

# Prayer Week

## A Prayer Week

As a church, we want to pray more together. As part of this, we would like each Growth Group to dedicate one meeting to prayer each term. Here's a framework, similar to the one we use on Sundays for Prayer at 6. At the end are some suggested alternatives for each section, but be creative!

### **PREPARATION**

Start by reading a passage about prayer (ideas below) but don't discuss it! Then for **5 mins**...

- In silence or to instrumental music . Each replay a 'video of your day' in your mind. Silently talk to God about what happened & the people you met.

### **ADORATION, PRAISE & THANKSGIVING**

Spend **5 mins** praying prayers of praise and thanksgiving to God – for who he is and what he has done.

You could try this...

- If there are more than 7 of you, split into two groups
- In a minute of silence, reflect on: What do you like about God? and What has he done for you and for others?
- Read out Psalm 150, 145 or similar passage together. Now in your groups, for about 3 mins, say short prayers. Begin each with 'We praise you Lord for...' Then all join in with 'Amen'. (For example: 'We praise you Lord for your forgiveness. Amen. We praise you Lord for giving us food. Amen etc)
- You could finish this part by singing or reading out a song of praise.

### **CONFESSION**

Do an activity of confession for **3 mins**. There are suggestions below.

### **LISTENING TO GOD**

This is a 'Lectio Divina' pattern. It can be used with any passage individually or as a group. Pick a passage of about 8-20 verses (suggestions below)

- Go around the circle reading the whole passage one verse at a time slowly

# Growth Group Notes



- Each spend 3 mins quietly reflecting on which word, verse or part of a verse particularly strikes you today?
- After, in turn – each just share the few words/phrase which struck you (without explaining why)
- Read round circle again – starting with a different person
- Spend 5 mins in silence. Ask God to speak to you. Reflect on any of the verses you've heard & why they're important. What might God be saying?
- In turn – briefly share anything that struck you. This is not a time for a conversation or Bible study discussion.
- Have 2 mins more of quiet. Ask God what he wants your response to be. Is there anything you need to change or do?
- Read round once again.

## **INTERCESSION**

**Please pray for the church for 10 mins.** You could do it like this...

- Try and list as many aspects of the church that you can think of (eg Revive, Breakfast, Musicians, Alpha, Christmas events etc). Put them in the middle of the room as reminders. (The church website could help).
- Now pray short prayers for the different things you've written down. All finish each prayer with Amen.

**Pray for our local community for 5 mins.** You could do this in the same way as for the church. Your list might include schools, businesses, the elderly, shop workers, the council etc

**Pray for national and international issues for 5 mins.** You could make this fun by each drawing a picture of something you want to pray for. Explain your picture, then say a prayer based on it.

## **TO FINISH**

**Split into 2s-3s.** Share anything else you want to pray for at this time in your life. Pray for one another.

**Finally:** Read out 2 Corinthians 13:14 as a whole group & finish with 'Amen'.

*Prayer is vital – for us as individuals and together as a church. It would be great if you could join us sometimes on Sundays for Prayer at 6.*

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## Ideas to Help You

### Ideas for passages for opening reflection:

Mark 14:32-38, Luke 11:9-13, Luke 18:1-8, Luke 18:9-14, Matthew 6:5-8, Matthew 6:9-15, Philippians 4:4-7, Colossians 1:9-14

### Ideas for confession:

- Put out a shredder. Each write on a piece of A4 paper something you want to say sorry to God for (eg pride, gossip, not loving etc). Quietly say sorry to God as you put your paper through the shredder.
- Write on smaller pieces of paper things you want to say sorry for (as above) and then set light to them in a bowl (probably outside)
- Put out a bowl of water. Have a time of quiet to each say sorry to God for things you've done wrong. Now read out Psalm 51:1-2, then each wash your hands in the water as an act of confession
- Put a piece of coal in the middle of the room. Read Isaiah 6:1-5. In silence, each take time to think about things you've said that have been wrong recently. Say sorry to God for them. Then read out verses 6-8.

### Ideas for passages for Lectio Divina:

You could use most of the Bible for this! But maybe use the reading for a recent week's Growth Group notes, or try one of these...

Proverbs 3:1-20, Romans 12:1-8, John 15:1-17, Philippians 2:1-11, Philippians 3:7-16, Colossians 1:3-13, Luke 15:11-32, Isaiah 35:1-10, Ephesians 3:14-21, 1 Peter 1:13-2:3, Ezekiel 37:1-14,

# Growth Group Notes

