

Guidelines for Prayer

Use these simple guidelines to help your prayer time together be meaningful and effective.

- Pray by **subject**. Focusing on one subject at a time helps each woman to listen and pray in accord with the one who is praying aloud.
 - You might use the ACTS format (Adoration|Confession|Thanks|Supplication).
 - Or have directed (pre-determined) topics you will be praying for.
- **Short** prayers. God isn't impressed with the length of ours prayers or the words we use. Keep it brief, allowing each person an opportunity to add her voice to what is being prayed.
- **Simple** prayer. We don't have to use impressive words or complicated theological phrases. Use your natural voice and vocabulary. God hears the simple, sincere prayers of our heart.
- **Specific** prayer. Our needs and concerns matter to God. Faith grows when we know He has heard and answered us. If we always pray in *general* terms ("God, please save everybody") we miss the joy of *answered* prayers.
- **Silent** moments. Don't feel like you have to fill up every moment with words. Let silent moments be your cue to pause, listen, and allow the Holy Spirit to speak to you.
- **Small** groups. It can be intimidating, especially for reserved or new believers, to pray aloud with others. But in small groups, we gain confidence in praying. If you have a larger group, divide into groups of 3-5 women.