

PRAYING FOR FIVE FRIENDS



Praying for others to know Jesus is one of the most powerful things we can do. Persistent prayer for others brings transformation to their lives.

Consistently praying for others takes discipline, and there are many ways that we can build up habits that will help us to pray for our friends and family.

Choose five people you would regularly like to pray for and write their names down onto a list. If you're not sure who to pray for, ask God to guide you as you choose. Once you have settled on 5 names, commit to praying for them regularly by praying the following:

**Loving Father,
in the face of Jesus Christ
your light and glory have blazed forth.
Send your Holy Spirit that I may share with my friends
[here, name your friends]
the life of your Son and your love for all.
Strengthen me as a witness to that love
as I pledge to pray for them,
for your name's sake. Amen.**

Here are five easy ways to pray for five people regularly. Choose the one that suits you best.

1. Piece of string

Take a piece of string or cord, and tie five knots in it to represent each of the five people you have committed to pray for. You could carry the knotted string in your pocket, tie it round your wrist or place it somewhere that you'll see it regularly. Use the knots to remind you to pray for each person on your list of five.

2. Small stones

Find five small stones (light coloured ones are best) and write each of the people on your list onto each of the stones. Place them on your desk, bedside table or fireplace as a reminder to pray. Alternatively, you could place each stone in a different room of your home and pray for each person as you enter or leave the room.

3. Business prayer card or bookmark

Grab a piece of card that will easily fit inside your wallet, purse or book. Write your list of five names onto the card before putting it in your wallet or book. Use this card as a daily reminder to pray for them.

4. Prayer Alerts

Add your list of five people to the alerts section of your phone and set reminders to pray for them. You could choose one name per day, or pray for all five across your day. Remember to set alerts for a suitable time where you can stop to pray for your list.

5. Post-it Notes

Use five post-it notes and write one name onto each. Stick them onto your mirror, above your bed or somewhere that you'll see them regularly and will be reminded to pray.

PRAYING FOR FIVE FRIENDS (CONTINUED)



You might like to use the following prayers as you pray for others:

Loving Lord,
Please work in me so I can share your love, life and message with...
Reveal your love to them, that they might know, follow and witness to
you,
for Your glory.
Amen.

Loving Father,
Send your Holy Spirit so I can share your love, life and message with...
Reveal Jesus to them, that they might know, follow and love him,
for Your glory.
Amen.

You build your church through the power of your Spirit.
By the same Spirit enable me to witness to... your love, beauty and
grace,
that they may come to the fellowship of the faithful
for Your glory.
Amen.

Lord,
I pray that you will lead... to you.
Thank you that you love them. I pray that you would break into their life
and show them your love, grace and peace,
for Your glory.
Amen.

Using the BLESS acrostic can help us to focus on all of the felt needs of those we are praying for:

Body – health, protection, energy

Labour – employment/
unemployment, retirement,
adequate income

Emotional – inner peace, joy,
wisdom, insight, patience

Social – healthy relationships
between spouses, parents, children,
friends, reconciliation; love

Spiritual – repentance, salvation,
obedience, faith

PRAYER WALKING

Prayer walking is as simple as it sounds - praying as you walk. When we prayer walk we are stepping into our authority as God's children to bless people and places in Jesus' name. This simple task is a great way to bring transformation to your local community by asking God to break in.

Here's how to get started:

Know your local area

Know the places and people that make up your local community. What jobs do people do? What ethnicities and social classes live in your area? How many sacred buildings are there?

Know local people

Find out what the needs are in your local community by speaking to those in your area.

Know local needs

Are there problems with unemployment, crime or poverty in your area? You could put all of this information onto a physical map of your community, or write it down in one place. This will help inform your prayers, and you can add to it the more you prayer walk.

Get Prayer Walking

The core of prayer walking is conversing with God; ask Him to show you what He sees; to know His heart for your community.

Here are some practical suggestions on how to prayer walk effectively:

Start and end together

Agree a place and time to start prayer walking and talking to God together. Begin by explaining why you've gathered to pray, and share specific prayer points, if relevant. If splitting into smaller groups, then agree a place and time to end together.

Try going in pairs

Jesus sent his disciples out in pairs. It's not as intimidating as a large group, and is safer than people going on their own. If you have a larger group, breaking into pairs can help you to pray for different parts of your area.

Choose whether or not to plan your route

You can plan ahead to ensure that you pray for specific places, or simply ask the Holy Spirit to guide your time - just make sure you don't get lost!

Use your natural and supernatural senses

As you prayer walk, be aware of your surroundings: what you see, smell, hear and touch. But also be aware of what God is saying to you as you move around your community; if any Bible verses pop into your head or if you have any pictures, visions or words of knowledge. Turn these natural and supernatural senses into prayer.



Choose whether to pray silently or out loud

The point of prayer walking isn't about being seen praying; it's about seeing and praying. You can pray quietly together or in silence if it makes you feel more comfortable. However, don't be afraid to speak out prayers if you feel compelled to.

Pray for others

As you prayer walk, the focus is on those who are living in your community so be intentional about praying for God's blessings on what you see and feel. Even in difficult areas, try to pray positively. Focus on God's plans and purposes for the place and people that live there. "Your Kingdom come, your will be done..." is an excellent start.

Ending well

If you've prayed in different places, meet up at the end to share what you've prayed and heard from God. Write down what you share so that you can keep track of how to pray for your area.

Keep going

After your prayer walk, keep praying for your community. You might like to arrange specific prayer meetings or further prayer walks for your area. Prayer walking is also a way of claiming a specific area for God. When Joshua and the army were claiming Jericho, God instructed them to walk around the city for six days, and seven times on the seventh day. Why not make your walk a physical prayer by repeating it for a week?

As you keep praying, continue to ask for God's blessing in your area; praying for God's kingdom to come and His Will to be done in your area. If you feel that God is highlighting specific needs or challenges, think about how to take action; how could you and your Church be part of God's solution practically, as well as prayerfully?