

## QUICK GUIDE – DAILY PRAYER MEETING (45 minutes)

Scripture Passage: \_\_\_\_\_

5 min **Community and Vision** – Lead an activity that helps your group get to know one another. Then tell the group your vision for why you are meeting and what you want to see God do.

*[As you prepare to lead your meeting, be sure to do the behind-the-scenes intercessory work of asking for that precious encounter of your group members with the Holy Spirit. Petitionary prayer alone can be boring and self-centered, and exciting prayer meetings happen when people hear from God, too.]*

5 min **P: Praise** – Prayer is rooted in who God is, not just our efforts, so we begin with praise and thanks. I will read a Scripture passage so it can shape our prayers. Let's praise God for who he is and thank God for what he has done and is doing. Use this statement to begin your prayer: "God, we praise you for \_\_\_\_\_."

5 min **R: Repent** – Prayer is about who we are becoming, not what we are doing, so we open ourselves to repentance and realign ourselves with God. I will read more Scripture to help guide our confession. Then we will pray in groups of 2-3, beginning like this: "Lord, we confess that \_\_\_\_\_." Consider using liturgy to help guide confession or inviting people to write out their confessions before praying.

*Liturgies from Below: Praying with People at the End of the World* by Claudio Carvalhaes  
*Every Moment Holy* by Douglas Kaine McKelvey  
*Common Prayer: A Liturgy for Ordinary Radicals* by Claiborne, Wilson-Hartgrove, and Okoro

10 min **A: Ask** – Prayer is an encounter with God, not a transaction, so we bring our requests in trust and hope. I will now guide us through a few topics to pray about. We will focus on the spiritual realities in our community, like people not knowing and following Jesus, spiritual struggles people are facing, injustices, brokenness, and so on. As we pray, let's listen to one another so we can follow themes and agree in prayer (rather than rushing to the next topic). We ask, "God, how should we pray for this situation?"

*If the group is quiet, encourage them to read a line from Scripture as their prayer. You can also have them go in a circle and pass if they'd like. Or simply let them know that silence is okay and you'll move them along to the next section of prayer after a certain amount of time.*

10 min **Y: Yield** – Prayer is a posture, not a procedure, so we remember that Jesus is Lord and we surrender again to his leadership in our lives. Move your body to a posture of surrender, like hands open in front of you, kneeling, bowing your head, or anything else that is comfortable for you. Let's begin with three minutes of silence as we pray this breath prayer: "(Inhale) Lord Jesus, (exhale) we surrender to you." Allow three minutes. Now let's pray anything we sense: "God, what invitation do you have for us today?"

10 min **Debrief** – Let’s talk about what we experienced in prayer together. What themes did we see coming up? What is God saying? *Discuss as a whole group, beginning in groups of 2-3 if you have more than 15 people.*

*The Power of Group Prayer: How Intercession Transforms Us and the World* by Carolyn Carney  
*Pray Like a Gourmet: Creative Ways to Feed Your Soul* by David Brazzeal