

## Creative Prayer Ideas

*"Where two or three are gathered together in my name, there I am..." Matthew 18:20*

1. **Teaspoon Prayers (T\_hank You, S\_orry, P\_lease)**  
This formula helps you divide your prayer time into three sections, so that prayer is not a shopping list of requests, but a relationship with God. First thank God for all He has done, or for specific answers to prayers. Second, say sorry for mistakes (things you have said or thought that you shouldn't have, and for things you have failed to do). Ask for God's forgiveness. Last, ask God for what you need (most people tend to be best at this part!).
2. **ACTS (A\_doration, C\_onfession, T\_hanksgiving, S\_upplication)**  
Similar to the above prayer. First express your adoration of God. Next confess mistakes. Third, thank Him. And last, ask Him for what you need.
3. **Praying with a map or globe**  
Bring a map or globe to the group meeting. Ask members of your group to name a country or area for which they would like to pray. You can make a list, something like:
  - \* Iraq - for all the innocent people injured or who have lost homes
  - \* Indonesia - for Christians in danger/persecution due to faith
  - \* Chile - for my friend, \_\_\_\_\_, serving as a missionary
  - \* Russia - for all those who don't know Jesus
  - \* Spain - for my relatives who need \_\_\_\_\_
  - \* Etc.
4. **Musical Prayer**  
Music can help us to relax, to focus on God, and to pray. Play a favorite Christian song. Follow with an open prayer where people can pray whatever comes to their heart during the song.
5. **Request box/basket**  
Have a box or basket available for members to place written prayer requests into. You can promise to pray for them. (Or, involve the group by inviting members to select and pray the requests for one another, either together as a group, or on their own during the week. See #12.)

6. Smelly Feet  
Try hosting a foot-washing prayer. While you are washing their feet, ask for a personal prayer request and then pray for them.
7. Five Finger Model of Prayer  
Use your fingers to trigger prayer for yourself and others.
  - \* Thumb - those furthest away (missionaries, persecuted Christians, friends & family far away)
  - \* 1<sup>st</sup> finger - people who lead and guide us, pointing the way (ministers, teachers, etc.)
  - \* 2<sup>nd</sup> finger - the strongest finger reminds us to pray for those with power and responsibility (government leaders, etc.)
  - \* Ring finger - those we love (family and friends)
  - \* Little finger - those who are ill, weak, infirm, old, poor, helpless...
  - \* Whole hand - pray for yourself, offering yourself to God to serve Him as praying and serving hands for all the people you meet.
8. Pray using Psalms or other Bible verses  
If it is hard for you to pray with your own words, find a psalm or Bible verse, and pray using those words. The Lord's Prayer is one option (Matthew 6:5-15). Or try something from Acts or one of Paul's letters (Eph. 3:14-21 is a good one to try).
9. Alphabet Praise Prayer  
Pray randomly or in order around the group, moving through the alphabet, thanking God for His attributes or things you are thankful for beginning with each letter. You can have several people speak for each letter, or just one. Ex. "God you are Awsome", "Thank you for your Beautiful creation", etc.
10. M&M/Skittle Prayer  
Pass around a bowl of M&M's or skittles. Ask each person to take a few. Then ask each person to pray a sentence of thanks for something that is the same color as their candy. Ex. "Thank you for the (yellow) sunshine." You can go around once, or as many times as you like.
11. Partner Prayers  
Pair up with another person in your group. Take a few minutes to share a request with one another. It can be general or tied to the study topic. Each person then prays for their partner. You can pray all together as a group, or just with your partner. Other prayer concerns can be added to the prayer if you like.

12. **Prayer request exchange**  
Each person writes their name and a prayer request on a notecard and indicates if they do not wish for it to be prayed out loud. The notecards are placed in the middle, and each person takes one that isn't their own. The leader opens the prayer for the whole group. Each person then can add a prayer for the request they drew. The leader closes the prayer. Each member takes the request they drew with them, and prays about it during the week.  
You can use the attached request form, or post-it notes instead of notecards, and place them in your study book or Bible as a reminder to pray.
13. **Popcorn Prayer**  
The leader opens and closes the prayer. In between, members can "pop" in short praises, or things they are thankful for, speaking in a random manner, like popping corn.
14. **Prayer Journal**  
Keep a list of the prayer requests members have shared. Keep track of answers to the prayers. This really shows the power of prayer!
15. **Hand Holding/Kneeling**  
Whatever format you use for prayer, try saying the prayer while holding hands or kneeling. This can make prayer more intimate or reverent.
16. **Murmur Prayer**  
All group members pray at the same time in a low voice, almost under their breath. Tell them "no one will hear your specific prayer, just murmur." The sound this makes is beautifully soothing. This prayer helps people keep their focus on God and not let minds wander.

## Prayer Request Form

Write down any prayer request you may have under each category below. Then exchange requests with a partner, or among the group. Pray for the person/request you receive, either in a group prayer, or throughout the week.

Your Name: \_\_\_\_\_

This request **should not / can** be prayed out loud with the group (*Circle one*).

1. Spiritual (for example: what God is teaching you lately, quiet time, relationship with Jesus)
2. Relational (family relationships, small group relationships, friendships)
3. Personal (issues occupying your time & energy, recent struggles or successes)

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