

# Starting a Prayer Group

Part 1 of 5: Introduction to CFO Prayer



## FORM YOUR GROUP

### PREPARE

Pray for the name of someone to invite.

Ask that person to pray with you about forming a prayer group.

Pray together that God will put in your minds the names of others to invite. Ask them.

### DECIDE WHERE & WHEN TO MEET

Look for a quiet place other than a church

Meet regularly with a set time to begin and end.

## SUGGESTED MEETING FORMAT

### GET ACQUAINTED

Ask members to share in this manner: "Please share your name and tell us something that will help us to know you better." Example: Why have you joined this prayer group or what are your hopes or desires for this group?

### AGREE TOGETHER

That you will be present and on time.

That listening to God is as important as talking to God, & for that reason there will be periods of silence as well as spoken prayer and thanksgiving.

That your prayer can be silent or aloud.

That all personal sharing is kept sacred—for the prayer group alone—so that members can feel safe in sharing.

That between each meeting, members will think of one another with love and goodwill, and pray for each other.

### PRAY

Begin the prayer time with quiet listening.

Have the group ask God what to pray for.

Let the prayer requests come from God's guidance to each person during the quiet time.

After the time of silence (5-15 minutes or whatever length of time agreed upon by the group) ask, "What did God bring to your mind for us to pray about for you?"

It works well for the group to pray after each need or request is shared.

After all who wish to share have given their prayer needs and been prayed for, you might suggest prayer for needs in your community, nation and the world.

## CLOSE YOUR TIME TOGETHER

Ask God's direction, inspiration and blessing for the group members by name.

End the group with something all can do together, such as repeating The Lord's Prayer, singing a song or reading a Psalm.

## IDEAS FOR OTHER MEETINGS

These ideas work well for any prayer group time.

Here are additional sharing topics which you may want to use: What is the most difficult task you have to do each day? What has been most helpful about these prayer times? These plans are ideas, not rules. As your group meets together, prays together, and listens to God together you will be led into a pattern that is right for your group.

For more of this 5-part series on prayer, developed by CFO International for use around the world, please contact::

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