

Penguin Prayer Model (Prophetic Prayer Model)

Exercise:

- Round 1: One Word
 - Say what you hear, see, feel...don't try to explain it!
- Round 2: Expand into a sentence
 - Expand on what you heard in round 1
- Round 3: Pray into and encourage!
 - Pray what you heard/saw over the person
 - Pray the opposite if it's negative...identity!
 - Break of ties, demonic influence (depression), heal, prophecy

Purpose:

- Penguins are funny creatures! When one penguin is cold, they gather around the cold one until he is warm enough to go back out.
- This is the prayer model the Lord showed us as we began to seek Him and pray for each other. Like penguins, we gather around one who is cold, hurt, broken or needs to be encouraged. We surround them and speak the heart of the Father into them until they are warm with His presence and free from the lies of the enemy.

Audience:

- Works with any size group
- It doesn't matter if they are seasoned prophetic folks or have never spoken a prophetic word in their life!

Set Up/Facilitation:

- Introduce the model by explaining the purpose and how each of the 3 rounds will go.
 - Make sure to emphasize to not overthink or try too hard, just say the first thing that comes to mind
 - Tell the group it's OK to make mistakes and mess it up, but encourage them to take risks!
- Break the group into small groups of 4 – 6 people
- Have one person volunteer to be in the middle
- The rest of the group should lay hands on the one in the middle
- The facilitator then prays and asks the Holy Spirit to reveal what the Father wants to say to the person in the middle.
- Ask the group if anyone has something and wait a few seconds. If someone speaks, then quickly move to the next person in the group and call them by name or point to them. The key is to keep it moving.
 - If someone doesn't speak up, then pick one person to start and then move quickly around the circle asking each person.
 - Encourage them to speak up, but don't force them!
- When round one is over and everyone who wants to speak has spoken, ask the person in the middle if anything resonated with them.

- If they say no, remind the group this is a learning process and not to worry.
- If they say yes, have them share a little about what resonated.
 - This is important because it encourages everyone and builds their faith! Many are doubting they can hear from the Holy Spirit and this begins to make them thin, “Maybe I actually heard from God!”
- Start round 2 after they share. Pray and ask the Holy Spirit to expand on the work given to everyone and give them a sentence.
- I usually point to the person that spoke first in round 1 and go from there.
- Once everyone has spoken then pause and ask the person in the middle what resonated with them.
 - Be sensitive here, many times the person in the middle has been deeply moved and is in tears. Be gentle and love them with the love of the Father!
 - Give them time share! Point out connections through the stories.
- When you feel it’s time, start round 3.
 - It’s critical for the group to speak encouragement into the person.
 - If something on the negative side came to the surface like depression, then break off the spirit of depression in Jesus name and pray/speak peace, hope and love into them!
- After round 3, make sure to debrief with the group and ask questions to them!
 - What was the most meaningful?
 - Was that hard? It was pretty easy right?
- As time allows, ask for another volunteer in the same group and repeat the process!