

Prayer Ministry Model

Goal for the Meeting: The goal for the meeting is to teach the students how to pray for their friends and Core Group members with a little bit more specificity. This is a good meeting to have before a certain worship night or a retreat that is upcoming.

Who of you in this room has had one of those moments when at somewhere like a Dive Deep or a Retreat you've had your Core Group member come up to you and say "they just want prayer" and you can tell they are having a deep moment with God but you don't really know what to pray? Or they are crying and not really coherent they just "need prayer." What are you supposed to do?

If you are like me then for many years I would just begin to vaguely pray something along the lines of God be with them, or God bless them/comfort them etc. I was never really sure if what I was praying was hitting the mark. Were my prayers moving them closer to God and what He had for them or were they just becoming a distraction?

Well that is what we are going to talk about today. How to minister to our brother or sister during those times of prayer beyond just a God bless them. When I learned the model that we are going to go over, it was really helpful for me. It gave me some good questions to ask and structure to think through. And most of all there were many times when I would step back after the prayer time and be like wow God really met that student right there. I just witnessed some personal transformation.

In Chi Alpha we believe in *the power* and *the process*. But if you are like me, you can tend to default to the process (well lets talk about that at in our next mentoring meeting) when really that person needs a moment of encountering God. Sometimes the Holy Spirit can do in 20 minutes of prayer what might take us at least 2 months of discipleship.

So we are going to look at how we as leaders can help open the door for a student to encounter God in potentially a power moment.

Lets start with some general prayer basics.

Very basically I think its always good to have a mint with you. Does your breathe smell good? Also, be aware of the volume of your voice. (you know that awkward moment where the music dies down and that certain person is still praying really loudly)

Ask permission to lay hands on a student. (generally I say do you mind if put my hand on your shoulder.)

Are you in a good space? Maybe you want to move to the side or back of the room?

When that student comes up to you crying or asking for prayer what do you do?

Interview

The first thing you do is ask a question. For lack of a better word, I call this the interview time. You are trying to discern what is going on or how you can come alongside them in prayer.

This can look like a basic question of "how can I pray for you" "Tell me a little bit about what is going on" "what do you need from Jesus"

and often I follow it up with the question "when did this start" or "how long has this been going on" (i.e. did something in the message trigger this, did they come into the room with it?)

And during these questions, I'm having an inner dialogue with God asking for wisdom. God is this an area of sin they are trying to deal with, do they need to forgive someone? Is there an

area of hurt they are trying to lay down? are they in physical pain? or do they just need the comfort of someone praying with them?

From this interview time, hopefully I discern a vein of prayer to move in. I think two prayer veins that I encounter often is a student has a sin they need to confess (like they slept with their boyfriend) or they have a burden they need to lay down (like they've been angry at God). We are going to walk through a prayer model that I think is particularly helpful for these two types of students. Time and time again using this model, I've seen Jesus walk a student from a place of pain to a place of freedom.

This model has 5 steps to walk through. And I kind of view it as an accordion that each step can be collapsed or expanded depending on the individuals prayer needs. But I'm still going to be walking through is each step needed in my head. While we walk through this I'm going to walk you through two real life examples of how I've prayed through this model in the past. We'll call the student who slept with her boyfriend and felt sorry about it, Courtney, and the student who was angry at God, Emily.

A Model for Real Community Prayer: praying deeper with a brother or sister.

Step one

1. Repent/Confess:

This is either a time for the person you are praying for to repent of an area of sin or a time to confess/open up and tell God about an area of pain/lies/doubt/etc that they have been carrying.

So when I was praying with C. I said something like C why don't you just take a moment and either out loud or silently repent to God about what you did. And with Emily I said, Why don't you just take a moment and tell God how you are feeling. I wanted her to get on the table that she was angry at God so that she and God could deal with it.

After they've had a time of confession, I think through step 2 in my head. Do there need to be any steps of forgiveness? Do they need to forgive someone else? Themselves? God? Do they need to receive God's forgiveness? if the answer is yes then I move them into step 2.

2. Forgive and Bless

- Encourage them to picture the person, speak forgiveness to them for the specific offense. *"I forgive you, _____, for _____"*

In Court's case she really needed to forgive herself for walking away from God and down a path she knew wasn't right. And then she really need to receive God's forgiveness. So I just had her pray something along the lines of "God I forgive myself because I know you have forgiven me. Thank you for your forgiveness"

With Emily during her time of confessing things and laying it out on the table, it came out that what she was really angry at God about was that she felt he had abandoned her during her childhood. Her parents had moved her to India during her childhood and she felt like God had abandoned them. So it came out that she needed to forgive her parents and forgive God So we just paused the prayer time and chatted for a few moments, I said Emily I think before invite God to heal that pain we need to release all this bitterness you've been storing up. So I had her prayer forgiveness over her parents "I forgive you mom and dad for moving me to a hard place like India when I didn't want to go. I acknowledge that God didn't abandon me there."

- If the student can, I think it is good to end forgiveness with blessing or wishing well towards the offender- Even if their emotions aren't there yet, it is saying I choose in the name of Jesus to no longer wish ill towards you but instead wish you well
- Note: the student may need help understand that the nature of forgiveness isn't denying that something was painful nor does it necessarily mean restoring the offender to the original place of trust. It is simply handing the situation over to God.

3. Renounce or Rebuke the Influence of the Enemy

Oftentimes when we sin or suffer wounding from something, we open a door for the enemy to influence our life. Taking a specific moment to re-close that door can often be key to stepping into freedom. Jesus said that greater is HE that is in us, then he (the enemy) that is in the world. We have the power to take authority over evil and remove its influence in our life.

I think this simply looks like saying "In the name of Jesus, I rebuke a spirit of fear/anxiety/lust/insecurity/etc." Often I will pray this for the student and then move directly into step 4 by saying we invite you Jesus to come in and show us truth.

So for Court this looked like recognizing that by walking in sin she and her boyfriend had opened a door to lust and it was causing problems in her relationship. I prayed over her and simply rebuked a spirit of lust and then moved straight into step 4. For Emily, wrestling with the thought that God had abandoned her and really opened the door to a lot of fear and anxiety in her life. I simply rebuked the spirit of fear and anxiety and moved right into step 4.

Now this is my favorite step because time and time again I've seen Jesus do some really deep personal transformation during this time.

4. Invite Jesus to administer healing

Invite Jesus to come in and minister healing to the person you are praying for. *Lay hands* on them and pray that Jesus would heal and wash clean the bruises and wounds of the past. The goal is for this to be a time of inner healing, a time to receive Christ's peace and joy and a new, God-give perspective/interpretation of the past.

- If it is an area of sin that you have been praying for you can invite Jesus to wash them clean. To renew their mind and body. You can invite Jesus to give them boldness and courage to walk in righteousness, and you can ask Jesus to give them new ways of thinking to replace the old.

so for Courtney, this looked like me praying that she would feel washed clean in the Lord. That He would renew her mind give her strength to change a pattern, give her the desire and the boldness to walk in purity and then I sat for a minute and this doesn't happen all the time but I felt the Holy Spirit 2 Cor 5:17 in mind "if anyone is in Christ, he is a new creation. the old has gone, the new has come!" I shared that with Court and said I think this is how the Lord sees you right now. And it was a really touching moment for her and that verse was something she clung to in the weeks ahead.

- If it is a burden that they student is laying down. You (or the person receiving pray) prayerfully hand that burden over to Jesus. Invite Jesus to speak truth and healing. If it is a specific memory, like Emily's story, invite Jesus into the painful memories of the past that are still affecting the student's present life. Ask Jesus to help those memories, to speak truth in replacement of the lies, to show you

where He was during those moments of hurting. Jesus does not block out the memory of the event, but he can and does remove the sting and the pain. The memory should not have the same power over that student.

So when Emily and I invited Jesus into those painful memories, she actually ended up getting this beautiful picture of Jesus showing her a family photo album and on each page was a picture of her families time in India and in each picture Jesus had his arms around them. It was really healing for Emily to go back and see where Jesus actually was during all those painful moments. And it gave her courage to believe the truth that He was still with her and had not abandoned her. I watched her face change with joy

Now cool pictures don't always happen. sometimes I just pray scriptural truths that I know are applicable to that situation.

- This is also a great time to let the Holy Spirit speak. As you are praying for the student, pause quietly and ask God if he would have anything to say to that student. Perhaps God will give you a scripture or a picture to encourage, strengthen or comfort that student with.

Luke 4:18-19 "The Spirit of the LORD is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed; to proclaim the acceptable year of the LORD."

Psalms 147:3 He heals the brokenhearted and binds up their wounds.

Now this is the last step and is usually a quick conversation rather than a prayer.

5. Renew the mind

The scripture makes it clear that when we clean out the sinful junk in our lives, we need to be quick to replace it with righteous things or the sin may be quick to return. This is the last step of the prayer process where you move out of prayer into a brief time of wise counsel. Pray that the Lord would renew their mind and give them strength and then help the student think through what looks different now

- Encourage the student to replace sinful actions with obedience and encourage them to replace lies they have been believing with biblical truth.
- Find specific scripture that they can cling to as they step into this new freedom. Encourage them to memorize it and meditate on it.
- If restitution needs to be made, encourage them to take those steps. If there are particular objects in their home related to that sin encourage them take steps to get rid of them.
- Encourage the student to make daily space for the Father to continue to speak to them.
- If you are not in a place to help that person with accountability, encourage them to tell a believing friend what happened during this prayer time, and to recruit that friend to continue to encourage them to walk in freedom.
- If you have a chance, follow up with the student in a week or so and see how they are doing. Celebrate any victories with them. Encourage them to continue to walk in freedom and healing.

Matthew 12:43-45 "When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. Then it goes and takes with it seven other

spirits more wicked than itself, and they go in and live there. And the final condition of that man is worse than the first. That is how it will be with this wicked generation."

Romans 12:2 Do not conform any longer to the pattern of this world, but be transformed by the renewing (reversal through repetition and intensity) of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.