



Group Prayer Formats that *Eliminate Boring Prayer*

BY MARESA DEPUY

Circle Prayer: Pray around the circle. Squeeze the hand of the next person to pass.

Jump Start: Begin (rather than end) your group meeting with requests and prayer time.

Index Card Swap: Each person writes a personal request on an index card. Then, each member of the group draws one and prays for that person through the week. Add names and contact information for more bonding.

Prayer Buddies: Split up into twos or threes. Each person shares one specific need, prays for the other's request, and commits to pray throughout the week.

A to Z: Pray God's names and attributes from A to Z. Each person prays one: Abba, Beautiful, Caring, Deliverer, Everlasting, Father, etc.

Prayer Walk: Walk around the church or the neighborhood where you meet, praying as the Holy Spirit uses visual prompts to bring topics to mind.

Pray Scripture: Insert "I" or "me" or the person's name for whom you are praying. Type up Scriptures before your group time or email them ahead to give timid pray-ers a chance to prep. For example:

Praying 1 Thessalonians 3:13

- "Dear Lord, may you strengthen my heart so that I will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones."
- "Dear Lord, please strengthen my heart so I will do what is right. Give me your grace to make decisions that lead to holiness."

Journal: Purchase a prayer journal, and appoint a prayer captain. Record requests and answers. The prayer captain updates journal weekly and sends out a monthly praise report to the group.

Hot Seat: Group members with a specific burden or need are invited to sit in the center of group. The group lays hands on that person and prays, listening for the Holy Spirit and keeping prayers brief so all can take a turn.

Pray the Bible: Choose a biblical prayer, read it aloud, and then enter into conversational prayer. For example, a prayer for blessing: 1 Chronicles 4:10; a prayer for protection: Psalm 91; a prayer of worship: Psalm 8; a prayer of repentance: Psalm 139:23–24.

The Lord's Prayer: Divide Matthew 6:9–13 into several chunks and pray weekly from the corresponding phrase. For example, Week 1: Our Father in heaven—Praise God for who He is and name His attributes together; Week 2: Your kingdom come, your will be done—Pray for God's rule and reign in each life and circumstance.

Conversational Prayer: Converse as a group with Jesus, each taking turns and listening to one another.

- Stay with one topic at a time, allowing someone else to add to that topic before proceeding. Build on the prayers of others, as in a conversation. Stay on the topic until everyone who wishes to contribute has had an opportunity.
- Proceed topically. When a topic is complete, someone—not just the leader—can move on to the next topic.

