

The background of the entire image is a close-up, slightly blurred photograph of a bowl of food, likely a soup or stew, with steam rising from it. The steam is captured in a way that creates soft, wispy patterns. The bowl itself is dark, and the food inside is light-colored, possibly containing vegetables and meat. The overall lighting is warm and soft, creating a comforting atmosphere.

HOW TO FILL THE *BOWL*

PRAYER MODELS

30 MINUTE MODEL

WORSHIP
10 MINUTES

BIBLE & MEDITATION
15 MINUTES

INTERCESSION & PRAYER
5 MINUTES

45 MINUTE MODEL

WORSHIP
10 MINUTES

PRAY IN THE SPIRIT
10 MINUTES

BIBLE & MEDITATION
15 MINUTES

INTERCESSION & PRAYER
10 MINUTES

1 HOUR MODEL

WORSHIP
10 MINUTES

PRAY IN THE SPIRIT
10 MINUTES

BIBLE & MEDITATION
20 MINUTES

INTERCESSION & PRAYER
20 MINUTES