

## Skill Training | Top 10 Ways to Learn to Pray Together Edit

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Praying together at the end of a small group meeting is one of the real challenges for almost every small group. The very common fear of public speaking (number #1 fear for many) is compounded by the unspoken belief held by many that it's important to speak an unfamiliar dialect when praying (a thee and thou palooza).

What can a leader do (who may have their own struggle) to help members learn to pray together?

### Here are my top 10 ideas:

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1. Distribute index cards and pens and ask each person to write out a simple one sentence prayer request. Swap cards and read them aloud.
2. Ask each person to fill in the blank and say one thing they're thankful for: "God, I'm thankful for my \_\_\_\_\_,"
3. Pull a chair into the middle of the room and suggest that since Jesus said, "For where two or three come together in my name, there am I with them (Matthew 18:20), "in tonight's meeting let's speak to Jesus as if He was right in that chair.

4. Sentence prayers with no conjunctions (and). One idea only. For example, "God help me with \_\_\_\_\_." "God I'm thankful for \_\_\_\_\_." "God be with Dean tonight in a way he can sense."
5. Ground rule: You can only pray for a *personal* concern tonight. Nothing for your sister's husband's co-worker's daughter.
6. Ask your members to pair up or get in groups of three. I've written much more about this idea in *The Power of a Spiritual Training Partner*.
7. Read Psalm 8 from a modern translation. Move the group outdoors and ask each person to thank God for a specific aspect of nature.
8. Choose a verse about prayer (for example, Philippians 4:6-7). Print it for each member. Talk about each phrase. Ask each member to complete the phrase: "I'm most anxious about \_\_\_\_\_." Then, simply express it to God: "God, I'm anxious about \_\_\_\_\_." Thank you for being a God who cares."
9. Many of the Psalms are actually prayers. Have each member choose a section of a Psalm they can identify with to share as their own prayer.
10. Print copies of Psalm 61 (or a Psalm of your own choice) from *The Message*. Have your members read it aloud together.