



J•GROUPS

Praying Together In Your J-Group

The easiest way to pray together is to set a regular time at each meeting. It could be in the beginning, middle, or end. This will depend on how you lead your group.

- **Ask for personal requests**
- **Pray for your group and The Journey**
- **Pray for the community**
- **Prayers of Praise:**
 - Example - “God, we praise you for ...” Then invite the people to complete the sentence with words of thanksgiving, or names of God, or attributes of God.
- **Using the Psalms:**
 - Read a Psalm (for example 66, 93, 98, 100, 105, 111) before or during prayer. Or read a Psalm allowing silence after each line for people to respond with their own prayers.
- **Prayer for conversions:** that God would draw them to Himself.
- **Meditative Response Prayer:**
 - Begin with a moment of quiet, then pray asking God to help you listen to His voice.
 - Slowly read a portion of scripture, like Psalm 51:1-2 aloud. (*Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. Wash me clean from my guilt. Purify me from my sin.*)
 - Listen for a word or phrase that stands out to you.
 - After the passage is read, ask your group members to share what stood out to them.
 - Repeat the reading and sharing two more times, listening for how Christ is speaking to you.
 - Close with a moment of silence.
- **Pair Prayer:**
 - If you have a large group divide up into groups of three or four.
 - Have them focus on praying for one another. Or, divide into twos to share requests and pray.
- **Pray Scripture into people's lives:**
 - You, as the leader, would begin. For example, 1 Thessalonians 3:13, “*May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.*”
 - You might pray: “Dear Lord, please strengthen my heart-level determination to do what is right. Give me your grace to make decisions that lead to holiness. Jesus, I look forward to your return. ... etc.”
- **Divide the Lord's Prayer** (Matt. 6:9-13) into portions to focus on different ways to pray.
- **The PRAY Acronym:**
 - P = Praise: Tell God you love him and thank him. Psalm 69:30, “*I will praise*

- God's name in song and glorify him with thanksgiving."*
- R = Repent: Confess any sin. Acts 3:19-20, *"Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord."*
 - A = Ask: Ask God to help you and others. 1 John 5:14, *"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."*
 - Y = Yield: Pause and listen to God's word. Psalm 130:5, *"I wait for the LORD, my soul waits, and in his word I put my hope."*
 - **Use the ACTS model:** Either cover all four aspects or emphasize one per meeting. Pick out verses and songs that reflect each.
 - Adoration (say or sing worship to God)
 - Confession (acknowledge and repent publicly or privately of sins)
 - Thanksgiving
 - Supplication (make earnest requests of God).
 - **The Prayer Hand:** Another simple way to remember to pray for others is by using your hand as a memory prompt or template for prayer.
 - 1st finger– This is your index finger or 'pointing' finger. Pray for the people who help you grow as a Christian, who point the way to be more like Jesus, such as your J-Group leader, youth leader, and leadership team. (Col 4: 2-4)
 - 2nd finger– This is your strongest finger. Pray for all those people with power and responsibility i.e. government and civic leaders. (1 Tim 2: 2)
 - 3rd finger– This is commonly known as the ring finger. Pray for those you love and who are close to you. Pray for your parents and friends.
 - 4th finger– This is the little finger. Pray for those who are weak or helpless, or who are old and infirm. Pray for those who are sick. (James 5:13-15)
 - Thumb– Pray for those who are furthest away from you. Pray for the church around the world, for missionaries and for Christians who are persecuted for their faith.(Eph 6:18)
 - Palm- Finally, pray for yourself. Admit the things you know you have done wrong (1 John 1:9) and receive God's peace and forgiveness. Offer your hands to serve God through your life, at home, school or work.

Scripture Examples

- *"Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land. My eyes will be open and my ears attentive to every prayer made in this place."* Chronicles 7:14-15
- *"I also tell you this: If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you. For where two or three gather together as my followers, I am there among them."* Matthew 18:19-20
- *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."* Philippians 4:6-7
- *"Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."* 1 Thessalonians 5:16-18