

movement prayer

The Prayer Triangle

Overview

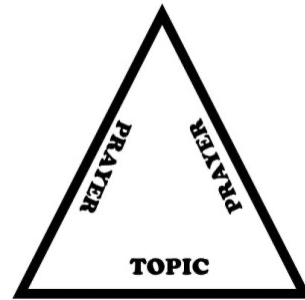
The Prayer Triangle, or Man in the Middle, is a Prayer Tool that invites group members to introduce a variety of topics one at a time and to fully support each topic in prayer. It works best with groups of 5-15 people.

Getting Started

Start by cutting a large sheet of paper into a triangle.

Next, write “Topic” on the base of the triangle and

“Prayer” on the two longer sides (See diagram).



1. Place the triangle on the floor in the middle of the room. One individual starts by stepping forward and standing behind the side of the triangle labeled “Topic.” After introducing the topic, the person prays, then steps back from the triangle.
2. Others in the group are encouraged to pray into the topic by stepping forward one at a time and standing along one of the sides of the triangle that is labeled “Prayer.” As soon as a person finishes praying and steps back from the triangle, others can step forward to pray.
3. Continue until no one else steps forward and the prayers subside, indicating that the topic has been fully covered. The process starts again when someone steps up to the “Topic” side of the triangle and introduces a new topic to cover in prayer.

Variation

Video conferencing or Zoom Version: Instead of utilizing the triangle, individuals introduce a topic in the chat box. Others in the group then pray into the topic until all sense the topic is fully covered. At that point, prayer begins for the next topic. Topics are prayed for in the order they were introduced in the chat box.