

MY PRAYER CHAIR

A LIVING, WALKING, BREATHING RELATIONSHIP WITH JESUS

LEADER'S GUIDE

A 6-Week Guide for Group Discussions

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My Prayer Chair

Leader's Guide for Discussion Groups

MY PRAYER CHAIR PURPOSE

To encourage the reader to engage in an ongoing conversation with God—seven days a week, twenty-four hours a day. Expect splashes of humor and heartfelt stories mixed with encouragement, scripture, and prayer challenges.

MY PRAYER CHAIR LEADER'S GUIDE OBJECTIVES

This leader's guide was created to help you encourage and connect the women embracing *My Prayer Chair*. It is not a step-by-step instruction guide on what to say, or how to say it. It is merely a handbook with small group ideas, discussion questions, and prayer suggestions. This Leader's Guide is broken into three sections.

PART 1—Facilitators: Encourage, Connect, and Pray	Pages 3 - 5
PART 2—Discussion Questions	Pages 6 -13
PART 3—Creative Ideas for Group Prayer	Pages 14 -18

SCHEDULE SUGGESTIONS

You must determine the amount of time your group needs for Bible study. For example, if it is during a lunch hour at work you only have sixty minutes. Our suggestion is to divide your time in half so that the first part is for Discussion Questions and the second part is for Group Prayer. Let's say your group has one and half-hours together. Schedule the first forty-five minutes for the Discussion Questions and the final forty-five minutes for Group Prayer. We have provided the group questions in Part 2 of this Leader's Guide. Then Part 3 provides ten creative ways to incorporate prayer into your group. Each week ask the Holy Spirit to direct you to which prayer technique fits best. The Lord knows exactly what your group needs. Have fun with this section as you seek the Holy Spirit's guidance and counsel.

We highly suggest having a different person lead each week. This opens the door for the Holy Spirit to work in a variety of ways through the diverse styles and hearts of the facilitators. We found this to be a very successful way to lead a group.

PART 1

FACILITATORS:

CONNECT, ENCOURAGE AND PRAY

Thank you for responding to God's call to facilitate a *My Prayer Chair* Bible study. You may be leading a group for a church study, or perhaps you and some friends decided to go through the book together. Regardless of the setting, God called you to facilitate this group. He has so many exciting, as well as challenging, adventures ahead for you.

The *My Prayer Chair Leader's Guide* is designed to assist you in leading your group and is by no means an exhaustive manual. Ultimately, the Holy Spirit is your counselor, helper, and teacher, and He will direct you as you lead. God knows each lady in your group... her needs, spiritual condition, Bible knowledge, life circumstances, physical state, financial situation and everything else. You are there to be used by the Lord to encourage and connect the women in the group. It's humbling to realize God chooses to use us, even with our flaws and sin natures, to participate in eternity while here on earth.

Thoughts might be flowing like, "How can I lead a group? I am not worthy. I don't know where to begin. I'm not theologically educated. I am too young to lead others who are more spiritually mature." Oh, the enemy loves to shoot his fiery darts of fear and doubt in our direction. Recognize the voice of uncertainty. You may have served as a Bible study facilitator before, or it may be your first time to lead a group. Some members of your group might have more Bible knowledge than you or more leadership experience, but that is not relevant. God chose you to be the facilitator of this study. It is very important to realize you are not called to be the teacher or someone with all the answers. Your role is to create interaction in the group through prayer, discussion, tenderness, love, grace, realness, encouragement and laughter.

You have the blessing to lead by example. Begin by praying *before* you know who is in your group. Then one-by-one, as women join the study, you will know God placed each one in the group for a reason. It's fun to watch God. It's fun to watch God puzzle people together to accomplish His purposes!

CONNECT

Women interact with each other better when they are part of a small group that is *real*. Realness begins with you as the leader... when you take off your mask others feel the freedom to follow. When this happens it is easier to get to know the other members of the group and easier to keep conversations going.

As the group leader, you are not expected to do all the talking. Read the questions and ask for answers. Don't automatically give an answer yourself to fill the silence... *Be still and know that He is God*. Sometimes in the silence God is doing His greatest work!

Let the women have time to think and then share. Encourage answers from more than one person so you can hear different responses. What seems like an easy answer for one person may have another person going in an entirely different direction. This is the beauty of small groups... learning and growing together.

Warning: Occasionally there is one person in a group who answers all the questions and, if I might say so, hogs the conversation. One answer to this dilemma is to talk with her one on one, letting her know how much you appreciate her. Share your desire to pull the other women into the conversation. Then ask for her help to do it. For example, say something like this, "I need your help in the group time. As I ask a question, will you please pray for the other women to have the confidence to share their answers?" Hopefully this will create balance in the links of your unity chain.

ENCOURAGE

Encourage, encourage, encourage! This can't be emphasized enough. Paul's ministry is the perfect example of spurring others forward to live a life sold out to Jesus. For example, in his letter to the church in Philippi, Paul says "*I thank my God upon every remembrance of you, always in every prayer of mine making request for you all with joy, for your fellowship in the gospel from the first day until now, being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.*" —Philippians 1:3-6 (NKJV). In His word God gives us everything we need to be an effective Christian leader. Below are some statements which may motivate your group to not only share, but also become excited to find out what comes next.

- *I am so thankful you are here today!*
- *Thank you for your insight to the question.*
- *Wow, I never thought about it like that! God really showed you a new way to look at this verse.*
- *Thank you for sharing this sensitive testimony with us. I know it was difficult, but the Lord gave you the strength to share your heart with all of us.*
- *What a tender way to view your situation.*

After your group has been meeting a few sessions, it will be easy to identify the women who are willing and often eager to give their answers. If no one says anything after a short period of silence, it often just takes eye contact with one person to start a conversation. If the same people seem to do all the talking, ask the Lord to show you someone else to call on. Be sensitive to the Holy Spirit's prompting. Some women who are shy, or who lack confidence or assurance, don't want to be called on. You can't make anyone answer a question. But sometimes it just takes asking to draw someone into the conversation.

BEWARE of rabbit trails! Women love to talk. Keeping them focused on the week's study will be a challenge and goal for you as the group facilitator. Pray for the Lord to help you keep them centered on the material for the week. The enemy loves to distract!

Also, as the small group leader, ask the Lord to help the group laugh together. Laughter is medicine from the Lord that breaks down not only external walls, but also internal barriers. This is not a suggestion to laugh *at* each other, but laugh *with* each other. Laughter is not to bring a lighter side to the lesson, but to bring tenderness to the hearts of the group.

Keep in mind that the Lord knows your group inside and out. Be receptive to His direction and ideas as you lead! Let Him be the creator for some exciting and new teaching methods each week. Oh, you are going to have so much fun!

Hopefully the questions, personal stories, and scriptures will springboard discussions about real life scenarios. Don't immediately try to solve anyone's problems, but encourage a conversation where women are willing to open up and identify real life examples of what is being studied.

PRAY

Be sensitive to the prompting of the Holy Spirit. There might be times during the session that you sense a need to pray right then. Don't hesitate to take a moment to pray for a person or situation. Remember the Holy Spirit is your Guide... *"But when He, the Spirit of Truth, comes, He will guide you into all truth. He will not speak on His own; He will speak only what He hears, and He will tell you what is yet to come. He will bring glory to me by taking from what is mine and making it known to you."* —John 16:13-14

PART 2

DISCUSSION QUESTIONS

WEEK 1: FOUNDATIONS *(My Prayer Chair Pages 6-33)*

THE HEART OF MY PRAYER CHAIR—Page 6

Prayer activates a relationship with God through Jesus, inspired by the Holy Spirit.

- How important is prayer in your life today?
- Is there someone in your life who taught you how to pray?
- Do you have a special place where you go when you want to talk to God? Do you feel like that is the only place you can talk to Him?
- What do you think of the statement on Page 8 of *My Prayer Chair*, “God gives His children the opportunity to participate in eternity here on earth through prayer.”?

WHY PRAY—Page 10

Open your heart to all the Holy Spirit wants to teach you.

- Share a past experience that God is now using to help you minister to others. Remember Carla’s story of her depression and how God is using it to help her minister to women going through difficult times.
- Did God wait for you to pray and surrender all before He began to use you?
- How can we *listen* for God at the same time we are praying?

PRAYER CONSULTANT—Page 17

The Holy Spirit is your prayer consultant. Ask the Holy Spirit to reveal how to pray, what to pray, and who needs prayer.

- How can you know when the Holy Spirit is directing you in prayer?
- Do you agree that prayer can become a twenty-four hour a day habit? Why or why not?

GENERATION-TO-GENERATION—Page 22

Prayer is a key component in passing the message of Jesus to the following generations.

- What do you think of the statement on Page 24 of *My Prayer Chair*, “After I am in heaven with Jesus, the only way I can still affect the generations that follow is through the prayers I prayed while living on this earth.”?

MY PRAYER CLOSET—Page 26

Be ready. Be willing. Be watchful!

- How do you feel about praying with strangers like Carla did at the stoplight?
- Why do you think Carla was able to respond so quickly to this unexpected opportunity?

IN THE SILENCE—Page 30

Sometimes in the silence God is doing His most powerful work.

- Why is it so difficult to experience silence from God?
- In the silence, why is faith stronger when it is based on the character of God and not based on what God is doing in your life?
- What actions can you take when God seems to be silent?

WEEK 2: DAILY WALK *(My Prayer Chair Pages 34-58)*

PRAYER IMPRINT—Page 34

When you tell someone you will pray, do it right then.

- Did you ever consider that failing to pray for someone might be considered a sin?
- Consider James 5:16. We are instructed to confess our sins to each other and then pray for each other, which will bring healing from errors and sin. Do you find it difficult to confess your sins to others? To God?
- How might you describe a *prayer imprint*?
- Share an experience where you prayed for someone immediately or in the middle of the night and then saw an awesome answer to your prayer.

PRAYER OF PRAISE—Page 39

Lift a prayer of praise when God answers.

- Why do you find it hard to praise God when you are still in the midst of one of life's struggles?
- How does praising God for the *small answers* help you trust Him more for the *big answers*?

LIFE STOPS—Page 43

Praise and thank God when life stops.

- What can you do when God is so far away that you cannot see or feel Him?
- List some ways to praise God, even if you are in the middle of a *life stop*.

PEANUT BUTTER SANDWICHES—Page 47

Ask the Lord for encouragement throughout your daily routines.

- Do you think God cares enough about the small routines of your daily life that you can talk to Him about them?

WHAT IF? —Page 51

Change your thought life to a prayer life.

- Write down some things you want to pray about and then turn those thoughts into prayers. Consider the impact when you change from thinking about something to praying about it.

IN HIS HANDS—Page 55

Ask God to help you leave your requests in His hands... Trust... Believe...

- What is the Holy Spirit's role when it comes to prayer? Refer back to Romans 8:26-27.
- Do you believe that God has a master plan for your life?
- How can you know God hears your prayers and is at work accomplishing His will? Refer to John 10:27-28.

WEEK 3: DECISION POINTS *(My Prayer Chair Pages 59-80)*

CRISIS OF BELIEF—Page 59

God doesn't want us to call upon Him just for *crisis counseling*.

- Carla notes that having a daily relationship with Jesus is not about what you think you can do for Him, but about being with Him. Is this a new concept for you?
- Do you tend to go to God only when you need something or if you are in the midst of a crisis? How can you change this pattern?

DECISIONS—Page 63

Pray and move forward in your prayers.

- Do you often feel paralyzed when you are faced with a difficult decision? How can prayer help you break free to move forward?

GOT KNEEPADS?—Page 67

Fear paralyzes, but trust opens the door for you to experience freedom in Christ.

- Looking back, you can often see how God answered a need. How can this hindsight help you to trust Him in the future? Why does this give you a feeling of freedom?

LIFE IN THE FAST LANE—Page 70

Move out of the fast lane and pray!

- What are you missing if you do not take time to pray?
- Will God force you to spend time with Him? Who creates the desire in you to spend quality time with God? (The Holy Spirit)
- Do you think it is possible to live a life *sold out to Jesus* if you do not connect with Him?

STAND AMAZED—Page 73

Ask for a heart of understanding and look for spiritual treasures.

- Who opens your eyes and brings freshness to spiritual truths in God's Word? When is that resource available to you?
- Did you ever think of the Bible as a treasure map? Find three treasures in God's Word and write them down. Consider how these treasures have eternal value.

THE DOG DAYS—Page 77

Praise Him for the unseen things He is doing in and through your life.

- What can you do when your spiritual energy is being zapped by life's circumstances?
 - What can you do when the spiritual energy of friends or family is being depleted?
-

WEEK 4: STEPPING STONES (*My Prayer Chair* Pages 81-103)**JUST BREATHE**—Page 81

Developing moment-by-moment communication with Jesus inspires a living, walking, breathing relationship with Him.

- Meditate on Carla's comment, "As oxygen is to the blood, so is the Holy Spirit to your spiritual walk."
- Has your life become so fast-paced that you aren't taking time to communicate with God? What changes can you make?

EXERCISE YOUR PRAYER LIFE—Page 85

The more time we spend with Jesus, the more we enhance our intake of the Holy Spirit.

- How do you get to know a friend really well? How does spending time with a friend compare to spending time with Jesus? Share the similarities and the differences.

IN HARMONY—Page 89

God desires for His children to pray together.

- Do you have a prayer partner—someone you can pray with on a regular basis? If not, pray for God to bring someone to fill this place in your spiritual walk.

WAKE-UP CALL—Page 93

Does the Holy Spirit sometimes give us a *wake-up call* to pray?

- Praying for others allows you the opportunity to connect them to God. Does this give you more of an urgency to pray for those who come to your mind?
- Do you need to know the details of someone's needs in order to pray for her? Refer to Romans 8:26-27.

DO NOT ENTER—Page 97

Prayer is the key to living in the Spirit and not in the flesh!

- The Holy Spirit is called the Spirit of truth (John 14:16-17) and the Spirit of wisdom and revelation (Ephesians 1:16-19). How does prayer help you look at scripture with enlightened understanding?

NEVER-ENDING LAUNDRY—Page 101

“...Whatever you do, do it for the glory of God.”

- Do you agree that God wants you to glorify Him in ALL that you do? Share with the group one routine task you can make joyful through turning it into a time of prayer. Try it this week!

WEEK 5: HIM—NOT US! (*My Prayer Chair* Pages 104-126)**GOD'S LOVE STORY: FROM THE MOTHER OF THE GROOM—Page 104**

Begin praying for God to unite your child or grandchild with His chosen spouse.

- Do you think God's answers to your prayers for your children might sometimes be different than what you had in mind?
- Sometimes children make life choices that aren't necessarily the best. How can you support them with your prayers?

THE NEW NORMAL—Page 108

Fear of the unknown robs us of joy and steals our peace.

- How do you think prayer helps you face the unknown?

SHOOTING STARS—Page 111

Prayer is the key to staying focused on Jesus so you don't miss a moment of His presence in your life.

- Do you see the active hand of God in your life today? Why or why not?
- Do you believe Jesus loves you so much He desires a relationship with you seven days a week, twenty-four hours a day? Please explain.

DIVERSIONS—Page 115

Ask Him to remind you to stay focused on Him.

- How does prayer keep you pointed in the right direction?
- Can you think of a time when God used you as a diversion in someone's life—causing her to think about Jesus instead of herself?

SPIRITUAL CONGESTION—Page 119

Confessing sin relieves the effects sin has on our lives.

- Explain how confessing your sin enables you to inhale the sweet-aroma of Jesus.

SPIRITUAL INDIGESTION—Page 123

Our selfish desires sometime steal the glory from others, as well as God.

- Explain how the sin of selfishness can cause *spiritual indigestion*.
- How can you cure this condition?
- How will praise for God's actions change you from being self-focused to focusing on God?

WEEK 6: THE FUTURE—TRUST (*My Prayer Chair* Pages 127-149)

FEAR OF THE UNKNOWN—Page 127

Prayer is the key to relinquishing fear of the unknown.

- Look at Isaiah 41:10. What promises from God are listed in this verse?
- What image comes to mind when you read this verse?
- Read verse 10 again, inserting your name before each "do" and in place of each "you." Read it again, giving Him your trust and thanking Him for His promises.

FIRST-THINGS-FIRST—Page 130

Seek Him first...

- What obstacles keep you from seeking God first each morning?
- How can you learn to focus on God as your day is beginning?
- As you start your day, ask the Holy Spirit to remind you God goes before you.

BITTER ROOT—Page 133

Prayer cuts and destroys the roots of anger.

- Has God pointed out a bitter root that could be sucking the nutrients from your spiritual life?
- How do you give God access to cut, chop, or pull the bitter roots that want to take over and rob you of your joy?
- Why would it be helpful to have others praying for you at this time?

THE DOOR DILEMMA—Page 137

Ask Jesus to mend any relationships in need of repair.

- What can you do to open the door for God to mend any broken relationships in your life?
- Why must you humble yourself before the Lord and confess your responsibility in the broken relationship?

CONNECT THE DOTS—Page 141

God's perfect plan doesn't unfold all at once. It is revealed in His perfect timing!

- Can you look back on events in your life and see how God *connected the dots*?
- How can seeing what He did help you trust Him today and in the future?
- How does this encourage you in your prayer life?
- Will God always let you see how He is *connecting the dots*?

IN MY PRAYER CHAIR—Page 148

It is God's design for His children to communicate with Him through ongoing, daily conversations.

- Prayer was the silver thread through Jesus' entire ministry. If continual prayers were necessary for Jesus, do you agree they are essential to you as well?
- Share the most important thing you learned about prayer from this study.

PART 3

CREATIVE IDEAS FOR GROUP PRAYER

PRAYER IS THE KEY

Prayer is the key to our relationship with Jesus! It should also be an essential element to the group reading *My Prayer Chair* together. After all, this is what the book is about! Think of how a chain is linked together to create strength, usefulness, and unity. As the leader of your study, you are like the latch connecting both ends of the chain to form a circle of unity. God calls you to be the connector for your group.

Prayer connects and unifies people. Isaiah 56: 7 says, "... these I will bring to my holy mountain and give them joy in my house of prayer. Their burnt offerings and sacrifices will be accepted on my altar; for my house will be called a house of prayer for all nations." Think of it this way... Each week God brings your small group to the holy mountain and gives your group joy as you pray together. Your group's praises and requests will be heard and accepted as you pray for one another, for your Bible study group will be called "A House of Prayer."

Wow, prayer unifies! We encourage you to pray for your group of ladies before you meet. God put all of you together for a reason.

We have ten suggestions on ways to incorporate prayer into your group. This is by no means an exhaustive list. The Lord knows what your group needs. Ask the Holy Spirit for direction on how to lead the group in prayer.

1. PRAY YOUR REQUESTS

One of the biggest complaints about leading a small group is not having enough prayer time. In many cases, time slips away and there is not enough time to pray together. This is our suggestion and one that has proven to be very successful... *Pray* your prayer requests to God instead of discussing them in the group! This is a passion of ours. We have experienced so many Bible study groups and even prayer groups where we discuss the prayer requests for 45 minutes and then only have 15 minutes to pray about them. We believe this is a tactic the enemy uses to distract us from communicating with God about the issues. It would be like standing in the line at the grocery store and telling the person in front of you about a product you wish the store carried. She can listen, but can't help you. By the time you get to the checkout counter you forget to mention it to the grocery clerk and nothing is

resolved. So, take the group's requests straight to the Lord, the one who *is* the problem solver.

- **THE A.C.T.S. TECHNIQUE**

A.C.T.S. stands for Adoration, Confession, Thanksgiving, and Supplication. This is how the order of the prayer time will progress:

- **A—ADORATION:** Listing attributes of God, 1/4th of your prayer time. Begin by asking everyone to randomly speak out words of praise and adoration to God. For example, omnipotent, gracious, merciful, loving, magnificent, etc. This really puts the focus on God.
- **C—CONFESSION:** Asking for forgiveness, 1/4th of the prayer time. In many cases, when the facilitator gets real with this section, the others follow suit. Confession is such a necessary part of growing in the Lord. It tears down walls and humbles the heart. For example, you might begin with asking forgiveness for a poor attitude when getting ready for Bible study or for yelling at your kids because you were running late... whatever the Lord leads you to confess. Don't expect everyone to take part in this prayer segment, but those who do will find it rewarding, and others will grow from it as well.
- **T—THANKSGIVING:** Thanking and Praising God, 1/4th of the prayer time. Praise God for answered prayers, protection, guidance, His Word, His Son-Jesus, the blessing of the Holy Spirit, etc.
- **S—SUPPLICATION:** Making requests to God, 1/4th of the prayer time. This is a time of praying our requests to the Father, standing in the gap for others, praying for healing, praying scripture, etc.

- **PRAYER STATIONS**

In different areas around the room, place large signs with subject names like—Teens, Finances, Marriage, Relationships, Forgiveness, Empty Nest, Aging Parents, Children, Work, Health, etc. If you have ten people in your Bible study group you might use only four or five stations. Then ask the members to choose one of the stations. The first half of the prayer time they will focus on prayer over this subject. Then halfway through, ask them to switch to a different station to finish their time of prayer. NOTE—emphasize that this is not a time for talking, but for praying their

requests to God. As they pray, others will hear the needs. Focus in on the One who can actually make a difference in the request!

- **PRAYER BOX**

Place this box in the center of the room or circle. You could also name it a Worry Box or Surrender Box. Put a cross next to the box, almost as if the box is at the foot of the cross. Pass out 3x5 index cards. If possible, turn on some soft praise and worship music. Pandora is a great tool to listen to radio stations like Fernando Ortega that can be played through your iPhone or iPad. Ask the ladies to write out their worries or what they need to surrender to Jesus. Then when they are ready, they can rip them into shreds and place the remains in the box. Explain at this point that all the pieces of the *worry* are now placed at the foot of the cross. We can't put the pieces back together. Only Jesus can do that in His way and timing. This can be such an incredible and powerful moment of surrender for everyone!

- **ONE-SENTENCE PRAYERS**

This one is challenging! Ask the ladies to take turns in the prayer time giving a praise or prayer request in just *one* sentence. Example, "Please Lord, help me handle the stress of all the demands on me." Or, "Lord, my mother is suffering, so please bring her healing." After each short prayer is made, several others in the group can offer a one-sentence prayer in support of the original prayer. For instance, "Lord Jesus, please supply all the strength, energy, and stamina our sister needs to meet the demands of each day and give her joy." Or, "God, we know you see the pain and suffering of our friend's mother, and we ask you to please bring her relief and free her from pain." Through these short prayers you accomplish two things. You have encouraged the shy person who is intimidated by praying out-loud in a group to pray, and you have resolved the problem of the one who prays way too long.

- **PRAISE CARDS**

Praising God is just as important as lifting up prayer requests. God is always deserving of praise! Each week bring a pretty vase or box that will honor God because of what is put in it. Have the ladies write a praise card with something that happened during the week. You might want to ask them to do this at home and bring a card to the Study rather than take the time to write it when you are all together. We know everyone will have something to praise God for! On the last day the group gets together, share these praises out-loud and let God receive the glory due His name.

- **THE PRAY MODEL**

This is similar to the ACTS Model. Follow the PRAY model as a group and encourage individuals to do it alone:

- **P—Praise:** Tell God you love Him and thank Him. Psalm 69:30... *I will praise God's name in song and glorify him with thanksgiving.*
- **R—Repent:** Confess any sin. Acts 3:19-20... *Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.*
- **A—Ask:** Ask God to help you and others. 1 John 5:14... *This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.*
- **Y—Yield:** Pause and listen to God's word. Psalm 130:5... *I wait for the LORD, my soul waits, and in his word I put my hope.*

- **CONVERSATIONAL PRAYER**

Pray *conversationally* in your group. Someone lifts up a prayer need. If it is general enough, the rest of the group can add their prayers on the same subject. This allows more people to participate in praying over the same concern, and it may lead to even more specifics being prayed about.

For example, Cindy's dad had a serious accident. She prays, "Lord, my dad was in an accident and I thank you that he survived. But we need Your help in certain areas. It seems like some of the nurses are not caring for his leg properly, the doctor doesn't come around enough, the insurance company is threatening to withhold finances, and we are at a loss as to how to address everything." After that, one person prays for each aspect of the situation. God may also put additional prayers on the hearts of the people in the group—like healing, peace and clear-headedness, and reliance on God. Each one is limited to praying for just one aspect of the need. See how your group is working together as a team? When all aspects are covered, move to the next need.

- **PRAYER WALK**

Whether you meet at a church or home this is an effective way to pray as a group. Divide into groups of 3 or 4. If you meet in a church stroll the halls together praying for those areas you pass by—youth, children, adults, pastors, worship team, staff,

etc. If you meet in a home, walk down the street praying for the needs of the people living in the neighborhood. As you come to a house, simply pray short prayers for the people who live there. Listen for the prompting of the Holy Spirit as He directs you on how to pray. Then, come back to the host home and debrief about the experience.

- **PRAY THROUGH GOD'S WORD**

Praying through the scriptures is a powerful way for your group to connect and encourage one another. Reading the Psalms out loud while praying together opens the door to praying over a variety of human emotions such as anger, fear, loneliness, grief, praise, etc. Here are a few favorites: Psalm 1, 81, 91, 139, 141, 142, and 143.

Praying through Paul's prayers is another effective way to pray together. Some of these prayers can be found in Ephesians 1:16-20 and 3:16-19, Philippians 1:9-11, and Colossians 1:9-13.

WAYS TO CONTACT REFLECTIVE LIFE MINISTRIES

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