

[Acts 2:42](#) “And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.” This describes the early church’s commitment to Scripture, prayer, and fellowship. How can our groups model this approach without spending all our time on one or the other?

### **Basics:**

- **Be Brief** - [Proverbs 10:19](#) wisely tells us: “When words are many, sin is not absent.” But sometimes it’s not just the content of our words, but the time we take to share, that can be a problem. Since we want each woman to have equal opportunity to share, we encourage brevity.
- **Vary prayer** time – beginning or at the end.
- **Rotate your method** of prayer in your group – don’t get “stuck” on only one way.
- If someone is in crisis, stop right then and pray for her.
- We also dedicate certain Bible study sessions to extended prayer and fellowship.

### **Prayer Options:**

#### **1. Praying scripture - Word filled prayer**

Praying the Scriptures is one way God kneads its beauty and truthfulness into our hearts. When we use God’s own words by praying Scripture, we’re aligning ourselves with His heart and praying according to His will. Use the passage that you are currently studying (choose 2-3 verses) or pray through a Psalm out loud.

#### **2. Small Group Prayer**

Divide into smaller groups of 2 or 3 to enable adequate time for sharing requests and praying together. Each person shares one specific praise and/or need, prays for the other’s request, and commits to pray throughout the week. This will encourage quiet people to pray, and it promotes honest prayer.

#### **3. ACTS – Large Group Prayer**

*Adoration*—praise God for WHO he IS (what attribute of God stood out to you this week?)

*Confession*—repent of sin (silently or out loud - depending on the maturity of your group)

*Thanksgiving*—thank God for what He’s DONE (what are you thankful for this week?)

*Supplication*—personal requests

This method trains women to incorporate all these elements in the prayer life, beginning with worship.

#### **4. 3x5 Cards or Post It Notes**

**a.** Give everyone a three-by-five-inch card to write down a praise & prayer request for the week and have them exchange cards with another member of the group. They can take this home or pray out loud in the group.

**OR**

pass a basket and have them place the request in it. Have those who are willing to pray, take a card out of the basket.

**b.** In the beginning of the year, pass out 3x5 cards & have them each write 1 word on one side of the card that they need prayer for (patience, loneliness, stamina, etc.) & include their name on the card. Then they give the card to another woman, and she prays for her that week. The pray-er may write on the card a scripture that came to mind, or a prayer. When you meet again, hand the cards back to the original person for encouragement. In February, have them look at those cards and share how God has worked in their lives since they wrote that original word. *This prayer technique is meant to be done only a couple times a year – NOT as your only prayer method.*

## 5. Popcorn prayer

People pray aloud their own personal praises and/or requests following no particular pattern or order

**OR**

Ask if there are any prayer requests and ask volunteers to pray for each request.

## 6. Keep Prayer Lists

Pass around a prayer list notebook at the beginning of each Bible study. Writing out prayer requests affords women the opportunity to share without pressuring them to share. It also limits the length of time spent on prayer requests since people tend to be more concise in writing (e.g., they leave out the story behind the story).

A volunteer or the leader e-mails these to the other group members (*get permission to email them*). Encourage each woman on the list to pray for the woman just before and after her name. They could also check in mid-week on any specific updates. This simple system cultivates prayerful fellowship and care among all members of the group, not just dependency on one leader to do all the “checking in.” It also focuses the majority of our weekly time together on studying the Scriptures in-depth.

**Or**, you can ask them to text or email requests to you and then cut and paste them into a document.

## 7. Sentence prayers (this is especially good at the beginning of the year)

Praying only one sentence at a time creates a more interactive environment for a group. By limiting the words you speak, you open your mind and heart to what God is saying to others.

***You could have them go in a circle and simply pray one of these:***

Lord, today I am blessed because...

Lord teach me to trust you when...

Today I am thankful for...

I need grace and mercy when it comes to...

For my family, I pray...

Lord, please heal...

Father, please deliver...

Jesus set free...

Lord, my friend needs...

Lord, my neighborhood needs you...

Jesus, my work place is...

Lord, I pray for my children...

Lord, I praise you, because....

Lord, give me discernment in....

Lord, I pray and ask for peace over...

Jesus, I give you glory for...

Jesus you are....

Lord, I pray that \_\_\_\_\_ would put his/her trust in You

Father, I need wisdom for...

Lord, you showed your love when \_\_\_\_\_. Or fill in any of these words in place of love:

peace, grace, kindness, faithfulness, joy, mercy, patience

**Other Recommendations:** Prayminder (app) sends reminders to pray, GoogleDoc (app) easy to create, open & edit within your small group.

