



GROUP PRAYER TIPS

We will grow spiritually if we are consistently connected to God and each other. One of the ways we connect to God is through prayer, but if we aren't careful, prayer time in a group can easily be minimized to spending the final 5-10 minutes taking prayer requests and listening to the group's facilitator pray for them. The goal for an effective prayer time is to create space during your group that has the potential to strengthen a group member's personal prayer life. The following suggestions are different methods you could use during your group to create this type of space.

POPCORN PRAYER

Popcorn prayer is one continual prayer created by everyone in the group through spontaneous interjection. Each person prays when they feel led to pray. Each prayer could be a short "thank you" or a longer expression of praise. Groups don't generally develop this practice of prayer because it seems unusual, yet spontaneous prayer helps each person develop sensitivity to the Lord's presence that will carry over into their daily life.

Here are some tips for a productive time of popcorn prayer.

- Pray for one topic at a time.
- Ask someone to start the prayer and someone to finish the prayer.
- Encourage people to pray several times if they feel led to do so.
- Ask the group members to keep their prayer short and to the point. If one person prays for a long period of time, it can be hard for everyone to stay focused and it can also intimidate those who are just learning to pray out loud in a group.

PRAYER SHUFFLE

- STEP 1 - Give each group member an index card.
- STEP 2 - Ask them to write their name at the top and write down two prayer requests – one personally related and one regarding someone they care about.
- STEP 3 – Collect the index cards when finished.
- STEP 4 – Turn them over so no one can see the names and then allow the rest of the group to choose a card. The person's card they chose will be the person they are praying for throughout the coming week.

GROUP PRAYER SHEET

- STEP 1 – Provide everyone in your group with a sheet of paper.
- STEP 2 – Ask them to write down each group member's name.
- STEP 3 – Go around the circle allowing each person to state one thing they need prayer for this upcoming week. As group members state their request, have the rest of the group write down that individual's prayer request next to their respective name on the prayer card.
- STEP 4 – Upon completion, each person should have a paper with every group member's name on it and a prayer requests for each one. Ask your group members to place these sheets somewhere they will see them often and use them as a reminder to prayer for each other.

PRAY BY THE DAY

- STEP 1 – Give each group member an index card.
- STEP 2 – Ask them to write their name at the top and all seven days of the week starting with tomorrow on the far left.

- STEP 3 – Ask the group members to write down a prayer request next to each day of the week for a total of seven prayer requests.
- Step 4 – When they have finished writing down seven different prayer requests for each of the seven different days of the week, ask them to pass the index card to their right.
- STEP 5 – Ask the group members to use the index card throughout the upcoming week to pray for the person on the index card they hold and each of their daily prayer requests.

PARTNER UP

- Assign prayer partners for the upcoming week. You can have group members pick or draw names out of a hat. Break up in partners and write down each other's prayer requests for the upcoming week.

GROUP FAST

Doing a group fast is a great way to pray together at the same time when you aren't physically together.

- STEP 1 – Establish a time when everyone in the group can agree to fast from a meal. It doesn't matter if it is breakfast, lunch or dinner. What matters is that everyone is in agreement.
- STEP 2 – Go around the room asking everyone for prayer requests, but as you go around, ask everyone else to make their own list of the prayer requests being shared.
- STEP 3 – When the agreed upon fasting time comes up, everyone in the group should use that time to pray for each other.