

ENCOUNTER  
PRAYER

# Growing in Prayer

SESSION 2

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## SESSION 2

### 01 Praying with others

Praying on our own is very important, but it is also important to pray with others. Throughout the Bible there are many instances of people praying together; including the Early Church.

**At the beginning of the Church, after Jesus had returned to heaven, we read this:**



*“They all **joined together constantly in prayer**, along with the women and Mary the mother of Jesus, and with his brothers.”*

ACTS 1: 14

**After some hard times, the disciples, Peter and John go back to the church community and this happens:**



*“On their release, Peter and John went back to their own people and reported all that the chief priests and the elders had said to them. When they heard this, **they raised their voices together in prayer to God.**”*

ACTS 4: 23-24

**When Peter was helped miraculously out of prison by an angel, he found the Church community praying:**



*“When this had dawned on him, he went to the house of Mary the mother of John, also called Mark, where **many people had gathered and were praying.**”*

ACTS 12: 12

**Jesus also said:**



*“Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.”*

MATTHEW 18: 19 -20

### ***When others pray out loud we can encourage them with an “Amen”.***

- Saying “Amen” at the end of a prayer means “Let it be so” or “I agree”. Praying out loud means that others can hear your prayers and actively agree with them. It’s hard to agree with someone if you can’t hear them or if you don’t know what they’ve said.
- When we say Amen to our own prayers or the prayers of others, we are saying “Let it be so” or “I agree with what has been said; make it happen God”.

02

## Praying out loud

- To start praying out loud, it could be helpful to write a prayer and read it out loud, or to read out a prayer written by others.
- Keep your prayer short, think about it beforehand, and finish with 'Amen'.
- Once we begin praying out loud it gets easier.

03

## Other ways to pray

- 1 Pray by writing your prayer down – as a note, poem, song or letter.
- 2 Pray by reading a well-known prayer or Psalm.
- 3 Pray by painting or drawing your prayer.
- 4 Pray by using beads, string or anything else that helps you to focus on God.

04

## What can we pray about?

Every day we encounter people and situations that affect us, whether in prison, at home or on the news. There is always something we can pray for.

#1

### *Praying for people*



*"I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people."*

1 TIMOTHY 2:1

It's really good to pray for people and their situations, whether family, friends or people we read about or see on the news.

**In the book of Numbers in the Bible, there is a blessing that you may find helpful to pray over people:**



*“The Lord bless you and keep you; the Lord make His face shine on you and be gracious to you; the Lord turn His face towards you and give you peace.”*

**NUMBERS 6:24-26**

**Let’s make this about a person:**

*“Lord bless \_\_\_\_\_ and keep him/her safe, secure and well, Lord please smile on \_\_\_\_\_ be good to him/her, turn Your face towards him/her and be kind to him/her, Lord give \_\_\_\_\_ peace.*

## #2

### ***Praying for situations***

There are situations that occur globally and nationally that affect more than just one individual. When we see tragedy or strife and feel helpless, one of the most amazing things we can do is pray.

We can pray for the people affected, for those in power and for those who are helping.

**There are many more situations we can pray for:**

- **Praying for nations and towns.**
- **Praying for institutions**
- **Praying for the suffering church**
- **Praying for disasters**
- **Praying for leaders**

# #3

## ***Praying for ourselves***

**Sometimes people don't like to pray for themselves as they feel that it is selfish. But it's helpful to remember that Jesus prayed for Himself:**



*"Father, the hour has come. Glorify your Son, that your Son may glorify You."*

JOHN 17:1



*"He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will.""*

MATTHEW 26: 39

It is good to pray for yourself. God wants to hear what you are going through, He is listening for your voice. He wants to hear your hopes, fears, dreams, worries, needs, likes, dislikes, thoughts, desires and concerns.

**In the Psalms in the Bible, there are many examples of individuals praying for themselves:**



*"In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears."*

PSALM 18: 6