

PRAYER PARTNERS

This guide is designed to help you start meeting with a prayer partner.

PURPOSE

Prayer partners help group members care for one another, pray specifically, and grow spiritually between meetings. The goal is not perfect prayer; the goal is honest, consistent, Christ-centered encouragement, and communion with God.

SIMPLE GUIDELINES & GAURDRAILS

- Meet or check in weekly if possible.
- Keep conversations confidential unless someone is at risk of harm.
- Share both needs and wins.
- Pray specifically, not generically.
- Follow up on last week's requests before adding too many new ones.
- Encourage one another toward Scripture, obedience, and trust in Christ.
- Keep it short, sincere, and consistent.
- Don't turn prayer time into advice time.
- Don't dominate the conversation.
- Don't try to solve everything at once.
- Don't share what was said with others unless necessary and appropriate.
- Don't make prayer so formal that people stop being honest.

BASIC MEETING STRUCTURE

1. Check in

- How are you doing in the following areas:
 - Spiritually
 - Physically
 - Emotionally
 - Mentally

2. Follow up on last week's prayer requests

- How have you seen God at work?
- What can we celebrate?
- What do we need to continue to pray over?

3. Share new requests

- What is something spiritual I can pray for?
- What is something practical / physical I pray for?
- Is there anything pressing that needs prayer?

4. Pray - Pray out loud for each other to end your time.

PRAYER PARTNERS

PRAYER PROMPTS

Heart and life

- What is heavy on your heart right now?
- Where do you feel anxious, tired, or discouraged?
- What has been encouraging you lately?
- Where do you need God's help this week?

Spiritual growth

- How is your time in Scripture and prayer going?
- What truth from God's Word do you need to remember?
- Is there an area where you need strength to obey?
- Is there a temptation, sin pattern, or spiritual burden we should pray about?

Relationships

- Is there a relationship that needs wisdom, healing, or courage?
- Who are you trying to encourage or forgive?
- How can I pray for your family, marriage, friendships, or parenting?
- Is there someone you are burdened to reach with the gospel?

Work and daily life

- What is happening at work, school, or home that we should pray about?
- Where do you need wisdom or patience?
- What feels overwhelming right now?
- What would faithfulness look like in this situation?