

GROUP LIFE LEADERS

PRAYING IN GROUP

Praying is one of the most important things we can do as a small group. Sometimes, there can be challenges that groups face around prayer, both in praying together and gathering requests. Grow in praying as a group with these tips.

GATHERING PRAYER REQUESTS

TIP #1: BE CLEAR WHAT YOU'RE LOOKING FOR

Set expectations and get everyone on the same page about praying as a group. Prayer time is not an opportunity to catch up socially or a time to share gossip. Instead, it is a time to express our needs to God, trust him and experience spiritual growth (Philippians 4:6, 1 Timothy 2:1-2, and 2 Thessalonians 1:11-12). Consider studying these passages as a group to help everyone get on the same page.

TIP #2: CONVERT COMPLAINTS TO REQUESTS

If your group tends to get sidetracked into complaining, you can convert those complaints to prayer requests. You might say, "Thanks for sharing about your challenges at work. This sounds like something we should be praying for. Would you mind if I put that down as a prayer request for later?" This tip addresses two concerns. *Practically*, it keeps your group away from time-consuming rants. But *spiritually*, it helps you all turn first to prayer instead of complaints.

TIP #3: ONE NEED IS TWO PRAYERS

Sometimes groups get stuck always praying for outside needs such as neighbors, coworkers, friends, or family members. When this happens, a good practice is to make each outside need into two prayer requests: (1) for the request itself and (2) for the requester. For instance, someone might share about their neighbor. A leader might say, "Thank you for sharing. We will pray for your neighbor. I'm also wondering how we can pray for you in this?" Their answer helps the group learn more about the requestor and pray for them too.

TIP #4: HAVE A WEEKLY FOCUS

Pick a focus each week to center your prayer requests. This allows the group to pray for things outside the group and specific requests that keep coming up. You can focus on our city, church, families, workplaces, etc.

There are other ways to improve prayer in your groups. Check out the section on prayer in our leader's training module on spiritual disciplines at learning.adabible.org.

PRAYING AS A GROUP

TIP #1: PRAY FOR THE PERSON NEXT TO YOU

Have everyone in the group pray for the person sitting next to them. This simple way to structure your prayer time gives everyone some ownership. It also provides a great way to encourage one another to be engaged with the prayer requests of the people in your group. Encourage people to pray for that person during the week too.

TIP #2: KEEP A PRAYER JOURNAL

Designate a notebook as your group prayer journal. Keep your prayer requests there and watch as God provides answers. This can be a powerful thing to review from time to time.

TIP #3: USE SENTENCE PRAYERS

Instead of taking a long time on prayer requests, simply do sentence prayers on specific themes (such as names of God, things to be thankful for, etc.). If the theme is the adoration of God, then each person, in no specific order, would pray one sentence about the adoration of God. Each group member can pray as often or as little as they like.

REACH OUT TO STAFF CONTACT

We hope you find these tips helpful as you pray as a group. Please contact your staff for more specific tips for your group. They are there to help and eager to assist you.