

# What to do during your “Prison Training”:

- Find a quiet place where you can be alone.
- Set a timer for 15 minutes, 30 minutes, or 1 hour. (If you use your phone for a timer, set it out of reach so you're not tempted to touch it during your "Prison Training".)
- Sit on the floor, stand, pace the room, bow face down before the Lord, lay on your back. Try not to use a chair or couch during your "Prison Training" unless you need it for medical reasons, this helps simulate the uncomfortableness of the prison setting.
- Pray: for your family, friends, coworkers, leaders, pastors, those being persecuted for their faith, those in prison, orphans, etc. Allow God's Holy Spirit to lead your prayers.
- Listen: be silent and still before God. Be still and know He is God. What does that mean for you and for those around you? etc.
- Quote Scripture: remember and say aloud any scriptures you can.
- Sing Songs/Worship: sing new songs to God, worship Him for all He is and does, praise Him and thank Him for things.

# Your Personal “Prison Training” Goal:

What is your personal “Prison Training” commitment before the Lord (Between you and Him):