

# Prayer Options for Community Groups

Community Group is a great place for group members to begin learning how to begin their prayer life. Most new people in groups will be very shy about praying out loud in their group. Below are some practices that we have seen over the years that help people to become more comfortable in prayer and begin their communion with God in this area.

**Leader Prayer:** As the leader of your Community Group, you are able to set the tone of what communication with God through prayer looks like. Always begin and end your group with prayer. If you are new to leading, your prayers can be as simple as:

- **Opening Prayer:** Thank God for your group members, ask Him to lead the group time and thank Him for what He will do.
- **Closing Prayer:** Thank God for the group meeting. If there was something shared that God did in someone's life this week, thank Him for His grace. Pray over any prayer requests given, ask God to protect your group over the next week and to show Himself personally to each person in the group.

**Popcorn Prayers:** If the people in your group are new to praying out loud, start them out slowly by asking them to pray by saying one line out loud to God.

**Examples:**

- Thank God for something He has done in your life this week
- Tell God one thing that you love about Him
- Ask God for one thing you would like for Him to do for you

**Popcorn Prayer after Scripture Reading:** Choose a scripture that goes along with your study for the evening. At the end of the night, have your group close their eyes as you read the scripture slowly to them. Have them go around afterwards and answer:

- What did you hear God say specifically to you? (Father I heard you say. . . )
- Is there something God is asking you to do? Let God know you heard Him and will be obedient.

**Popcorn Prayer after a Worship Song:** If your group enjoys worship before you begin your lesson, play a song and ask them to respond to God by what they heard God say to them through worship.

**Quick Journal Prayer Request:** When people begin to arrive to your group, have a *Prayer Request Journal* sitting out with a pen and ask members to write down their prayer request for the week as well as any answered prayers that they have had over the last week. At the end of the night, have someone in the group go through and read the requests to God in prayer and thank Him for His answers. Review the journal at the end of the semester to thank God for all the way He answered prayers for your group.

**Prayer Partners:** Give everyone in the group a 3x5 notecard or a piece of paper. Have them write a prayer request specifically for them (not someone else) on the paper. Place the cards in a bowl and have them draw out a card. The card they pull will be the person they pray for during the week. (If you have a couple's or mixed group, you may want to have men draw men's prayers and women draw women's) Encourage them to call or e-mail their prayer partner during the week to let them know they are praying for them. When the group gets back together, at the end of the night ask if anyone would like to pray aloud for the person they have been praying for all week. – I have discovered that in Community Groups, people tend to be more open to pray for specific needs of others rather than pray for themselves. Many times this helps people to open up and pray aloud and teaches them the art of intercession.

**Prayer Prompts:** During your group time, listen intently to what the members of your group are revealing during discussions. If you sense that someone is going through a hard time, struggling in a specific area or with someone specific, feel free to ask them if they would like to have the group pray over them. Go to where they are sitting and pray over them. Invite others to do so but do not require them to. Take time to pray for what is going on in your member's life. Before your group starts, ask the Holy Spirit to prompt you when someone needs this type of prayer. Learn to be obedient and comfortable praying for others in this way. It will bless the people who need prayer as well as the others in your group.

**Concert of Prayer:** If you have a group that is made up of more mature believers or many in your group are comfortable praying aloud, feel free to invite them into a concert of prayer over certain issues. Explain to the group what you are praying for and what you would have them ask God for. Ask everyone to begin praying at the same time out loud. Once you believe the prayers are slowing down, close the prayer by speaking louder and asking God to answer the prayers He has heard.

**A.C.T.S. Prayer Model:** For your members who are beginning to pray, this is a very simple model to teach them on the elements of prayer.

**Adoration** – “Praise be to God” – Psalms 68:35

Teach them how to begin prayer with praising God for who He is and to show their love for Him.

**Confession** – “If we confess our sins, He is faithful and just, and will forgive us our sins and purify us from all unrighteousness.” – 1 John 1:9

Have them share with God where they have fallen short and thank Him for His forgiveness.

**Thanksgiving** – “Glorify Him with thanksgiving” – Psalm 69:30

Encourage them to share with God all they are thankful for; from Christ dying for their salvation to the air they breathe. Teach them to be thankful in all things.

**Supplication** – “Make your requests known to God” – Philippians 4:6

Help them to understand that God cares about their every need and desires to hear their requests. Just as a child would ask for anything from their parent, train them that they can come to Him with anything.