

# Praying Together *Starter Pack*

We hope that this resource won't be prescriptive, but a **catalyst** to your gospel friendship or prayer group finding a rhythm or pattern that works for you.

Each week, we suggest praying under the two umbrellas  
**"Out There"** and **"In Here."**

To help us become more intentional with our **"Out There"** prayers, there is a "getting to know you" aspect that happens naturally over time. For example, praying for a mission partner might involve reading their prayer letter, or setting a Zoom call with them to ask about their ministry.

The **"In Here"** section would naturally encourage us to become more focused at praying for one another, not because we know all the prayer requests, but because we are developing a friendship with one another. The hope is that you'll get to know what to ask about and what might be going on at a deeper level over time.

If you feel before the ten weeks of this resource, you have found your rhythm, feel free to let the Holy Spirit guide your group. This is meant to be a catalyst, not an instruction manual!

As such, this guide does not include everything you could do together! Maybe put the kettle on, catch-up over Zoom, or have food together—whatever helps you in sharing real life with each other and building each other up in faith, and looking to Jesus together, which is the ultimate goal of a group like this.

If you are new to this, the first weeks include estimated timings – but of course feel free to use your own timings!

We hope this will help give you confidence and structure in praying together, to help you grow in building each other up, in loving the world, and in looking to Jesus together.

# Week 1

## **Bible : Psalm 146**

Respond in prayers of praise for the character of God in this psalm.

Respond in prayers of thanks for God's work in this psalm.

Respond by asking for help to live in light of the truths you've read.

(Estimated time 10-15 mins)

## **Out there:**

Decide together on a situation in the world, church ministry or mission partner that you will commit to pray for for the next ten weeks. For example, choose a specific mission partner, a situation of war, a mission field, a social cause, or a church ministry, and over the next ten weeks you will learn more about it and pray about different aspects of it.

Spend a bit of time now praying for this topic.

(Estimated time 10-15 mins)

## **Next Week:**

Nominate one of your group to bring some information about the topic to help inform your prayers next week.

Depending on the topic, this could be statistics/data, stories, pictures, reports, testimonies, a live person—anything that will help inform your prayers!

## **In Here:**

### ***What is God doing in your life?***

Share what you are learning from the situations you face this week, and pray for God's work in those situations.

(Estimated time 20 mins)

## **Next Week:**

Continue to pray for these things throughout the week.

# Week 2

## **Bible :** *Ephesians 3:14-21*

Notice the depth of Paul's prayer for people who are far away from him.

Respond in prayers of thanks for the love of Christ in which we are growing.

Ask God to grow in you a heart like Paul's, full of love and concern for those far away from you.

(Estimated time 10-15 mins)

## **Out there:**

Pray for your chosen situation/topic using the information you've learned this week.

(Estimated time 10-15 mins)

## **Next Week:**

For next week, find out about a person or organisation who works in your chosen area and pray for them/their work.

## **In Here:**

### ***What is God doing in your life?***

Think back to what you prayed for one another last week and share what God has taught you through that – whether the prayer was answered or not!

Share some situations you expect to encounter this week. Pray for one another in those, and particularly pray for how we are learning to respond in godliness.

(Estimated time 20 mins)

## **Next Week:**

Continue to pray for these things throughout the week

## **You might want to try:**

- encouraging one another by letting them know when you've prayed for them
- having a group chat to continue sharing prayer requests
- getting together in the 'ordinary' things you'd normally do (e.g. cooking, serving on a team, exercise)

# Week 3

## **Bible :** *Psalm 62*

Respond by thanking God for His power and love

Respond by expressing to God your dependence on Him

Respond in prayer to this psalm in any way you feel led, perhaps focussing on one verse or truth that stands out to you

## **Out there:**

Pray for the person/organisation you researched this week.

### **Next Week:**

For next week, if possible, contact the person or organisation who you have prayed for, and ask them how you can pray for them. If not, think through another way to pray for them.

## **In Here:**

### ***What is God doing in your life?***

Think back to what you prayed for one another last week and share what God has taught you through that.

Share some situations you expect to encounter this week.

Pray for one another in those, and particularly pray for how we are learning to respond to that in godliness.

### **Next Week:**

Continue to pray for these things throughout the week.

## **You might want to try:**

- encouraging one another by letting them know when you've prayed for them
- having a group chat to continue sharing prayer requests
- getting together in the 'ordinary' things you'd normally do (e.g. cooking, serving on a team, exercise)

# Week 4

## **Bible :** *Philippians 1:3-11*

Notice what Paul is praying for the Philippians in verses 9-11. Pray these things for one another.

### **Out there:**

Pray through the same Philippians passage for the person/organisation you have been praying for.

### **Next Week:**

If you've been in touch with a person or organisation, why not get in touch again to let them know what you've prayed for them.

Going forward, think of some ways that you can keep your prayers current.

### **In Here:**

#### ***What is God doing in your life?***

How has praying for someone or something "Out There" grown your own relationship with Jesus?

How has praying together as a group grown your own relationship with Jesus?

Thank God for what you've found encouraging, and ask for His help in places you've discovered you need to grow in.

### **Next Week:**

Continue to pray for these things throughout the week.

### **You might want to try:**

- encouraging one another by letting them know when you've prayed for them
- having a group chat to continue sharing prayer requests
- getting together in the 'ordinary' things you'd normally do (e.g. cooking, serving on a team, exercise)

## **Bible:** *you choose!*

This week, choose a passage to read through and pray about: it could be one you read in your own time, studied in a group, heard in a recent service etc.

Spend some time...

thanking God for how He's revealed His good character in this passage.

confessing your need of Him and asking for His help in living in line with the passage.

## **Out there:**

Continue to pray for the person/organisation you have chosen.

### **You might want to try**

inviting the person you're praying for (or someone from the organisation/ministry you're praying for) to join you and pray with you (in person or video call)

following them on social media

signing up to their prayer letter or to their prayer update on Prayermate app

## **In Here:**

### ***What is God doing in your life?***

Share how you feel your walk with God is going, both positively and negatively. Let the freedom to be open and honest grow. Pray for one another's walk with God.

### **Next Week:**

Continue to pray for these things throughout the week.

### **You might want to try:**

- encouraging one another by letting them know when you've prayed for them
- having a group chat to continue sharing prayer requests
- getting together in the 'ordinary' things you'd normally do (e.g. cooking, serving on a team, exercise)

# Week 6-10

By this point, we hope that you have established some rhythms in your prayer group. As you have been getting to know your “Out There” person/organisation and “In Here” group, we hope that your desire for Jesus is increasing.

In weeks 1-5, we intentionally made the format prescriptive, but from this point, it's more flexible to help you find what works best for your group. Below are just some general pointers for your time from week to week.

## **Bible :** *Choose a passage*

Praise

Confession

Request

Thanks

## **Out there:**

You can continue to pray for the person/organisation from weeks 1-5, or you may decide to choose a different person/organisation for the next 5 weeks.

## **In Here:**

### ***What is God doing in your life?***

Prayer groups can foster an open and spiritual relationship between you. Keep on praying not only for each other's material needs but for each other's spiritual lives too. As you share your needs and circumstances, pray more about how they are affecting you, how they expose sin, or challenge idolatry, and how God might be shaping you through those circumstances.

### ***Aim to grow in***

Being open about your spiritual lives ; confess to one another, confide in one another, and intercede for one another, focussing on how God's grace is growing you through it all.

# Week 11 *and beyond*

We hope this resource has helped you find rhythms which are helpful for growing in praying intentionally and looking to Jesus together!

## Some next steps for you to consider:

**Continue** your prayer group, OR...

**Find someone new** to join your group, which would be an encouragement to them, OR...

**Start new groups** of your own, OR...

Why not **share your experience** with others and encourage them to start their own groups?