



PRAYER TIPS & STRATEGIES

Prayer is an important part of each small group meeting. There is no right or wrong way for a small group to spend time in prayer. However, below are some suggested ways to keep group prayer meaningful and purposeful each and every time.

- > **Limit time for prayer requests.** Often, more time is spent making requests than is spent on actually praying.
- > **Consider keeping your prayer requests focused** (i.e. focus only on the group members and/or their immediate families).
- > **Pray naturally.** Use every day language and appropriate emotions. Do not attempt to be super spiritual in language, emotions, or posture.
- > **Ask group members to pray for one person in the group** each day during the following week. Names could be drawn to determine who prays for whom.
- > **One person closes in prayer** on behalf of the entire group.
- > **Pray immediately as a need surfaces** during the meeting time.
- > As each request is shared, **ask a volunteer to pray for that one during the prayer time.** The volunteer could also pray for the request immediately as it is shared.
- > **Ask a group member to journal the requests** and share them with the group via e-mail each week.
- > **Review prayer requests from previous weeks** and ask for updates.
- > **Set a theme for prayer requests** (i.e. praises, sharing faith, areas of temptation, etc.)
- > **Ask group members to pray for the person on their left.** First, be sure that all group members feel comfortable praying out loud.
- > **Pair up and pray for each other.**



- > **Popcorn prayers.** The leader can open with a short prayer and then allow group members to pray short prayers as they feel led.
- > **Each group member shares one praise and one request.**
- > **Connect prayer time with the topic for the night.** Limit requests to things that have direct application from the study.
- > **Pray one-sentence prayers.**
- > **Split the group into smaller groups during prayer time.**
- > Have each group member **spend time praying silently** then close with a simple "Amen."
- > **Pray Scripture** (Psalms, John 17, Ephesians 3:14-19, Philippians 1:9-11, Colossians 1:9-12, John 6:44, Galatians 5:22-23)
- > **Be creative!**

