

Session 3 – Pray with People

Check on “homework” from Session 2. Did you pray daily for your list of 5? How did God answer?

Watch Video #3 (“Pray with People”).

Review the BLESS acronym on the following page.

Practice: Divide into pairs and practice praying for each other in simple, short prayers. One person will share a genuine need or problem, the second person will pray (can follow the BLESS outline, if that is helpful). Then, reverse roles. Once both partners have prayed for each other (this should take no more than 10 minutes), switch partners and repeat the process. Continue switching partners, sharing needs and praying for each other until time is up.

Homework: Your assignment this week (and every week, from now on) is to listen for your friends, neighbors, workmates, etc. to express a need or problem. When they do, offer to pray for them, out loud, then and there. If they agree, pray for them simply and briefly (following the BLESS outline, if that seems helpful). Watch for their response.

Praying Aloud For Others

The “BLESS” Prayer

The “BLESS” Prayer Acronym

Use this handy checklist to cover someone with prayer. This is a checklist of areas for which you can pray for any person you know or meet.

When someone expresses a need to you, ask them if they would mind if you prayed for them about that need RIGHT NOW. When people leave your home, ask if you can pray for them before they leave.

Or, when you meet a new person prayer walking in your neighborhood or school, tell them you are praying for the community or school and would like to know if they have anything you can pray about for them. When they share their request, ask them if you can pray for them RIGHT NOW.

In either case, if they say OK, begin your prayer with their specific request, then continue to cover their lives with prayer using as many items on the BLESS Prayer outline as seem appropriate under the circumstances. Especially if they are not believers, be sure not to forget Spiritual and pray for them to know that God loves them and wants to have a relationship with them. Chances are, they will be encouraged, and you won't be at a loss for words!

B Body (Blessings for any health or physical issue for them or a loved one)

L Labor (Blessings for jobs, schoolwork, chores, projects, volunteer work, etc.)

E Economics (Blessings for income, debt, mortgages, shelter, good stewardship, food, basic needs)

S Social (Blessings for their relationships – family, friends, co-workers, neighbors, schoolmates)

S Spiritual (Blessings for their relationship with God, that they would know how much He loves them and wants them to know him.)

You might follow up your prayer by asking them something like “How about you, do you have any kind of spiritual belief?”.