

Enhancing Group Prayer

There are many different ways to pray. The following suggestions may help revitalize your group prayer time.

1. **Personal Prayer Cards:** Have group members fill out a prayer card, listing some on going prayer concerns, ministry involvements and family needs. These cards can be passed around at the group meeting, with each person praying for the person on the card. The cards could then be taken home that week as a reminder to prayer for that person during the week.
2. **Keep Track of Requests:** Obtain a stack of 3x5 cards or a small journal and have someone record the various prayer requests. This will allow you to record answers to prayer and quickly remember what requests are still active. If you use 3x5 cards, people could randomly select a card or cards and then take responsibility to pray for that request during the prayer time.
3. **Pray the Scriptures:** After the group study / lesson, before taking other requests, pray through the theme of the lesson. Have people pray for themselves, for the group in general or possibly have everyone pray for the person on their right. For example, you have studied Genesis 4 (on Cain and Able) and notice the prominent themes of resisting temptation and worshiping God with your heart. Spend time praying for each other to resist temptation and have greater passion for God.
4. **Laying on of Hands:** If a person in the group has a significant prayer request and the mood is fairly serious or heartfelt, invite the person to sit on a chair and have the group lay hands on the person and have several people pray. This may be a prayer for healing, guidance or spiritual growth.
5. **Silent Prayer:** This is particularly effective as a way to start your group study. It allows people to focus on God and put aside the chit chat. Simply spend time in silence (at least a minute or 2) and then have someone open in prayer inviting God to speak through the study time. After this it may be appropriate to have someone read the scriptures which are the focus of the study.
6. **Use the ACTS model:** In order to prevent the prayer time from simply becoming a list of requests, use this model to invite a broader experience of prayer. This method will require a leader to guide the group prayer time and transition for step to step. ACTS stands for

Adoration: Spend time just worship God for who he is

Confession: Spend time in silent or spoken confession of sin

Thanksgiving: Thank God for the things he has done

Supplication: Make prayer requests for self and others