

5 EASY WAYS TO PRAY FOR 5!

1. PIECE OF STRING

Take a piece of string or cord, and tie five knots in it to represent each of the five people you have committed to pray for. You could carry the knotted string in your pocket, tie it round your wrist or place it somewhere that you'll see it regularly. Use the knots to remind you to pray for each person on your list of five.

2. SMALL STONES

Find five small stones (light coloured ones are best) and write each of the people on your list on to each of the stones. Place them on your desk, bedside table or fireplace as a reminder to pray. Alternatively, you could place each stone in a different room of your home and pray for each person as you enter or leave the room.

3. BUSINESS PRAYER CARD OR BOOKMARK

Grab a piece of card that will easily fit inside your wallet, purse or book. Write your list of five names onto the card before putting it in your wallet or book. Use this card as a daily reminder to pray for them.

4. PRAYER ALERTS

Add your list of five people to the alerts section of your phone and set reminders to pray for them. You could choose one name per day, or pray for all five across your day. Remember to set alerts for a suitable time where you can stop to pray for your list.

5. POST-IT NOTES

Use five post-it notes and write one name onto each. Stick them onto your mirror, above your bed or somewhere that you'll see them regularly and will be reminded to pray.

You might like to use the following prayers as you pray for others:

Loving Lord,
Please work in me so I can share your love, life and message with...
Reveal your love to them, that they might know, follow and witness to you, for Your glory.
Amen.

Loving Father,
Send your Holy Spirit so I can share your love, life and message with...
Reveal Jesus to them, that they might know, follow and love him, for Your glory.
Amen.

You build your church through the power of your Spirit.
By the same Spirit enable me to witness to... your love, beauty and grace, that they may come to the fellowship of the faithful for Your glory.
Amen.

Lord, I pray that you will lead... to you. Thank you that you love them. I pray that you would break into their life and show them your love, grace and peace, for Your glory.
Amen.

The Prayer for 5:

Loving Father,
in the face of Jesus Christ your light and glory have blazed forth.
Send your Holy Spirit that I may share with my friends [here, name your friends] the life of your Son and your love for all.
Strengthen me as a witness to that love as I pledge to pray for them, for your name's sake. Amen.

COLOSSIANS 4:2-6

Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should. Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

This passage is packed with tips for how to pray. Here they are listed in order:

- 1 Pray
- 2 Watch for opportunities.
- 3 Pray that the Lord will open doors to conversation.
- 4 That we might speak of Christ - easy to talk about "faith" or "church" but ideally we want to speak about or point towards Jesus.
- 5 That we might do so wisely.
- 6 That our actions might prompt questions.
- 7 That might not miss the opportunities.
- 8 That we might be full of grace.
- 9 That we might have answers for people's questions.

BLESS

Using the BLESS acrostic can help us to focus on all of the felt needs of those we are praying for:

- **B**ody – health, protection, energy
- **L**abour – employment/unemployment, retirement, adequate income
- **E**motional – inner peace, joy, wisdom, insight, patience
- **S**ocial – healthy relationships between spouses, parents, children, friends, reconciliation; love
- **S**piritual – repentance, salvation, obedience, faith

DEEPEN YOUR PRAYER

Use these questions to deepen your sense of what it might be helpful to pray for someone:

What Scripture might I pray for them?

What passion or power is directing their life?

What priorities shape their diary?
Who or what determines their schedule?

Who is important to them?

How are they doing in different aspects of their life? Socially, mentally, emotionally, spiritually, physically?