

Grow Group's Tips On Prayer

Leading a Meaningful Prayer Time

Prayer is one of the most important parts of your Grow Group—but it doesn't have to look the same every week. Some weeks, your group may pray together as one group. Other weeks, you may split into smaller groups or use a creative prayer exercise. Variety helps keep prayer engaging while allowing everyone to participate.

Before You Pray:

- Keep it conversational.
 - Prayer isn't a performance. Encourage people to simply talk to God.
- Use discretion.
 - Remind your group that prayer requests stay in the group unless given permission to share.
- Don't force anyone to pray aloud.
 - Participation should always be invited, never required, but encouraged.
- Leave enough time.
 - Don't wait until the last two minutes of the group. Plan for 10–20 minutes.
- Pray more than you talk about prayer.
 - Sometimes we spend more time discussing requests than actually praying.
- Mix up the format.
 - Using a different style every few weeks keeps it fresh and helps different personalities engage.

Healthy Prayer Requests

Encourage requests that are...

- ✓ Personal
- ✓ Honest
- ✓ Spiritual
- ✓ Practical

Try to move beyond only praying for illnesses and travel. Ask questions like:

- How can we pray for your walk with Jesus?
- Where do you need wisdom?
- Who are you trying to reach?
- What are you celebrating this week?
- Where are you struggling?

Leader Tips

- Start by praying first to model simplicity.
- Keep requests brief so there is plenty of time to pray.
- Encourage everyone to share, but never pressure anyone.
- Celebrate answered prayers regularly.
- End with hope and encouragement from Scripture when appropriate.



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Prayer Ideas & Activities

Roses & Thorns (or highs and lows)

Everyone shares:

- One "Rose" (something they're thankful for or best part of the week)
- One "Thorn" (something difficult or hardest part of the week)

Pray through both.

Men & Women Groups

Split into smaller groups by gender.

Often encourages greater honesty and deeper sharing.

Prayer Partners

Pair people up. Each person prays for the other before leaving.

Great for quieter groups.

Thailand Style Prayer

Everyone prays out loud at the same time. Instead of waiting for turns, everyone simply begins praying.

This removes the pressure of public speaking while creating an atmosphere of unified prayer.

Silent Prayer

Spend 2–5 minutes silently praying before anyone speaks.

Then close together as a group.

Written Prayer Cards

Everyone writes one request anonymously.

Shuffle them then pass them out and each person prays for the card they receive.

Prayer Journal

Keep a notebook for your Grow Group.

Write requests each week. Celebrate answered prayers throughout the semester.

Around-the-Circle Prayer

Each person offers one short sentence prayer. Examples:

- "Lord, give Sarah peace."
- "Thank You for Your faithfulness."

Simple. Short. Everyone participates.

Scripture Prayer

Read a Psalm or passage together. Pray through the verses.



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Examples:

- Psalm 23
- Psalm 121
- Philippians 4
- Ephesians 3:14–21

One Word Prayer

Ask each person to share one word describing what they need.

Examples:

- Peace
- Courage
- Wisdom
- Healing
- Patience

Pray through those words together.

Prayer Walk

Walk around the neighborhood or church campus praying.

Pray for homes, schools, neighbors, and your city.

Mission Prayer

Put a map or globe in the middle. Pray for:

- Missionaries
- Local schools
- Government leaders
- Church
- Lost friends

Empty Chair Prayer

Place an empty chair in the room.

Pray for someone who isn't yet following Jesus or someone missing from group.

Popcorn Prayer

Anyone may pray at any time. No particular order.

When there's a pause for several seconds, the leader closes.

Answered Prayer Night

Instead of only sharing requests... Ask: "How has God answered prayer recently?"

Celebrate God's faithfulness together.

ACTS Prayer

Structure prayer around four words:

- Adoration – Praise God



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- Confession – Admit sin
- Thanksgiving – Thank God
- Supplication – Bring requests

Remember...

The goal isn't a perfect prayer meeting.

The goal is helping people grow comfortable talking with God and praying for one another.

"Devote yourselves to prayer, being watchful and thankful." — Colossians 4:2

"Confess your sins to one another and pray for one another, so that you may be healed. The prayer of a righteous person is powerful and effective." — James 5:16

Prayer Pitfalls to Avoid

- Turning prayer time into a gossip session.
- Letting one person dominate the requests.
- Spending 20 minutes sharing requests and only 2 minutes praying.
- Feeling like every silence needs to be filled.
- Using prayer to preach or teach others.

A Healthy Prayer Rhythm (15 minutes)

- 3 minutes: Share updates and requests.
- 10 minutes: Pray.
- 2 minutes: Close with Scripture or praise for answered prayer.