Prayer Meeting Guide - (Approximately 60 minutes)

InterVarsity

PREPARE:

1. Leader - The meeting should have a delegated leader who can guide the group especially during transitions and to make sure that the meeting starts and ends on time.

2. Location & Time - The meeting should have an easy to find location that allows the group to engage with minimal interruptions and distractions. The time chosen for the prayer meeting should be when most people will be available to join. Arrive 10 minutes early.

3. Invite - Start by inviting people you know are interested in praying together, but also don't be afraid of inviting people who may still be investigating Jesus and would benefit from seeing what it looks like to communicate with God. A reminder on the day of the meeting can be really helpful for these people. Also, walk about the area and invite others who might be hanging around if they would like to join as well.

DURING THE MEETING:

4. Welcome - Address everyone and thank them for coming. Share with them that prayer is simply having a conversation with God, but it is powerful and when we pray according to His will, we can have faith that things will happen. Scripture says that where two or more are gathered in Jesus' name, He is present with us. Mention that each person is allowed to pray or not pray as they feel comfortable and that silence is okay.

5. The Focus - Share the focus for the time of prayer. This could be prayer around a specific topic, event, person, community, or scripture. Share that the group will be following the model of A.C.T.S. which stands for Adoration (Praising God for who He is), Confession (Bringing our sins and shortcomings to Him), Thanks (Thanking Him for what He has done), and Supplication (Asking God for what we need - both personal and for others).

6. Silence - Have everyone close their eyes and welcome each person to silently center themselves on the Lord, releasing all distractions to Him. Stay silent for approximately 1 full minute.

7. Opening Prayer - The leader should be the first to break the silence.

    - Say "Let's start off with Adoration which is praising God for who He is", then thank God in advance for what He is going to do, invite the Holy Spirit, and start praying.

8. PRAY - Follow the model of A.C.T.S. prayer making sure to leave enough space for people to pray and be sure to mention the definition of each phase as it is time to transition.

    Examples:

    - "Moving on to Confession. You can be as specific or as general as you'd like, but let's bring our burdens and our moral failures to our merciful Father."
    - "Next is Thanksgiving. Let's thank God for all He has done and continues to do for us."
    - "Last, we'll move into Supplication. So pray out whatever things you or others around you are needing from God."

9. Closing Prayer - End by inviting everyone to join you in the Lord's Prayer:

    "Our Father who art in heaven, hallowed be thy name.
    Thy kingdom come. Thy will be done on earth as it is in heaven.
    Give us this day our daily bread, and forgive us our trespasses,
    as we forgive those who trespass against us,
    and lead us not into temptation, but deliver us from evil.
    For thine is the kingdom and the power, and the glory, forever and ever.
    Amen."

Revised by InterVarsity Staff of Gainesville, Florida in December of 2023.