

Prayer Guidelines for use individually or with a few people.

Some of you are familiar with these guide lines. They are based on the understanding that prayer is listening to what God wants you to pray for and once you know what He wants you to pray for, you ask Him in faith for the things He has shown you.

1. Begin by focusing on the Lord in praise - Psalm 138:1-2
2. Ask the Holy Spirit to reveal any area in your life that is displeasing to God. Confess and accept God's forgiveness and cleansing - Psalm 66:18
3. Ask the Holy Spirit to anoint you in His fullness and to direct your prayers - Romans 8:26
4. Submit your own ideas, thoughts and feelings to God - 2 Corinthians 10:5
5. Resist the enemy - James 4:7
6. Ask for the fear of the Lord which overrides the fear of each other e.g fear of praying aloud or making mistakes - Isaiah 11:2-3
7. Relax and listen, expecting God to speak about His prayer concerns and how to pray about them - Acts 13:2

LISTENING

A prayer need, or how to pray for that prayer need, is discerned as different people or you share what you receive - Acts 15:28. God's voice is often quiet - 1 Kings 20:12, yet specific and persistent - Acts 10:13-20

Aids to listening:

God may give:

1. A recurring thought, e.g. the name of a person who has a need or an incident impressed in the mind.
2. A scripture which is not thought up but is suddenly "there".
3. A mental picture, not thought up but "given".
4. A "word" of some kind from God.

Do not be anxious about whether an impression is “you” or “the Lord” - you have gone through the steps, now believe your loving Heavenly Father (but at the same time be accountable to the group leader and the group).

INTERCESSION:

Speak out in obedience the prayer of faith - James 5:15, being available as a channel of the Holy Spirit's different ways of praying - Romans 8:26. Give thanks for what God has begun to do and what is going to change as a result, whether we learn about it or not - Phil 4:6.

PRAYER TRIPLETS:

As our Spring Tide Mission is coming up it is an opportunity to get serious about our lost friends and family. We shall have events going on through us (think about what you could do) as well as town wide events like the BBQ near Alma Square (21st June) and the Archbishop Sentamu event on Sunday evening 22nd June. Fundamental to the fruitfulness of our mission - people coming to know Jesus - is prayer. Prayer triplets were launched in England back in the 80's but before that they were in the Bible. They have spread throughout the world and the decades and are effective in part of the process on reaching people with the gospel.

Basically a prayer triplet consists of three people (mini-triplet) or three couples (maxi-triplet) who commit to praying regularly for three of their friends each so that between them they are committed to praying for nine individuals or nine couples. They pray for all their known needs and especially that they might become Christian.

A student wrote, “As a fresher I heard about prayer triplets. Three of us met to discuss this – when we should pray, how long we would pray for, where we would meet, who we would pray for. It took two hours! Then for five minutes at the end we prayed for a friend each. Imagine my surprise when the friend I prayed for came to me two days later and asked how she

could become a Christian. If God can answer prayer that quickly, with so little faith on my part, how much more could He do, if we prayed & trusted Him more and talked less?"

A married couple formed a maxi-triplet. One of the couples they prayed for were their tennis partners. First the wife became a Christian. But her husband was so incensed, he threatened his praying friends with a gun! Eventually God broke through into his life also. The following summer the four of them walked away with all the tennis tournament prizes. In presenting them, the club chairman claimed they had unfair advantage. 'Next summer you pray for all of us – not just two of us'.

An Irish businessman heard about prayer triplets and started meeting together with three colleagues where he worked. A year later he was rejoicing that the three he was praying for had been converted, and the environment had changed.

HOW TO GET STARTED

Ask God to guide you to two friends with whom you can pray. You could do this from within your cell, missional community, or outreach and it can involve all ages, Junior Church and young people, as well as adults. Decide together on the three friends each you will pray for (or three couples). Ideally these friends should be in the place where you spend most time and whom you see fairly often (college, school, work or in your locality). Share some brief information about these, and write their names on a prayer card. Each time you meet, pray for each of them, and pray at other times during the week also – in your prayer time, as you travel, or when you are out walking. Agree how long to meet for and ensure that at least half the time is spent in prayer – use the rest of the time to update one another about your friends.