

Prayer in Flock Groups

Spending time in prayer is an essential element of the flock group meeting process which binds members together in common communion with God the Father, and His Son Jesus Christ, and the Holy Spirit.

Paul, in his letter to the church at Colossi, encouraged them to "Devote yourselves to prayer, being watchful and thankful." Colossians 4:2

Devote Yourself to Prayer

When we devote (Gr. proskartereo) ourselves to prayer we are to persevere and be steadfast. We are to continue steadfastly in it with unrelenting care.

As the body of believers, "*devoted* themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer,"¹ we can follow their example and do likewise in our flock group meetings.

Being devoted to prayer in our flock group meeting, also suggests that we put a significant amount of energy into our prayer time.

Be Watchful as you Pray

Being watchful (Gr. gregoreo) in our prayer time means we are to remain spiritually alert, keep awake and be vigilant.

You will need to watch your time during your meeting to be sure that you allow sufficient time for a meaningful prayer time. In so doing, be prepared, however, for distractions!

Stay alert when prayer requests are shared, so that you won't have to ask people to repeat requests, and so that you will catch very important requests. Watch for things to pray about.

Keep alert during your prayer time to make sure everyone is prayed for and has a chance to pray, and that there is no favoritism.

Watch (as a leader) that you do not fall into temptation (Matthew 26:41, Galatians 6:1)

Be Thankful as you Pray

Being thankful (Gr. eucharistia) in our prayer time means we are to have an attitude of gratitude, thanksgiving and joy.

Encourage praises during prayer time. Share you own praises and answers to prayer. Ask members about previous prayer requests.

Make thanksgiving an integral part of prayer request time and prayer time.

¹ Acts 2:42

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Elements of Prayer in Flock Group Meetings

As you lead your flock group, here are a few elements to consider including during your prayer time.

A. Preparation: Provide Pens and Prayer Sheets

Provide pens and prayer sheets on which everyone can write the group's requests. Provide blank sheets with each members name so all can fill in their requests. Or, to allow updates, provide sheets with each members previous requests plus provide room for new requests.

B. Worship: Prepare your Hearts and Minds

Worship by singing during your flock group meeting. "I want men everywhere to lift up holy hands in prayer..." 1 Tim 2:8 . Gather around the piano, or guitar, or CD/Tape player, or raise you voices in a cappella.

C. Open Up to Each Other: Share Praises, Requests & Struggles

Share your praises and prayer requests, and confess sins/struggles with each other. "Therefore confess your sins to each other and pray for each other," James 5:16. As your group becomes more comfortable with each other they will be more willing to open up and confess their sins, short comings and struggles.

An easy acronym to remember and use when preparing for and entering into your prayer time is ACTS, which stands for Adoration, Confession, Thanksgiving and Supplication. Those that have used this approach have found that it helps their groups work towards more balance in their prayer time, and it encourages members to get to the heart issues on which they need to work.

D. Take Notes: Record Group Input

Record your group's praises and prayer requests. As a leader, you will need to record the group's input, or delegate this role to a volunteer in your group. With someone else fulfilling this role, it will allow you more time to interact with the members and facilitate the process.

E. Pray: Allow Time to Pray

Pray at the end of your request time. Also pray for each other, as well as our leaders and pastors. "And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should. Ephesians 6:18-20

F. Follow-up: Send Prayer Reminders via E-Mail

E-mail out a summary of the group's prayer requests. This will provide you with a regular follow-up process in which you can remind the members of the highlights of the meeting, provide words of encouragement and give praise for what God is doing in the lives of your members, etc.

G. Continue Praying for One Another

Pray during the week for each other. "I thank God, whom I serve, as my forefathers did, with a clear conscience, as night and day I constantly remember you in my prayers. 2 Timothy 1:3