



PRAYERSHIPS

FIELD GUIDE

Background on *Prayerships*

Is anyone among you suffering? Let that person pray. Is anyone cheerful? Let that person sing praise.”

-James, the brother of Jesus, James 5:13

Scripture encourages us to pray with and for one another, offering thanksgiving and praise and making our needs known to God. It is often difficult to pray by ourselves; our own hearts and minds get distracted by the world, we sometimes feel selfish approaching God with what we need, and without encouragement, prayer can feel like talking to the ceiling.

“For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”

-Hebrews 4:15-16

What are *Prayerships*?

Prayerships are partnerships between two to three people centered on each person praying for each other. By praying together, we build trust between ourselves and in our faith communities and can approach each day with the confidence that comes from the support of our brothers and sisters in Christ.

“For where two or three are gathered in my name, there am I among them.”

-Jesus of Nazareth, Matthew 18:20

Prayerships are built on three ideas:

First, that *God cares for us* in our abundance and in our need.

Second, that we are made *to encourage and lift one another up*.

Third, that when we each pray faithfully with and for one another, *then the praises and needs of everyone will be tended to*.

This takes trust, not just in God, but in one another.

“Let each of you look not only to your own interests, but also to the interests of others.”

-The apostle Paul, Philipians 2:4

Here's how it works.

Those in Prayerships will meet or talk at least once a week to pray for one another. When you gather, begin by asking each other the following questions, in order:

- *What things today and since our last meeting are worthy of praise or thanksgiving to God?*
- *What things have troubled or concerned you?*
- *In what ways do you need help, strength, guidance or encouragement?*
- *What people do you wish to thank God for?*
- *What people have you encountered are you concerned for?*
- *What in the coming week are you looking forward to?*
- *What in the coming week are you anxious about?*

After going through these questions, agree upon who will start, then begin your prayer by inviting God to enter into your midst. God is of course always present, but like any valued friend, *God loves an invitation.*

Having invited God into your presence, take a moment and sit in silence to clear your mind and ready your heart.

When ready, let the first person start and pray specifically through each praise and need of the other or others in the Prayership. Then let each member follow suit.

Close with another period of silence, holding in your heart the praises and concerns of your brothers and sisters in Christ.

A few things to keep in mind:

Take your time with this. Do not rush. Be sure the time you set aside is adequate without feeling hurried.

Remove distractions. If you meet together, meet in a place that will be conducive to quietly sit with each other. If you talk over the phone or a video call, find a place that you can focus on the conversation.

Continue to pray. Throughout the week, as part of your time with God, continue to lift up one another in prayer on your own time.

Check in throughout the week. You can meet more than once a week, but try not to go longer than that. Check in on each other periodically during the week to continue encouraging and praying for one another.

A disciplined prayer life calibrates our hearts with the heart of God. In any conversation, the more frequently and honestly you communicate with others, the more you will understand their minds, their words, and even their silences. The same is true of communicating the Lord. The more we pray, the more we know how to pray. In other words, as we draw closer to God in prayer, we will be more attuned to his will, and our prayers will move from merely speaking what is on our hearts to also hearing what God wishes to say to us.

Prayer for others is vital to building trust and strength in our faith community. As we commit to lifting the praises and concerns of our beloved brothers and sisters in Christ, we are also commending our praises and concerns to them. In this discipline, all people are lifted to the Lord, and we can rest in the assurance that we do not celebrate our victories or face our challenges alone.

“And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.”

-The apostle Paul, Colossians 1:9-10