



## Small Group Prayer Life

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Prayer is an important part of group life.

Ideas to keep your group prayer time from becoming boring:

1. Prepare for your group prayer time.  
Come to the meeting with an agenda for what you will be praying for during your prayer time.  
Read your weekly email to determine what the church is praying for so you can incorporate the church's requests in your group prayer time.
2. Incorporate prayer throughout your group meeting. Pray immediately after a concern is raised—don't wait until the official prayer time.
3. Vary the method and style of prayer.  
Whenever you do the same thing over and over it will become boring, it's the same with prayer.  
When we change up the way we pray we engage our hearts and minds in new ways.
  - Model real, heart level prayers.
  - Pray only prayers of thanksgiving or praise. Make it a "no prayer requests allowed" prayer time.
  - Pray one sentence prayers.
  - Pray aloud simultaneously.
    - Personal needs
    - Pre-Christian friends
    - Small Group
    - Family
    - GMZ
  - Spend time in intercession and confession.
  - Written prayers that each member shares.
  - Silence.
  - Read a Psalm to open your group time.
  - Pray through scripture. You may need to model this for your group before you ask for others to pray through the scriptures.
  - Ask members to gather in groups of 2-3 for prayer.
  - Ask members to lay hands and pray for one another.
4. Ask members to list prayer requests according to categories. This helps to avoid lengthy sharing time as you're discussing prayer requests.
  - Physical needs
  - Financial needs
  - Spiritual needs
  - Relationships
  - Thanksgiving
  - Praise

5. Keep prayer requests focused on your group and immediate family.  
Sometimes it will be necessary to include broader requests but as a general rule keep requests limited to the group and immediate family members. As the requests start expanding over the semester, remind group members.