

Praying with others in your own prayer group

Col. 4:2 NASB 95 *Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving.*

Consider these suggestions for your prayer time:

Determine a time and place, such as your home or a quiet public place, to get together regularly (weekly, monthly, quarterly, etc.).

1. Begin the time in silence recognizing that you are in the presence of God, the Holy Spirit, and Jesus Christ. Determine to free your mind of distractions and approach God the Father in humility. Contemplate God's awesomeness and His approachability. He is both transcendent (far away) and immanent (near).

Transcendent

Isaiah 40:22 NASB 95

*It is He who sits above the circle of the earth,
And its inhabitants are like grasshoppers,
Who stretches out the heavens like a curtain
And spreads them out like a tent to dwell in.*

Isaiah 55:9 NASB 95

*For as the heavens are higher than the earth,
So are My ways higher than your ways
And My thoughts than your thoughts.*

Immanent

Psalms 139:7-12 NASB 95

*Where can I go from Your Spirit?
Or where can I flee from Your presence?
If I ascend to heaven, You are there;
If I make my bed in Sheol, behold, You are there.
If I take the wings of the dawn,
If I dwell in the remotest part of the sea,
Even there Your hand will lead me,
And Your right hand will lay hold of me.
If I say, "Surely the darkness will overwhelm me,
And the light around me will be night,"
Even the darkness is not dark to You,
And the night is as bright as the day.
Darkness and light are alike to You.*

Col. 1:17 NASB 95

He is before all things, and in Him all things hold together.

2. Spend time listening to God. How is He expressing His love for you, His concern for you? Is the Holy Spirit prompting you to talk to the Father about some aspect of your life, of another's life? What is important for you to bring to Him today? Are you resting in Him, are you yielding to the Spirit? Is it "well with your soul?"

3. After a time of silence before the Lord, use the "ACTS" method of prayer:

- **Adoration of God (worship and love of who God is, His attributes, and His actions)**
- **Confession of Sins, repentance, and acceptance of His forgiveness**
- **Thankfulness for God's mercy and His favor, for what He does and has done**
- **Supplication or "asking" God. Submitting our petitions to Him for others and our selves.**

4. Conclude your prayer time with sharing how the Lord is moving in your life, how He is answering prayer, and how you may pray for others and each other in the times between meetings.