Evaluating Prayer in Your Small Group



TABLE OF CONTENTS Assessment Pack

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Contents	PAGE
Leader's Guide	2
Evaluations for the Group Do Our Prayers Go Deep?	
by Trevor Lee	3
IS OUR PRAYER TIME BORING? by Trevor Lee	6
ACHIEVING VARIETY IN PRAYER STYLES by Esther Bailey	8
Avoiding Prayer Snares by Wayne Jacobsen	
Evaluations for the Group Leader	
EVALUATING YOUR GROUP'S PRAYER LIFE by Rachel Gilmore	14
A PROPER UNDERSTANDING OF GROUP PRAYER by Spence Shelton	17
OVERCOMING COMMON OBSTACLES by Andrew Wheeler	20
FINDING THE TIME TO PRAY by Pat J. Sikora	23
A PRAYER LOG THAT WORKS! by Pat J. Sikora	25

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training download.

By Sam O'Neal

Welcome to SMALLGROUPS.COM: Inspiring life-changing community. You've purchased an innovative resource that will help you equip and direct the leaders of your small-groups ministry.

An "Assessment Pack" is a collection of tools that can be used individually or with a leadership team. Each tool in this packet has been designed to help evaluate the prayer life of your small group, including the evaluations of the group leader and the other participants. These tools have been split into two sections: 1) Evaluations for the Group and 2) Evaluations for the Group Leader.

For example, Trevor Lee's assessments "Do Our Prayers Go Deep?" and "Is Our Prayer Time Boring?" will allow the entire group to work on answering those questions (and seek areas for improvement). The same is true for "Avoiding Prayer Snares."

Assessments like "Evaluating Your Group's Prayer Life" and "Overcoming Common Obstacles" are designed to be explored by the group leader first. He or she could of course extend the assessment to the rest of the group if it would be beneficial. "A Prayer Log That Works" is another tool designed specifically for group leaders.

We hope you benefit from this resource as you continue to connect with God and his vision for your small group through the life-changing experience of prayer.

Need more material, or something on a specific topic? See our website at <u>www.SmallGroups.com</u>.

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Do Our Prayers Go Deep?

Five things we can all learn from Jesus' model prayer

By Trevor Lee

Most mealtime prayers couldn't be honestly characterized as deep communication with God—I once heard someone pray, "Bless the meat, let's eat!" Unfortunately, shallow prayer doesn't stop with the words tossed up before putting down the tossed salad. Small-group prayer times can also become routine and relatively shallow.

Many of the small groups I've been in have focused almost exclusively on the needs of the group members during the prayer time. We'd go around and everyone would share their latest woes, and then the group would bow their heads and repeat those things to God. Scripture does invite us to cast our cares on God, and it is a wonderful thing to be able to bring our worries and concerns to him—but deep, biblical prayer goes far beyond things we need God to do.

If your small group is going to have a deep and biblically faithful prayer life, there is no better place to start than Jesus' teaching on prayer—often referred to as the Lord's Prayer (Matthew 6:9–13). Let's examine five components of deep prayer from Jesus' example and take a look at how you can cultivate them as integral parts of your group's prayer life right now.

Praise

"Our Father in heaven, hallowed be your name..."

Hallowed is an uncommon word that means to regard something as holy or sacred. In a culture where God is often seen as a buddy or cosmic vending machine, it can be easy to forget that we are praying to a God who is perfect in every way and has never sinned—a God whose perfection is so great that in the Old Testament people had to turn away when his presence passed by.

Jesus begins his instruction on prayer by telling us to regard God's name as holy and sacred—to praise him and recognize him for who he is. If you struggle with how to go about this aspect of prayer, take some time to consider the Scriptures listed below.

How often does our group take time to praise God because of who he is, not because of what he has done for us?

1	2	3	4	5
Never		Sometimes		Often

Does our group prayer time carry a tone of reverence and honor for God?							
1	2 3 4 5						
Never		Sometimes		Often			

Other Scriptures to consider: Exodus 3:1–6; Exodus 19:16–19; Revelation 4.

Mission

"...your kingdom come, your will be done, on earth as it is in heaven."

The Kingdom of God is a kingdom of love, peace, holiness, purity, hope, and joy. So much of what we see in our world today does not look anything like this—which is why prayers that the world will reflect the Kingdom of God more fully can be so powerful.

Add to this the prayer that God's will be done on earth as it is in heaven. Biblically speaking, heaven is the dwelling of God and therefore a place where his will is done perfectly. So in this prayer we are not only asking

that we will see more of God's kingdom on earth, but that things on earth will be exactly as God wants them to be. As we pray along these lines we need to call on God's power to work in the world and be open to how he may call want to use us to answer these prayers.

How often do we pray that God's kingdom would be more visible in our neighborhoods, workplaces, schools, and churches?							
1	1 2		4	5			
Never		Sometimes		Often			

Have I committed to praying for God's will to be done in these places?							
	1	2	3	4	5		
	No		Maybe		Yes		

As a group, would you ask God how he wants to use you to make his kingdom more visible? If you are willing, pray that he will show you and then take steps to follow through on what he asks you to do. This will give you even more to pray about!

Other Scripture to consider: Matthew 25:31–46; Luke 4:16–21; Revelation 21:1–4.

Provision and Thanks

"Give us this day our daily bread..."

For many people in our world, this is truly a prayer asking God to provide them with the basic necessities of life. There are many who don't know where their next meal will come from or how they will pay their rent next week. If this is true for you or anyone in your group, then pray that God will provide with confidence.

If, however, your group members are like many Americans and have what you need to survive on a daily basis, use this prayer to remind yourselves that God is the one who has provided you with those good things.

When we make requests to God during our group prayer, how many of them could rightly be described as "daily bread"?

1	2	3	4	5
None		Some		All

How much of our group prayer time is devoted to thanking God for the good things he has provided?								
1	2	3	4	5				
None		Some		All				

Who do you know that needs "daily bread"? Take the time to pray for them as a group.

Other Scriptures to consider: Psalm 65:9–13; Matthew 6:25–33; James 1:17.

Confession and Repentance

"...and forgive us our sins as we forgive those who sin against us."

This part of Jesus' teaching affords the opportunity for two things. First, it gives us a chance to consider whether we need to forgive someone right now, which can lead us to pray for an ability to forgive. Second, we can confess our sin to God and ask him to forgive us. Whether or not you confess sin audibly in your group

will probably depend on how comfortable you are with each other, but even silent confession can be a beneficial part of group prayer time.

How often have our group members expressed forgiveness to each other (during prayer or at other times)?							
1	2	3	4	5			
Never		Sometimes		Often			

What role has the confession of sin played during our group's prayer times?							
1	2	3	4	5			
Minor		Medium		Major			

Your group may need to have a discussion about this topic, and if anyone has a grudge against another person, take the time pray together that they will be able to forgive. Also, I strongly encourage you to begin incorporating times of confession in your prayers if you have not done so.

Other Scriptures to consider: Nehemiah 9; Psalm 32; Proverbs 28:13; 1 John 1:9.

Protection

"And lead us not into temptation, but deliver us from evil."

While we know from Scripture that God does not *actively* lead us into temptation, this teaching of Jesus hints at the fact that God knows us intimately and knows the things that will lead to temptation in our lives. We pray this prayer as a way of asking God to lead us from the things that might steer us away from him. This part of the prayer is also a clear indication that the forces of evil in the world are real—a glaring reality in Scripture. We are not able to overcome evil on our own; we need God's power to protect and deliver us.

How often do our group members talk about areas of temptation?							
1	2	2 3 4					
Never		Sometimes		Often			

How often does our group pray against the powers of evil in the world?							
1	2	3	4	5			
Never		Sometimes		Often			

Take some time to discuss as a group how you need God to lead you away from temptation. This will take opening up a bit, but it will be encouraging to know that others in the group are praying for victory over the things that tempt you.

Other Scriptures to consider: Ephesians 6:10–18; James 1:13–15; 1 Peter 5:8–9.

Going Deeper

Praying in ways we're not familiar with can be a little uncomfortable or difficult at first, but as you do it more you will find it leads to a depth of engagement with God you haven't known. When you make the choice to do this as a small group, it will create a greater sense of connection and purpose among the people who are participating.

Beyond these benefits, you will have the peace and joy of knowing that your prayers are in line with how God, the one we're praying to, wants us to pray.

—TREVOR LEE is a freelance author, pastor, and small-group leader based in Colorado.

Is Our Prayer Time Boring?

And if so, what can we do about it?

By Trevor Lee

Prayer is supposed to be powerful. It is our primary way of communicating with God, and Jesus said if we have faith we can throw mountains into the ocean just by praying. But often we pray more out of obligation than anything else, and few people would attach the word *exciting* to the experience.

Let's find out if your group has a boring prayer time or not.

Weighing Yourself on the Boring Scale Have each person in your small group respond to the following questions individually. Once everyone is finished, use the provided questions to work through the results.									
1—Strongly D	isagree			5—N	Veutral			10—	Strongly Agree
1. Prayer time	is my lea	ast favor	ite part c	of our sm	all grou	p.			
1	2	3	4	5	6	7	8	9	10
2. We spend m	nost of ou	ur prayer	time pra	aying for	the nee	ds of gro	up mem	bers.	
1	2	3	4	5	6	7	8	9	10
3. I know what	t most gr	oup mer	nbers wi	ll pray b	efore the	ey begin	praying.		
1	2	3	4	5	6	7	8	9	10
4. I often strug	gle to th	ink of w	hat to pr	ay for.					
1	2	3	4	5	6	7	8	9	10
5. If we skippe	5. If we skipped prayer time one week I'd be fine with that.								
1	2	3	4	5	6	7	8	9	10
6. I don't think	prayer r	nakes m	uch of a	differend	ce in how	v our sm	all group	function	18.
1	2	3	4	5	6	7	8	9	10
7. I often find	my mind	l wander	ing to ot	her thing	gs during	g our prag	yer time.		
1	2	3	4	5	6	7	8	9	10
8. Our prayer t	ime con	sists of w	vhatever	time we	have lef	t once ev	verything	g else we	do is done.
1	2	3	4	5	6	7	8	9	10
9. Our group d	oesn't us	sually spo	end more	e than ter	n minute	s praying	g.		
1	2	3	4	5	6	7	8	9	10
10. Our group	has cons	sidered n	ot havin	g a praye	er time o	n a regul	ar basis.		
1	2	3	4	5	6	7	8	9	10
Total Score:									
10–35:	Your	Your group prayer time is pretty engaging.							
36–70:	Your	group pr	ayer tim	e could u	ise a litt	le jolt.			
71–100:	-100: Wake up! Your group prayer time needs some life.								

Group Discussion

Use these questions to help the group think through what's working and what's not in your prayer time.

 \Box How did everyone score on the assessment? Discuss the similarities and differences.

- □ If many in the group feel the prayer time is boring, what is the biggest contributor to that?
- □ If many in the group don't think the prayer time is boring, what are the keys to your current success?
- □ What's one change you could make to your group prayer time to make is less boring, no matter where it's at right now?
- □ Why does your group pray?
- □ Think about the last six months. Has your prayer time been getting more boring, more exciting, or staying about the same? What are the reasons for this?

A Few Ideas

If you need some help making your prayer time less boring, you're not alone. Prayer has the tendency to fall into ruts, but it doesn't need to! Here are three ideas for keeping your prayer time from becoming boring.

1. Vary the style. Whenever we do something the same way over and over, there is a tendency for it to become mundane. If you go to the gym and run on the treadmill at the same speed for the same amount of time every day, it is bound to get boring! Not only that, but varying your workouts is more effective for improving your health than doing the same thing all the time.

It is the same with prayer. Varying the way you pray will engage your mind and heart in new ways and keep you growing as a group in a life of prayer. You could try one-sentence prayers, written prayers that you then share, just silence, prayer through song, or many other methods. Spend some time brainstorming ways to vary the style of your prayer time and try them out.

2. **Keep track of answers.** Our human tendency is to pray like crazy when we need God to do something, and then to forget as soon as he answers. This has the unintended impact of making us feel that God doesn't really answer our prayers, which makes praying more of a duty than an opportunity to interact with God and see what he will do.

You might consider keeping a group journal or notebook where you can keep a record of all the times your group has prayed for something and seen God answer. Then, periodically, go back and read a few of the entries from the journal before you pray. This will remind you that God really is working through the prayer time of your group and motivate you to continue praying with fervor!

3. **Develop your individual prayer lives.** One substantial reason for mundane group prayer is that the people in the group aren't cultivating a relationship with God between group meetings. It is very important that each of the group members is pursuing a growing prayer life individually, because then everyone brings new insights with them that can be contributed to the prayer life of the group.

This is an area where the people in your small group can really help each other. Find ways to encourage each other to grow between the times you're all together. You could have a prayer partner you talk to a few times a week, or give updates at each group meeting on what you learned or experienced in prayer the previous week. Whatever you do, fostering each other's growth between meetings can become an important part of developing a great group prayer life.

Beyond Staying Awake

Prayer is an important part of a strong small group! As you cultivate a prayer time that is passionate, varied, and growing, you will find it brings your group together and leads you to a deeper place of community.

God has chosen to work in our world and our lives through prayer. He has invited us to interact with him and as we realize that more fully prayer will be anything but boring.

-TREVOR LEE is a freelance author, pastor, and small-group leader based in Colorado.

Achieving Variety in Prayer Styles

Practical tips and a method for identifying your favorites By Esther Bailey

An effective prayer time can turn a mediocre small-group session into one that lifts the hearts of everyone present. When group members feel a touch from God, they are more likely to respond to a challenge and move up to new spiritual heights. Even if your focus on prayer is strong, you might like to occasionally introduce new ideas to ensure that the prayer routine doesn't grow stale.

Below you will find suggestions for several different practices and styles of prayer. You can also assess how frequently you have come across a particular method in your group, and whether or not you would like to do so in the future.

Invoke the Holy Spirit's Presence

At the beginning of the prayer experience, someone specifically asks the Holy Spirit for a fresh anointing. This is important because little will be accomplished without God's presence—during prayer time and in the rest of the group's activities.

Some groups make this request of the Holy Spirit at the beginning of their gatherings, while others share prayer requests and invoke the Spirit's presence at the end. There are advantages either way—prayer at the beginning sets the stage for learning, but prayer at the end may foster a commitment to a challenge. So varying the order of your group meetings is a good idea.

Do we use this method in our small group?					
1	2	3	4	5	
Never		Sometimes		Often	

How often would you like to use this method in our small group?					
1	2	3	4	5	
Never		Sometimes		Often	

Guided Prayer Requests

Does your group's list of prayer requests sound like an organ recital? Back pain. Heart problem. Joint pains. Vision problem. It's important to pray about physical ailments, but not to the exclusion of other needs. To avoid the "organ recital," I asked members to list prayer requests according to categories.

- □ **Physical needs.** Encourage brevity. An illness does not need to be described in detail because God understands the situation.
- □ **Financial needs.** Especially when the economy is down, financial needs abound. Pray for jobs, wisdom in handling money, creative ideas for making money, and the ability to make necessary adjustments.
- □ **Spiritual needs.** Salvation of a loved one or friend is very important.
- □ **Relationships.** This can include marriages in trouble, rifts among family members, trouble with a coworker, and so on.
- □ **Thanksgiving.** Thank God for the things often taken for granted—air conditioning in summer, heat in winter, the accident that almost happened but didn't. Above all, thank Jesus for purchasing salvation with his death on the cross.

Don't forget the praise. Praise God for who he is—Creator, Savior, Friend, Healer, Counselor, Redeemer, and more.

Another way to order your group's prayer requests is to specify personal requests and intercessory prayer. This will take less time but still emphasize the need to pray for others as well as for personal needs.

Do we use this method in our small group?					
1	2	3	4	5	
Never		Sometimes		Often	

How often would you like to use this method in our small group?					
1	2	3	4	5	
Never		Sometimes		Often	

Crisis Praying

Someone in your group is in crisis. Job loss. No money for mortgage. Diagnosis of cancer. Chemotherapy. In these cases, human need takes precedence over a planned program. One of the following ideas might build faith in someone whose hope is dwindling.

- Guide the group in concentrated prayer for the specific need. Depending on the makeup of your group, you might ask members to gather around and lay hands on the individual. Lead the prayer or call on one or two people who can pray with confidence.
- □ For physical needs, with permission from the person who is ill, follow instruction in James 5:14. If you are uncomfortable with the anointing, make arrangements with a staff member or elder to be on call to act in this capacity when needed.
- □ The urgent request may be for someone absent from the group, but the prayer effort can still be effective. For 21 days I wrote out prayers for a college student I had never met. After she received the prayers, she sent me a note: "It was amazing how well your prayers corresponded with what I was going through on the days you prayed for me." That's the Holy Spirit at work.

Do we use this method in our small group?					
1	2	3	4	5	
Never		Sometimes		Often	

How often would you like to use this method in our small group?					
1	2	3	4	5	
Never		Sometimes		Often	

Increase Group Participation

When you call for volunteer prayer, do the same people always lead? Eloquent prayers may be inspiring, but they can also be intimidating. Those who are less fluent may need incentive.

- □ To encourage everyone to participate in a prayer effort, ask members to limit their verbal prayers to one aspect of the situation expressed in two or three words. "Freedom from pain." "Good night's sleep." "Wisdom for doctors." "Peace."
- □ Ask group members to split into groups of two or three for prayer. Ahead of time, you might want to arrange for the more experienced to mentor those who are learning their way. Keep an eye on the groups to see if you need to join one that is faltering.
- □ Holding hands during group prayer can foster participation.
- □ Allow time for silent prayer. Begin prayer with the need closest to your heart. Pray for the person who is causing you pain. Pray for the pastor. Pray for victims of a disaster. Pray for members of your immediate family. Thank God for three things most important to you.

Do we use this method in our small group?					
1	2	3	4	5	
Never		Sometimes		Often	

How often would you like to use this method in our small group?					
1	2	3	4	5	
Never		Sometimes		Often	

Vary the Postures of Prayer

Repeating the same routine in prayer every time may become mundane. Changing postures as suggested by Scripture may inject new life into prayer.

- □ **Bowing (Genesis 24:26).** Christians bow their heads when praying before meals and often during prayer in small groups. Reminders to maintain reverence may increase the effectiveness of the bowed head.
- □ **Kneeling (Ephesians 3:14).** Kneeling is a good way to express humility. Occasionally asking group members to kneel for prayer may inspire them to pray more fervently.
- □ **Prostrate (2 Chronicles 20:18; Matthew 26:39).** Praying with the face to the ground is the most intense form of prayer. The king before battle. Jesus in the Garden of Gethsemane. Prostrate prayer more likely takes place in private for heavy burdens. In your group, outstretched arms might signify prostrate praying.
- □ Standing (Mark 11:25). Some social situations require standing as a show of respect. How much more does the Creator of the universe deserve honor and respect? Foster a sense of awe as you stand in the presence of almighty God.

Do we use this method in our small group?				
1	2	3	4	5
Never		Sometimes		Often

How often would you like to use this method in our small group?					
1	2	3	4	5	
Never		Sometimes		Often	

Take-Home Prayers

When your group members take prayer requests home with them, you are moving toward maximum effectiveness with your prayer effort.

- □ Encourage individuals to write down prayer requests and incorporate them into private prayer.
- \Box When someone makes an urgent request, enlist a volunteer to become a prayer partner.
- □ Arrange for constant prayer coverage of a crisis that will peak at a certain time (such as surgery or a pending court date). Individuals commit to pray during 10 or 15 minute segments.

Do we use this method in our small group?					
1	2	3	4	5	
Never		Sometimes		Often	

How often would you like to use this method in our small group?					
1	2	3	4	5	
Never		Sometimes		Often	

Action Prayers

God often answers prayer by inspiring his children to fill a need.

- □ Provide meals or transportation during a medical crisis.
- □ As a group project, help with moving, painting, or cleaning.
- \Box Enlist one or more persons to send cards or make phone calls to someone who is hurting.
- \Box Provide financial assistance.
- Ask yourself what you can do to ease another's burden.

Do we use this method in our small group
--

1	2	3	4	5		
Never		Sometimes		Often		

How often would you like to use this method in our small group?						
1	2	3	4	5		
Never		Sometimes		Often		

Encourage 24-7 Praying

"Pray continually" (1Thessalonians 5:17) seems almost impossible, but there are ways to maintain a running dialog with God.

- □ Address God first thing in the morning. Someone said: "When I pray in the morning, I don't say 'amen' because I add to it all day long."
- □ Pray while performing routine tasks such as laundry or mowing the lawn.
- □ Pray while waiting for an appointment or standing in line at the checkout counter.
- □ Pray for efficiency on the job or for wisdom in making an important decision.
- Summon God as number one troubleshooter when adversity comes.
- □ Turn worry into prayer, especially when you wake up in the middle of the night.
- □ Pray for everyone involved in a bad news report.
- \Box React to every situation with prayer.
- □ Accept blessings with a prayer of thanksgiving.

Do we use this method in our small group?

Do we use this memory in our small group.						
1	2	3	4	5		
Never		Sometimes		Often		

How often would you like to use this method in our small group?					
1	2	3	4	5	

Adapt Ideas to Your Group

Not all of these ideas will work for your group, but they may trigger your own ideas that will serve you well. Through experimentation, you will find ways to make prayer a dynamic part of your meetings and enrich the prayer lives of individuals.

—ESTHER BAILEY; copyright 2019 by the author and Christianity Today International.

Avoiding Prayer Snares

Bad habits that will harm your group's prayer life

By Wayne Jacobsen

Though the exercise of prayer offers comfort for the moment, many prayer requests treat God like a genie in a bottle—including the common snares below. Do any of these sound familiar?

The Trivial Prayer

"I pray I can get over this cold," or "Give us a rain-free day for the church picnic."

Our comfort and our plans are important to us, but could God have something larger in mind? Might the farmers around us desperately need the rain? Our requests need to reflect things we truly expect God to do, not just our hopes and whims. We don't want our requests to trivialize the awesome gift of prayer.

How often are trivial prayers expressed in our small group?							
1	2	3	4	5			
Never		Sometimes		Often			

The Self-Motivated Prayer

"My brother's unit just got called up to go to the field of duty. Let's pray he won't have to go."

Though we can understand the emotion behind the request, it is still misplaced. If he's in the military, why shouldn't he go? God's purposes frequently include hardship and risk. Should we ask him to trump his purposes for our convenience?

How often are self-motivated prayers expressed in our small group?							
1	2	3	4	5			
Never		Sometimes		Often			

The Controlling Prayer

"Please help my boss see that I deserve this promotion."

We're spitting into the wind if we ask God to make other people act according to our will. He doesn't force people to adhere to his will. Why should he make them act according to ours?

How often are controlling prayers expressed in our small group?							
1	2	3	4	5			
Never		Sometimes		Often			

The Manipulative Prayer

"Lord, help all of us in this room make the right decision about our upcoming service project. Help us to understand how important this is."

We're usually more diplomatic than four-year-old Charissa, who knew what she wanted: "Jesus, would you help Bob and Laurie learn how to spank their children, so their kids won't hit me when I visit them?" It worked for Charissa, but I don't think prayer is supposed to send subtle (or not so subtle) messages to the faithful.

How often are manipulative prayers expressed in our small group?							
1	2	3	4	5			
Never		Sometimes		Often			

The Blaming Prayer

One group was praying for an infertile woman. Some thought she wasn't getting pregnant because her husband wouldn't be a good father, so they asked God to change him. The wife tried to manipulate the husband to change, and before long, she was incredibly frustrated. The group had missed the point. None of us qualify for God's gifts.

How often are blaming prayers expressed in our small group?							
1	2	3	4	5			
Never		Sometimes		Often			

The Mass-Produced Prayer

Why do we think prayers are more likely to get answered if more people are in on it? God's answers to prayer are not based on a tally sheet. Prayer was designed for two or three faithful believers, not large numbers of uninvolved people.

How often are mass-produced prayers expressed in our small group?						
1	2	3	4	5		
Never		Sometimes		Often		

—WAYNE JACOBSEN; adapted from content originally appearing the *Church Leader's Answer Book* (Tyndale, 2006); copyright 2006 by Christianity Today International.

Discuss:

- 1. Do any of these prayer snares regularly make appearances in our small group? Which ones?
- 2. Can you think of other snares that inhibit the depth and effectiveness of prayer in our group?
- 3. What steps can be taken to avoid these snares?

Evaluating Your Group's Prayer Life

A broad assessment of priorities and practices

By Rachel Gilmore

Small-group leaders know that group life is modeled after the early church, which valued prayer and incorporated it into their time together (Acts 2). Yet in spite of our best intentions, prayer often gets pushed to the bottom of our leader "to do" lists. Announcements, scheduling, topical discussions, Bible study, and even small talk can take precedence over spending quality time in prayer. And just like our physical selves, if we don't exercise our spiritual muscles, they get weak and flabby.

Take this assessment to see where you need to work on building up your group's "body of prayer."

	Describes me completely	Describes me somewhat	Does not describe me
Phase 1: Building Muscle Memory	comprerery	some what	me
I lead by example and am willing to share my prayer concerns openly and honestly, even on deeply personal subjects.			
I am in regular contact (phone, email, in person) with my group members and am aware of what's going on in their lives and what areas need prayer.			
I keep written notes of prayer requests so I can follow up with group members and encourage further sharing during our time together.			
I remember to pray for joys/concerns of the larger congregation during small- group prayer time.			
I remember to ask for prayer joys/concerns for individuals known to our group.			
I remember to ask for prayer joys/concerns for those in the larger community/world not personally known to our group.			
I encourage group members to pray specifically for our group as a whole (for unity, safety, the spirit of trust and openness, wisdom, growth, and so on).			
I encourage our prayer time to be conversational—like talking with an old and trusted friend.			

I remember to thank and/or encourage those who share during prayer time.		
I send reminder emails/notes or make phone calls to get group members in the habit of praying for the group's joys/concerns even when we're not together.		

Phase 2: Working on Deep Breathing	Describes me completely	Describes me somewhat	Does not describe me
I allow for quiet space during prayer time, inviting others to add to the prayer as they feel led.			
I allow for extended quiet time during our prayers for people to talk to God silently.			
I encourage group members to vocalize their support while others are praying out loud ("Yes, Lord." "Amen." "Thank you, Jesus.").			
I facilitate praying out loud for one another in partners or triplets.			
I invite and encourage group members to open or close our prayer time instead of me.			
I model praying in public if our group is together outside of our church/homes.			
I initiate conversations about how group members pray throughout the day at home, at work, at church events, in the car, and so on.			

Phase 3: Developing Flexibility	Describes me	Describes me	Does not describe
	completely	somewhat	me
I have introduced the group to praying a concert of prayer around particular themes/topics.			

I have asked group members to each share a favorite (learned/memorized) prayer.		
I have led the group in a prayer of confession.		
I have provided opportunities for the group to pray silently or out loud using worship music as our inspiration.		
I have led the group in a responsive prayer using the Psalms.		
I have led the group in a focused breath prayer (Breathe in while praying silently: <i>Lord Jesus, have mercy on me.</i> Breathe out while praying: <i>a sinner.</i> Repeat slowly and meditatively).		
I have encouraged the group to lay hands on a member needing prayer or encouraged holding hands or placing hands on others' shoulders while praying.		
I have set aside an extended period of group time for silent meditation and prayer (at least 15 minutes).		
I have provided opportunities for my group to be engaged in movement while praying (walking a labyrinth or prayer path, for example).		
I have talked to other group leaders about what prayer techniques work in their groups and tried some of their ideas.		
I have read books/blogs/articles about small-group prayer life and how to develop it.		
I have passed along books/blogs/articles about strengthening small-group prayer life to group members for reading and/or discussion.		

Fit for Life

"Be energetic in your life of salvation, reverent and sensitive before God. That energy is God's energy, an energy deep within you, God himself willing and working at what will give him the most pleasure" (Philippians 2:13, *The Message*).

As your group works out the Christian life together, don't forget to practice prayer so that it becomes as natural as breathing. Break out of your regular routine and energize your group, pushing them to be more open, more transparent, more bold, and more responsive to the needs of others. Only then will they become fit for life.

---RACHEL GILMORE is author of <u>The Complete Leader's Guide to Christian Retreats</u> and <u>Church Programs and</u> <u>Celebrations for All Generations</u>.

Discuss:

- 1. On a scale of 1 to 10 (with 10 being the highest), how spiritually fit is our group's prayer life?
- 2. What is one of our group's strengths when we go to God in prayer? What is one of our weaknesses?
- 3. What is one new technique I'd be willing to try to energize the prayer power of our group?

A Proper Understanding of Group Prayer

Here are some questions to answer and ideas to consider.

By Spence Shelton

It's the end of your group's Bible study time. Almost with a cringe (because you've become conditioned to what's about to transpire for the next 30 seconds or 30 minutes), you say something like: "Okay, time to shift into our prayer time. Anybody got anything we need to be lifting up this week?"

What follows is either:

- 1. A colossally awkward silence where you are thinking: *Really? Nothing? Are your people dead inside?* And your group members are thinking: *Really? Share serious life stuff with everyone here? Are you stupid inside?*
- 2. A verbal cascade of prayer requests lasting 12 minutes each with tears, laughter, gossip, and maybe a little anger all wound up into such a mess that you have no idea what the bombardier who started this raid actually wants you to pray for.

Finally, after the awkward silence or the monologues, you say something like, "Who will close us in prayer?" This leads to a single prayer, probably by the unfortunate soul who made eye contact with you when you asked that question, and it lasts about 30 seconds. "God thanks for letting us meet, be with all the stuff we just talked about for 30 minutes, keep us safe this week, amen. No wait—in Jesus' name, amen.

Or maybe you go so far to say, "Let's have a different person pray for each one of those." This leads to five of the same nondescript prayers tailored slightly to the assigned requests.

Praying as a Small Group

Sound familiar? Hopefully that is a humorous picture that strikes one or two chords with your past experiences. What happened in that situation, and in a lot of small groups, is that prayer requests take far more time and energy than actual prayer. God calls us to be a people of prayer, not prayer requests. Seriously, if you aren't careful you can "prayer request" your group into spiritual demise.

So let's take your group prayer time through a boot camp of sorts. We'll start by asking a few questions, and then we will look at some ideas to help cultivate a rich, participative, belief-saturated prayer life among your group members.

For the sake of common language, this assessment will operate on the following definition of prayer:

Definition: Prayer is God's means for people to acknowledge their dependence on him for all things.

So when we praise him, when we confess to him, when we believe him for a brother's need, we put ourselves where God designed for us to be: dependent on his provision. A rich prayer life is one that regularly and unreservedly cries out "Abba, Father."

Assessing Your Group's Prayer Life

The easiest way to assess where you are is to simply interact with some questions designed to investigate your group's prayer life. This is not intended to beat you up. Like a workout routine, it should only hurt in the places that need the most work.

1. Who is the main character of your group's prayer time? At first you may say: "God, of course." But who do most of your prayers really center around? God and his character? The nations? The orphans and widows? Or is it you and the people in your group?

Response: _____

Why this matters: You were created to be a part of something bigger than yourself. Most of the prayers in the psalms, for example, are filled with praises for God—with requests for his help coming only in the last verse or two. If we really are only here by God's grace, our prayer life should be fueled by a God-focused mind and heart.

2. **How is the Bible involved?** It is not uncommon to find a big disconnect between a group's Bible study time and its prayer time. During Bible study, everyone has a Bible open and pages flipping. But when the leader transitions into prayer, just about everyone shuts their Bibles and puts them away to begin explaining to one another what they need to see or hear from God. The irony is that God's Word contains all of his promises, and it is sitting right there—unused.

Response: _____

Bottom line: Is the Bible just a textbook for your group, or is it something more—as 2 Timothy 3:16–17 suggests it may be?

3. Who is praying—and with whom? This is a straight-up group dynamics question. Are you praying in one large circle with everyone in the group? If so, chances are good the same people (if any) are volunteering over and again. You may have created an unnecessarily large barrier to a vibrant prayer life. Are guys praying with girls? Are new Christians praying only with other new Christians? What is the set up?

Response: _____

Bottom line: In the Ideas section we will look at a couple of ways to shake this up.

4. **How are you preparing for your group's prayer time?** I know you feel obligated to say, "I could always be doing more." But it's important simply to look at what is happening so you can brainstorm a starting point. Are you putting enough effort into your group's prayer time?

Response: _____

Ideas for Moving Forward

With your questions answered, here are some ideas for breaking free from prayer normalcy. These are simple concepts I've seen be a great help for moving groups into rich seasons of prayer.

- □ **Index cards.** Pass out an index card to each person at the start of each meeting. Ask everyone to write their prayer requests on the card at some point before prayer time. Here's the secret: people will write the "need to know" information on these cards without all of the side-track stories they would share if given the chance. When everyone is done writing, collect and redistribute the cards for prayer time and have each person in the group pray for the needs on the card they receive.
- □ **Subgroups.** Divide up guys and girls where applicable, then get into groups of three. Sharing takes way less time here and usually will draw out the prayer needs of someone who wouldn't share with 10 to 15 people.
- □ Single-gender prayer groups. Men and women become much more transparent when they are only speaking with others of their gender. And that is a good thing. I encourage you to try this out and see what happens.

- □ **Prepare.** Come to the prayer time with an agenda for what you will be praying for. Check in with your leadership (pastor, elders, director) to see what the entire church or organization is praying for. Maybe even hand out a prayer guide that walks everyone through what the group will be praying for that night. This is a great way to keep things fresh in the group. You may even try devoting one entire meeting to prayer. (Bonus: collect individual prayer requests, written or by email, and send them to the group so they can pray throughout the week.)
- □ **Pray through Scripture.** Find a resource like *For the Love of God* by D.A. Carson or Oswald Chamber's *My Utmost for His Highest* to help your group think and pray through passages of Scripture. Consider memorizing a passage of Scripture together and pray the promises of God in those passages each time you pray.
- □ **Delegate prayer time to another group member.** As a group leader, part of your role is to raise up more disciple makers. The prayer element of your group is a great one to delegate to someone you are hoping to see take an increased leadership role or eventually serve as a group leader.

Small-group leader, this all starts with you. God designed prayer to be a holy, worship-filled communion between you and him. Do not settle for anything less!

-SPENCE SHELTON is the Small Groups Pastor at Summit Church in Durham, North Carolina.

Overcoming Common Obstacles

Move past the roadblocks that can prevent effective small-group prayer.

By Andrew Wheeler

If your group is like many others, you may be struggling to maintain a consistent, focused prayer time each time you meet. The key to a more meaningful group prayer life may lie in identifying and overcoming certain obstacles to praying together.

Use the assessments below to examine several of those obstacles and learn suggestions for conquering them.

Obstacles in the Group's Environment							
How regularly does this obstacle impact our group?	Always	Often	Rarely	Never			
If your group is meeting in a public place, like a restaurant, some members may not feel comfortable praying out loud or sharing personal prayer requests. You may need to consider moving to a more private environment or setting up a separate prayer time in a different environment.							
Distractions can also occur in homes and other private settings. Children running around, telephones ringing, and intrusive pets can spoil a moment of intimate prayer or sharing.							
The structure of the group meeting can be another obstacle to an effective group prayer life. Many groups leave their prayer time to the end, creating a hurried environment if the Bible study runs over. Consider moving the prayer time to the beginning of the group, when the level of energy is at its highest.							
Pressure can become an obstacle. If everyone is expected to pray out loud, this may distract those in the group who are not comfortable praying this way. As a leader, set the expectation clearly that group members are free to pray aloud or silently as the Holy Spirit leads them.							

Obstacles in the Group's Focus						
How regularly does this obstacle impact our group?	Always	Often	Rarely	Never		
If the group has no clear prayer topic, the prayers often become disjointed. The resulting prayer time can be like a group conversation in which each person talks about a topic they find important without reference to other topics being discussed.						

To prevent this, set and clearly communicate a prayer topic before beginning prayer.		
Often, sharing requests takes up the entire allotted prayer time, and the group never really gets to praying.		
Sometimes an individual member so dominates the sharing time that insufficient time is left for the rest of the group members, who may feel cheated. A solid structure for the sharing and prayer time can make a significant difference in the group's ability to focus on prayer.		
Groups lose focus when there is an "anything goes" feel to the prayer time (which often leads to a majority of third-party and surface requests). Better to set the tone with a question like "How has God been working in your life this week?" or "What do you sense God wanting to do through you in the coming weeks?"		

Obstacles in the Styles of Group Prayer								
How regularly does this obstacle impact our group?	Always	Often	Rarely	Never				
Probably the most common style problem in group prayer is praying too long. Nothing distracts group members from prayer more than a person droning on and on. As is true in any conversation, balance is needed so that the whole group can participate. Group prayer is not about the eloquence of the individual but about agreement and unity in the group.								
Another common obstacle to group prayer is "horizontal praying"—praying for the benefit of other people to hear, rather than God. Group prayer should be thought of as "praying <i>to</i> God, <i>with</i> people."								
One form of horizontal praying is emphasizing the details surrounding the prayer request rather than focusing on God's intervention. God doesn't need all the details—he already has them. Sometimes group members may not have all the details they need, but								

they should be shared before going to prayer so that the prayer time can be focused on addressing God.		
A second form of horizontal praying is addressing group members rather than addressing God. Consider a group praying for their own outreach and evangelism. "Lord, you call us to be lights to the seekers around us. May we be open to see those who are far from you, and may we have the courage to share your love with them. May we have wisdom to know the right words to say." A prayer like this is horizontally addressed—it's all about what the group needs to do and be. Such a prayer ignores God's activity and can put group members on the defensive rather than bringing agreement and unity.		
Here's an alternative. "Father, please soften our hearts toward the seekers around us. Open our eyes to see them as you do, and give us sensitivity toward their needs. Give us courage and wisdom to share your love with them effectively." Prayer like this is vertically addressed—the verbs are all things that God is being asked to do, rather than being directed at the group.		

—ANDREW WHEELER is author of Together in Prayer (IVP, 2009); assessment adapted from "Revolutionary Prayer in Your Small Group," copyright 2010 by Christianity Today International.

Discuss:

- 1. Which of these obstacles seem most prevalent in your small group?
- 2. Which obstacles do you think are most harmful to small-group prayer?
- 3. What are three steps you can take as a leader to begin overcoming these obstacles?

Finding the Time to Pray

Because group members should never feel rushed or starved when it comes to prayer. By Pat J. Sikora

Does your small group have trouble saving time for prayer? Most do. You get involved in a great discussion and suddenly it's time to leave. Or members share lengthy requests and there's no time left to pray. Or everyone becomes a junior therapist and tries to solve problems rather than praying for them. Once again, you close the meeting with a reminder to pray for those requests at home.

Making Time to Pray

Take the following assessment and see how well your group does at making prayer a priority. (You may want to let all of your group members take the assessment, as well.)

1—Strongly D	isagree			5—N	eutral			10—S	trongly Agree
1. Our group sj	pends the	e majority	y of each	meeting	, in Bible	e study ar	nd discus	ssion.	
1	2	3	4	5	6	7	8	9	10
2. It takes a long time for all of our group members to verbalize their prayer requests.									
1	2	3	4	5	6	7	8	9	10
3. Group memb	pers ofte	n give ad	vice whe	en listeni	ng to pra	iyer requ	ests fron	n others.	
1	2	3	4	5	6	7	8	9	10
4. It is normal	for us to	have a g	roup mee	eting that	t does no	t include	praying	together	
1	2	3	4	5	6	7	8	9	10
5. It is not norr	nal for u	s to have	a group	meeting	that is en	ntirely fo	cused or	n prayer.	
1	2	3	4	5	6	7	8	9	10
6. Fellowship i	s more i	mportant	to our g	roup than	n praying	together	ſ.		
1	2	3	4	5	6	7	8	9	10
7. It's normal fe	or group	member	s to expr	ess praye	er reques	ts not im	mediatel	y connec	ted with the group.
1	2	3	4	5	6	7	8	9	10
8. Our group ra	arely divi	ides into	smaller s	subgroup	s for pra	yer.			
1	2	3	4	5	6	7	8	9	10
9. Prayer normally occurs at the end of our small-group meetings.									
1	2	3	4	5	6	7	8	9	10
10. Our group	has no b	oundarie	s when it	comes t	o express	sing pray	er reque	sts or vei	balizing prayers.
1	2	3	4	5	6	7	8	9	10
Total Score:									
10–35:	10–35: Your group places a high priority on prayer.								
36–70:	36–70: Your group could spend a little more time in prayer.								
71–100: Prayer is a low priority for your small group.									

Making More Time to Pray

Use the following ideas to pray more often (and more effectively) in your small group.

Ask for wisdom. Let's not forget that our God is a problem-solver. James 1:5 reminds us that, "If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him." When you're stumped about how to save time for prayer, ask God for wisdom. He'll show you creative ways to accomplish your goal. After all, no one is more interested in having your group pray than him!

 \Box Ask for help. I always admit to the group when I'm having trouble saving time for prayer. Of course they know it's a problem. We haven't had time to pray for three weeks—or is it four? But simply speaking the need out loud helps make everyone aware of how they're contributing to the problem—or to the solution.

You don't want to stifle requests, but be honest by saying: "I'm concerned that we haven't had time for prayer in the past few weeks. Let's make an effort to get through the study and the sharing in time to allow at least ten minutes for prayer today." Members will more carefully edit their comments to the essentials, and you'll have time to pray (that week anyway).

 \Box *Keep prayer requests immediate.* Make a ground rule to limit requests to the needs of the group members and their immediate families. Most people are pretty good about honoring that request. If requests start expanding over time, I'll mention it again or speak privately to a chronic abuser.

 \Box Pray in twos or threes. Sometimes it's effective to break your group into smaller units of two or three, either before sharing prayer needs or after. Have each small group pray for their own needs, and if there's time, have the groups pray for other needs. You won't want to use this technique all the time, but it's especially useful if there are several major issues needing prayer.

□ "You have one minute." One technique that's unpopular but effective is to announce at the beginning of the sharing time: "You each have one minute to bring us up to date or make a new prayer request. If necessary you can add more detail as you pray and we'll eavesdrop." Use this technique only when the group is cohesive and you know one another pretty well. The advantage of this approach is that it encourages people to carefully edit their sharing to the most pertinent points.

 \Box Nix problem solving. One of the tendencies of Christian groups is to turn prayer request time into a counseling session. That's one reason we often don't have time to pray. We're too busy trying to solve the problem ourselves. This is truly the work of the enemy to keep us from praying! State the "no problem solving" guideline up front. Then, as soon as someone begins to offer advice, remind them that we need to pray about the problem, not solve it.

Devote an entire meeting to sharing and praying. If yours is an ongoing group, take an occasional break from the study and devote an entire meeting to worshiping, sharing, and praying. During this meeting, you can give more attention to each person and still have time for significant prayer—if you're careful.

Pray first. You may feel a little awkward, but one way to solve the "no time to pray" problem is simply to pray first. Again, you'll need to set some limits or you'll spend the entire meeting sharing and praying, which will cut out other things. But if you combine this with one or more of the other ideas in this article, you'll find that you not only have time for everything, but also that your prayer time is refreshed and renewed.

—PAT J. SIKORA is founder of Mighty Oak Ministries and author of Why Didn't You Warn Me? How to Deal with Challenging Group Members. Copyright 2010 by the author and Christianity Today International.

A Prayer Log That Works!

An innovative way to track your group's requests over time

By Pat J. Sikora

How do you manage prayer requests in your small group? I don't mean how do you pray for them, but how do you keep track of them? How do you remind yourself to pray? How do you know when a prayer has been answered? How do you know if people in your group are growing through prayer or just whining?

If you're like most group leaders (and members), you write prayer requests on the note page of your Bible study. Or scrounge for a scrap of paper (which promptly gets lost or tossed before the week is over). Maybe you've even used a prayer journal where you list requests sequentially each week. Or you may simply try to remember them. (You don't, of course, but your intentions are good.)

And then, what happens next week? Probably the same thing. You write down new requests as if they were unrelated to last week's. Or the week before. Of course, when a repeated prayer is answered, you rejoice. But if it isn't answered in a timely manner or in the way expected, you forget all about it.

A Vital Change

Is that the way small group prayer time is supposed to be? I don't think so. In fact, I believe that a vital prayer time is critical to the effectiveness of a small group. In effective groups, people grow and change. And seeing God answer prayer—their own and those of others—builds faith for more change.

Over the years I've used just about every prayer request reminder method known. But there is one method I love and use whenever I have a group that is serious about personal growth. I use it in discipleship groups and groups where members are committed to making real changes in their lives.

The key to this method is to *list prayer requests by person rather than by date*. Most of us list requests by date, so we miss the flow for each person (assuming we can find previous requests at all). In this method, I use a dedicated notebook and create a page or two for each person. Each person's page has a tabbed divider with his or her name on it. Then as we go around the room taking prayer requests, I flip to Sally's page and list her request for today just below her request from last week. When it's Jackie's turn, I flip to her page and list her requests below last week's.

I've used both bound journals and loose-leaf binders for this method. My favorite was a small 3" x 5" three-ring binder, with punched notepaper. That one was small enough to slip into my purse, allowing me redeem the time I spent standing in line by praying for group members. I'm sure my more tech-savvy readers can adapt an app for their PDA or phone that will work, as well. The key is listing by person so that each request is sequential by member. Small Post-its work fine for tabs and allow for changes to the group as necessary.

The Benefits

This method offers several advantages over traditional prayer logs or journals.

- □ I can quickly note any changes or updates from previous weeks. I can ask for a report on whatever we prayed about last week and bring closure to a request. Sometimes people's lives are in such a tizzy that they come up with a new request every week without paying attention to what God has done with past requests—especially those that are a few weeks old. That doesn't build faith. It's just dumping. By being able to look back over recent history, we can see a trend.
- □ We are sure to note answers to prayer. When God answers a group member's prayer, I note the answer in red with a date and details. Sometimes the answer isn't what we prayed for, but it is an answer. Over time, seeing a page of red marks is a real faith-builder. Some people are so focused on today they forget to give the praise report.

It's important to acknowledge *when* and *how* God answers our prayers. Otherwise, why bother praying? This may require us to look at requests through a different lens. If John was praying for the ability to buy a new car to get to work, but was offered a loaner for as long as he needs it, is that an answer? I think so. Sometimes we don't give God credit for answering in ways we didn't expect. As a leader, it's my job to help people see that God is far bigger and more creative than we can imagine.

□ We can use this prayer journal to improve accountability. This is critical in discipleship or growth-oriented groups. Let's say that every week Randy asks us to pray he will lose weight. Fine, but what is *he* doing about it? Is he using prayer requests as a substitute for his own hard work? Is he looking for a fairy godmother rather than the God of the universe?

When I see a repeated request week after week (and it's more obvious in this format than any other), I'll ask what he's doing and how we can help him achieve his goal. I can point out that he's made the same request with no progress for four weeks. What might God want him to do to bring about his desired outcome? How might God be using this need in his life to grow him to greater maturity? I can also use the prayer list as a reminder to myself to encourage him mid-week with a call or email.

□ We can build relational continuity. Sometimes prayers aren't answered until long after the group has disbanded and people have moved on. But if I've invested myself in praying for a person, I want to know when they get their answer. By keeping them in the journal and praying my way through it from time to time, I may be prompted to follow-up and check on the status. It's amazing how encouraging it is in this world of disposable relationships for a person to be asked about a prayer request a year or two later.

I've become a fan of this prayer log. Scroll down to the next page to see a generic form and an example page. Give it a try! I think you'll benefit from this method as well.

—PAT J. SIKORA is founder of <u>Mighty Oak Ministries</u> and author of <u>Why Didn't You Warn Me? How</u> to Deal with Challenging Group Members.

PRAYER LOG NAME					
REQUEST	UPDATE				

DATE	REQUEST	UPDATE	ANSWERED!

Place tab here to identify person

PRAYER LOG

NAME <u>John Smith</u>

REQUEST	UPDATE	ANSWERED!
Just got laíd off. Needs a job quíck!		
Јор	Had two interviews. Nothing yet.	
Jenny is sick. Seems to be the flu.		
Јов	Another interview. Getting discouraged	
Jenny	Better and back at work	1/26/11
Јор	Possible job in Memphis. Can they consider moving?	
Both kíds now síck. Praíse: Jenny doesn't have to take tíme off to care for them		
Јор	Memphís fell through. More interviews, more resumes.	
Kíds	Back at school	2/9/11
Јођ	2 nd interview at Consolidated. Looks promising.	2/18/11—Híred at Consolídated!! Looks líke a good fít!
	Just got laíd off. Needs a job quick! Job Jenny is sick. Seems to be the flu. Job Jenny Job Both kíds now sick. Praise: Jenny doesn't have to take time off to care for them Job	Just got laid off: Needs a job quick!Had two interviews: Nothing yet.JobHad two interviews: Nothing yet.Jenny is sick. Seems to be the flu.Another interview. Getting discouragedJobAnother interview. Getting discouragedJobPossible job in Memphis. Can they consider moving?Both kids now sick. Praise: Jenny doesn't have to take time off to care for themMemphis fell through. More interviews, more resumes.JobMemphis fell through. More interviews, more resumes.JobSack at school