

Prayer and Share Help Guide

Purpose

A Life Group prayer and share time provides a space for individuals to connect with God, build community, and encourage one another. A structured approach can help facilitate a meaningful experience, focusing on prayer requests, sharing, and fellowship.

Structure for Prayer and Share Time

1. Set the Stage

- **Time:** allocate a specific time (at the beginning or end of Life Group) to **take 10-15 minutes to allow for a time of sharing about care needs and prayer requests.**
- **Expectations:** briefly outline (as needed) guidelines for prayer requests, maintaining confidentiality, and the type of sharing (e.g., specific needs vs general reflections, rumors, etc.)

2. Prayer Time

- **Sharing:** allow members to share specific prayer requests or care needs, encouraging individuals to be specific in their requests to help others pray effectively.
- **Updates:** encourage members to share updates on prayer requests and any celebrations, or positive developments of God's direction and grace.
- **Note Taking:** write the requests and updates on the white board, in a journal, or use note cards and give time for each person to write out a request or update on their own.

3. Prayer Methods

- **Circle Prayer:** allow opportunities to pray through the requests together, inviting someone to open and close the time of prayer.
- **Pass and Prayer:** if using notecards, once filled out have the person pass to left or right and prayer over those requests.
- **Dyads or Triads:** invite members to connect in pairs (Dyads) or groups of three (Triads) and use questions to give each person in the dyad or triad opportunity to share:
 - **High/Low/Overflow (Happy, Sad, Thankful)**
 - What is one high moment from this week (celebration, etc.) of God's grace?
 - What is one low moment from this week (brokenness, struggles, etc.)?
 - In the highs/lows, what's one thing you can give God thanks for (out of the overflow of heart how can you praise the Lord)?
 - **Other heart prompting questions...**
 - What is one thing going well for you or your family right now?
 - What is one thing not going well for you or your family right now?

Staying Engaged Week-to-Week

Setup a means of communicating prayer requests and cares needs out to your group (email/text, etc.). Or setup "prayer buddies" where specific group members partner up month by month to prayer for each other and provide any updates or cares needs to the LG leader.

Note: please include our admin assistant Heather Impastato (himpastato@fellowshipolathe.com) on prayer requests communications by EOD Monday.