

Simple Group Prayer Guide

Most people feel uncomfortable praying out loud at first. However, hearing your friends pray for you can be deeply encouraging, and your friends are also likely to be encouraged as they hear you pray for them. Asking God for specific things together and seeing him answer is powerful and exciting—and sparks trust in him. Read through these guidelines for simple group prayer and follow them to help you all begin to enjoy praying together.

KEEP YOUR PRAYERS . . .

SHORT

One or two sentences from each person will allow time for all who choose to pray aloud.

SIMPLE

If you have never prayed aloud, try saying one simple sentence to God from your heart. Everyone should avoid complicated phrases and a special prayer vocabulary or voice.

SPECIFIC

Written requests, with answers noted and dated, encourage prayer. Be specific—then the group can tell when a prayer is answered!

SAFE

Keep confidentiality! This will build trust, openness, and security.

SUITABLE

1. When your group is sharing requests for prayer, don't give advice or comments or suggestions.
2. Your prayer requests should relate to you. When you ask for prayer for someone outside the group, share how the group can pray for you in the situation. What do you need mentally, emotionally, spiritually, or physically in the situation you described?

MORE TIPS

- Pray in any order. (Praying around the circle can put people on the spot and tends to stifle spontaneity and authentic prayer.)
- Don't feel obligated to ask for prayer or to pray out loud at every meeting.
- Think about your request for prayer and write it out beforehand.
- If you are uncomfortable with spontaneous prayer, try writing out a simple prayer beforehand that you can read in the group. Examples: "Thank you God for _____." "Help me to _____."
- Ideas for prayer requests:

Calmness	Clarity	Comfort	Confidence	Courage	Discernment	Encouragement
Faith	Focus	Forgiveness	Grace	Gratitude	Guidance	Healing
Hope	Inspiration	Joy	Knowledge	Learning	Love	Patience
Peace	Protection	Strength	Support	Teaching	Understanding	Wisdom