

## Prayer in a Small Group

It can take time and some effort to find your groove with prayer. Many of us didn't grow up confident with praying out loud or feeling comfortable praying with others.

Max Lucado says:

"Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is *in the one who hears it* and *not in the one who says it*, our prayers do make a difference."

Here are three reasons prayer is so important to your spiritual growth.

1. Prayer communicates our trust in God.  
It gives us the chance to say, "God, no matter what happens, I trust that you are in charge and have the final say."
2. Prayer grows our relationship with God. Prayer is a way to spend time with, and talk to, someone we care about.
3. (Finally), prayer aligns our will with God's. It reminds us of our dependence on our Heavenly Father.

### Phil 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

During his last days, Jesus prayed to the one who could save him from death. It didn't change his mission to rescue us from our sins, but it reminded him of God's will, and to follow through with what he was called to do.

Prayer has the power to put us in touch with how God wants to work IN us, THROUGH us, and to influence the world around us.

Prayer is a great foundation for your small group - and you can learn and practice together.

Pray **for** your group

Pray **with** your group

- Start/End
- Sometimes stop and pray during - be open

### Role of the Leader

- Model (importance of and how to)
- Keep it safe (& simple) - don't force people who are uncomfortable to pray out loud
- Guide
- Encourage (encourage others to contribute to or even lead the prayer)

## Creative Prayer Ideas

- Circle  
Go around the circle, and let each person contribute out loud (or silently) if they wish
- **Write ahead**  
Have people write a sentence (or a few) that they can read out loud during the prayer
- **Scripture**  
Choose a verse or two, and use it as the basis or theme of your prayer
- **Teaspoon Prayer (Thank you, Sorry, Please)**  
This popcorn-style prayer has three parts. Start with people popping in with what they are thankful for, then move on to saying sorry, and end with a portion on asking God for what is on their hearts.
- **Open/Conversational**
- **Popcorn (Praise/Thanks)**
- Partner  
Pair up and pray with and for each other
- Prayer Partners  
Ongoing throughout the week/session - share requests and pray for each other
- **Journal**  
Have the group record prayer requests in a journal each time you meet. Keep track of answers to prayer.
- Alphabet  
Pray through the alphabet with thanks or praises. Ex. (Thank you for...) Adventures, Babies, Carpools, Dedicated friends, ....

## Resources:

- New Leader Guide online at [sov.church/groups/resources](http://sov.church/groups/resources)
- Conducting Prayer Time (2+ minute youtube video by Bill Search)
- 60 Seconds on Prioritizing Prayer in Group  
Website [watch.northpointpartners.org/sign\\_in](http://watch.northpointpartners.org/sign_in)  
Username: groups@sov.church  
Password: smallgroups

