

## Prayer Ideas

- Alphabet praise prayer: Praying either randomly or in order around the group, move through the alphabet, thanking God for His attributes or things you are thankful for that begin with each letter. You can have several people on each letter, or just one. Example: "God you are Awesome", "Thank you for Breathe", etc. Be creative and have fun!
- M&M/Skittle Prayer: Pass around a bowl of M&Ms or Skittles and ask each person to grab a few, as many as they would like. Then ask each person to pray a prayer of thanks for something that is the same color as their candy. Example: "God, I am thankful for the green grass". You can do this once each or as many times as time permits.
- Partner Prayer: Partner up with another in your group. Take a few minutes for partners to share with one another a prayer request. This can be general or be tied to the study you are doing. The leader then opens the prayer for the whole group. Each person then prays their partner's prayer request. You can add other prayer concerns if you like. A leader then closes the prayer.
- Notecard Exchange: Each person writes their name and their prayer request on a notecard and indicates if they do not wish for the prayer to be said/prayed out loud. The notecards are placed in the middle and each person grabs a notecard, other than their own. The leader then opens the prayer for the whole group. Each person then prays the prayer request on the notecard they selected. You can add other prayer concerns if you like. The leader then closes the prayer. Each member then prays for the person on their notecard throughout the week. As a reminder to pray, you can also use Post-it Notes and place them in your study book, bible, or somewhere else (assuming confidentiality will not be violated).
- Popcorn Prayer: The leader then opens the prayer for the whole group. Then members of the group say what they are thankful for, each speaking in a random manner, like popping corn. The leader then closes the prayer. Instead of stating what you are thankful for, you can also do this sharing blessings you have recently received.
- Prayer Journal: Keep a list of the prayer requests members have shared. Keep track of the prayers that have been answered. This can really show the power of prayer!
- Hand Holding/Kneeling: Whatever format you use for prayer, try saying the prayer while holding hands or kneeling, or both. This can make the prayer more intimate and reverent.
- Scripture Prayer: Personalize a Psalm or one of the greatest prayers from the book of Acts or one of Paul's letters. Eph 3:14-21 is a good one to try.
- Murmur Prayer: All group members pray in a low voice, almost under their breath.

Tell them "no one will hear your specific prayer, just a murmur." The sound this makes is beautifully soothing. This prayer helps people keep their focus on God and not let their minds wander.

- Smelly Feet: Try hosting a foot-washing service. While you are washing their feet, ask for a personal prayer request and then pray for them.