

## **Prayer Experience Directions**

This prayer experience is designed for small groups to experience God and community in a fresh and powerful way.

### **Preparation**

1. Print and cut the prayer activities into small sheets. Place them in an envelope.
2. Place chairs in a circle
3. Although not necessary, it is recommended you use a setting with candles or subdued lighting.

### **The Experience**

1. Have worship music playing softly in the background during this prayer experience.
2. Hand each person one sheet at the beginning of the experience.
3. Each person should follow the directions on their sheet. When they are done, they should pass the paper to the person on the left.
4. The person leading the activity should continue to take the extra sheets out of the envelope until the envelope is empty, passing them to the left. The goal is for every person to view each sheet. Participants will be doing activities simultaneously throughout the experience. The activity is over when everyone has done every activity.
5. Pass the sheets to the left at your own pace. Let people know that if any part of the activity makes them uncomfortable, they don't have to do it, or can modify it.(if the directions say stand up...feel free to stay seated if you're uncomfortable).
6. When you are done, it is helpful to debrief as a group: What did you think of the experience? What did God teach you through this experience? What was the most stretching part of the experience? What did you like best? What is something you can change about your prayer life?

**Close your hand into a fist. Then think of five things you are thankful for. As you think of each, raise a finger until your entire hand is open. Then spend 30 seconds saying thank you to God.**

**Place one hand on your lips and meditate on this Scripture: "Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them." Ephesians 4:29**

**Place your hand on the shoulder of the person on your left and pray that this person will live as a person of integrity.**

**Place your hands over your ears and pray that you would be able to hear what God says to you during this prayer experience.**

**Place your hand on the shoulder of the person on your right and pray that this person will find peace.**

**Somewhere on this paper, write the first letter of the first name of someone you know who needs God. They may need him for healing, for comfort, or for salvation. Spend some time praying for this person. When you're done, pray for the other people whose letters are written on this paper.**

**God's Word says that "all have sinned; all fall short of the God's glorious standard." In other words, we all mess up. Think through the last week and find times when you fell short of God's will. Think through your conversations, the things you done with friends, the things you done while alone, your thoughts, and your behavior at work, school, etc. Kneel and spend time confessing to God these things and letting Him know how much you need Him in these areas of your life.**

**The Bible says that "if we confess our sins to Him, He is faithful and just to forgive us and to cleanse us from every wrong." We know that God throws our sin "as far as the east is from the west." Now that you've confessed, stand with your arms stretched in front of you and your palms out. Picture letting go of a heavy load and thank God for forgiving you.**

**Bow your head and read this prayer to yourself in a whisper. Find me here. Speak to me. I want to feel you. I need to hear you. You are the light that is leading me to the place where I find peace again. You are the strength that keeps me walking. You are the hope that keeps me trusting. You are the life to my soul. You are my purpose. You are everything. And how can I stand here with you and not be moved by you? Would you tell me how could it be any better than this? You calm the storms and you give me rest. You hold me in your hands, you won't let me fall. You still my heart and take my breath away. Would you take me in? Would you take me deeper now? And how can I stand here with you and not be moved by you? Would you tell me how it could be any better than this? Because you're all I want. You're all I need. You are everything. Everything. ("Everything" by Lifehouse from the album *No Name Face*)**

**Place your hand over your heart and read this Scripture:**

**“Above all else, guard your heart for it affects everything you do. Avoid all perverse talk; stay far away from corrupt speech. Look straight ahead, and fix your eyes on what lies before you. Mark out a straight path for your feet; then stick to the path and stay safe. Don’t get sidetracked; keep your feet from following evil.” (Proverbs 4:23-27) Pray that you wouldn’t get sidetracked by the temptation which attacks you every day.**

**Stand and read this prayer aloud:**

**A single day in your courts is better than a thousand anywhere else! I would rather be a gatekeeper in the house of God than live the good life in the homes of the wicked. For the Lord God is our light and protector. He gives us grace and glory. No good thing will the Lord withhold from those who do what is right. O Lord Almighty, happy are those who trust you. (Psalm 84: 10-12)**

**Bow your head, close your eyes, and repeat this simple prayer 20 times silently to yourself: “God have mercy on me.”**

**“The eye is a lamp for your body. A pure eye lets sunshine into your soul. But an evil eye shuts out the light and plunges you into darkness. If the light you think you have is really darkness, how deep that darkness will be.” (Matthew 6:22-23) Place your hands over your eyes and pray that you would have the strength to only look at things which are good and pure.**

**“For I know the plans I have for you,’ says the Lord. ‘They are plans for good and not disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for me in earnest, you will find me when you seek me. I will be found by you,’ says the Lord.” We trust God because he is Lord of the past. We can have faith in him because He knows the future. Stand, point your finger forward toward the future, and pray for the direction God has for you life. Pray for the plans he has in your life. Seek God and find Him.**

**In the Old Testament God is often known as the great “I Am”. He is the one who always was, who always is, and who is to come. He is the Lord of the past, present and future. Stand up and face the back of the room. Let this symbolize you facing your past. Think through the moments where you have seen God work in the past. Pray to God with sentences which start with “God, I saw you working when.....” After you have remembered the times when you have known Him to be faithful in the past, ask Him to continue to be faithful in the future.**

**Kneel silently and read this as your prayer to God:**

**My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself. And the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope that I have the desire in all that I am doing. And I know that if I do this, you will lead me by the right road though I may know nothing about it. Therefore will I trust you always. Though I may seem to be lost and in the shadow of death, I will not fear, for you are ever with me and you will never leave me to face perils alone. (Thomas Merton)**

**God has many names, but they all describe the One God who is Lord of Heaven and Earth. Stand and read aloud these names of God as an act of praise.**

**Born Jan. – April: Sanctuary, Strength, My Stronghold, An Ever Present Help in Time of Trouble, Alpha and Omega Beginning and End, The Holy One, God Most High, Father of Compassion.**

**Born May – August: I Am, The Mighty One, Ancient of Days, The Way, the Truth, and the Life, Christ, The Messiah, Firstborn of All, Creation, King of Kings, Lord of Lords.**

**Born Sept. – Dec.: Immanuel, Lamb of God, Prince of Peace, Everlasting Father, The Righteous One, The First and the Last, Salvation, The Living God, Light of the World, God Almighty.**

**The Bible clearly tells that we are to submit to the government and pray for our leaders. Pray for your home state, and our country. Pray that as a nation we would be wise in all we do. Pray that our leaders, police, government officials, and religious leaders would have Godly wisdom and strength.**

**Pray for Central Christian Church – that we would seek God's direction together. Pray for our church leadership – that we would carry God's mission in Mt. Vernon, the surrounding region and the world. Pray for specific ministries of the church you are involved with.**

**Pray for honesty with God and with your small group. Pray that you will extend grace and see people as God sees them even if they say or do things that hurt you.**

**Pray that a new leader or leaders will rise from your small group; that you will seek others needs rather than be self-absorbed, and that God will use your group to do great great things for the Kingdom.**

**Pray for the group that you are sitting with right now. Pray that there would be unity and trust among the group. Pray for your small group leader and host. Thank God for the people around you. Pray that spiritual transformation happens within your group; and that God would help you to live in rich community with one another.**