

Prayer Activities

Here is a list and explanation of a couple activities and ideas to use while facilitating a prayer time. Please do not feel confined to this list of activities but feel free to be creative and lead, as God has gifted you!

Please note activities with an asterisk (*) beside them can be used in both a small setting (just 2-3 people) and a large setting.

***Acrostic method:**

Wait on God for a word starting with each letter of a word (this word could be name of a country, city, person, etc). Then pray out the word or topic for each letter.

Examples:

- Topics or words can be announced and the facilitator calls out one letter at a time for the rest of the group to pray out words or phrases that start with that letter
- Topics or words can be written out ahead of time to go with each letter of a specific word, or only the letters of a specific word can be written out on a whiteboard or piece of paper to start then each person praying can wait on God and write down what comes to mind for each letter. Then have the group pray all together the words they heard from God.
- Use a country as the acrostic. Begin worshipping the Lord by calling out His attributes that begin with each letter from the country's name (i.e. AFGHANISTAN – A – God is almighty, amazing, awesome in wonders, etc.; F – He is Faithful, a Firm Foundation, etc.)
Then specifically pray for the country's unreached people (i.e. A – Pray that **All** people in Afgh will have the chance to hear the gospel; F – that they would be **Found** by Him, etc.)

***Observational prayers:**

Have people take a moment to look around the room and choose something they see that they can pray out for a country, city or people group.

Examples:

- If someone in the group is wearing the color red, they could pray for people to be red hot on fire for God and that they would be passionate about God and the things of God.
- If someone is wearing a shirt with a big wave on it, someone calls that out and prays that God's love would be experienced in the land like mighty breakers.
- If someone is wearing dark and light stripes, someone could pray for people to have clarity and a division between darkness and light, that confusion is erased and for people to be able to see with clarity and choose God.

***Hearts:**

Use the HEARTS acrostic shown below to lead groups to pray biblically and specifically for the lost (1 Timothy 2:1-4). If in a larger setting, it is best to break the participants into groups of 3 or 4. Ask the participants to share two or three names of lost people with their group. Then lead them to pray through the acrostic. It is helpful to read the scripture verses for each letter before the groups pray.

- **H**earts – Pray for receptive hearts (Luke 8:5-15)
- **E**yes and ears – Pray for spiritual eyes and ears to be opened (Matthew 13:15; 2 Corinthians 4:3-4)
- **A**ttitude – Pray for unbelievers to have and understand God's attitude toward sin (John 16:8)
- **R**eleased – Pray for the lost to be released from barriers and strongholds that hinder faith (2 Timothy 2:25-26)
- **T**ransforming – Pray for unbelievers to experience a transforming life in Christ (Romans 12:1-2)
- **S**ent – Pray for Christian witnesses to be sent to share Christ with the lost (Matthew 9:35-38)

The HEARTS acrostic is adapted and taken from *Praying Your Friends to Christ* (Alpharetta, GA: North American Mission Board, SBC, 1997), 16-18.

***Crafted prayer:**

Have everyone wait on God for prophetic words or verses for a nation or people group. Then have everyone share their words and have one person write them down (preferably on a phone or computer to be able to make easy edits). Discuss any overlapping themes or ideas. Compile and incorporate the main ideas into a crafted prayer. Pray in unison the crafted prayer and then have people one by one pray out the themes.

Optional Addition: Send the crafted prayer in prayer updates for others to be standing in agreement. Use the crafted prayer at future prayer meeting to remember and continue to believe for what God has spoken.

Scripture Word Line Up:

Facilitator reads a passage slowly and while reading has the group ask God to highlight a specific word from the verse. The facilitator reads the passage a second time and this time as the verse is being read each person repeats the word God has highlighted to them and moves to line up in the same order the words appear in the passage. Then each person prays the word they have chosen for the specific country or people the group is praying for.

Optional addition: Have each person pray out the word that was highlighted to them as stated above and in addition, have the person in line behind them pray in agreement the same word. So each person prays twice, once for the word they chose and once for the word the person in front of them chose.

***Praying from Scripture:**

Use a specific passage of scripture to pray for a nation, people group, church, etc.
Here are a few examples of how to facilitate prayer activities using scripture:

Option 1: Read the entire passage as a group and then begin praying over a country or unreached people group by using what is said in the passage.

Examples:

Matthew 6:9-13

- vs 9a: Pray for believers to exercise the privilege of prayer
- vs 9b: Praise and adore the Father in prayer
- vs 10a: Pray for God's kingdom to come
- vs 10b: Pray for believers to be about God's will in the world (i.e. evangelization)
- vs 11: Pray for God's daily provision
- vs 12: Pray for personal repentance, confession and healing of broken relationships
- vs 13a: Pray for spiritual protection from Satan's temptations and schemes
- vs 13b: Pray for the Father to be exalted and glorified as He answers these prayers in His power and might

Acts 4:23-33

- vs 23-26: Unite believers together to praise God as Creator and sustainer of all things
- vs 27-28: Thank God for His providential and sovereign work of salvation in your life and in your world
- vs 29: Pray for Christian witnesses to have a holy boldness to share their faith with the lost
- vs 30: Pray for Christ to validate His work of salvation
- vs 31: Pray for Christians to be filled with the Holy Spirit
- vs 32-33: Pray for a unified congregation where the focus is on powerful proclamation of the resurrected Christ
- vs 33: Pray for God to pour out His abundant grace upon your church today

Option 2: Read passages (Ps 67 is a good passage for this activity) as a group and take a few minutes to wait on God, answering the following questions:

- What is God saying about the nation and unreached people groups He has called us to?
- What is in His heart to bless this nation and people?
- What are the things that exist now that you want to see the Lord replace?

After a few minutes, have each person share briefly what God said as they were asking the above questions. Then take turns praying short prayers in agreement with what God spoke.

Option 3: Worship using the Psalms. Give a few minutes for people to search the Psalms for verses that magnify the greatness of God then pray these verses out loud so the whole group can agree!

Option 4: Praise as a Weapon. Have someone read 2 Chronicles 20:1-30. Then have the entire group speak blessings to the name of the Lord and praise him. This can lead to reading Psalms, singing, etc.

Option 5: Read a few verses at a time from a passage and have one person pray a brief prayer after each section is read. Then as a group wait on God for what stands out in general from the whole passage and pray that out. Lastly, pray specific verses (chosen beforehand by the facilitator or chosen during the prayer time by the group) from the passage over a nation or people group.

Example: Read through Psalm 118 broke up into the following sections:

- | | |
|---------------|----------------|
| -Verses 1-4 | -Verses 19-21 |
| -Verses 5-7 | -Verses 22-24 |
| -Verses 8-9 | -Verse 25 |
| -Verses 10-13 | - Verses 26-27 |
| -Verses 14-16 | - Verses 28-29 |
| -Verses 17-18 | |

Option 6: Here are a few other specific topics highlighted in scripture to pray over a specific nation or people group.

Prayers for growing in relationship with Christ:

- Ephesians 1:17-20
- Ephesians 3:16-21
- Philippians 1: 9-11
- Colossians 1: 9-14

Prayers of praise and thanksgiving:

- Psalm 103
- Revelation 4:9-11
- Revelation 15:3-4
- Daniel 2:20-23

Prayers of petition:

- Jeremiah 32: 6-20, 26-27
- Philippians 4: 6-7

Prayers for guidance:

- Proverbs 3: 5-6
- 1 John 5:14-15
- James 1: 5-8

Persecuted Christians:

- Psalm 91
- Psalm 62
- Psalm 63

***Personal testimonies:**

Have each person consider his or her own testimony of what the Lord has done in his or her life. Then have each person pray asking God to do the same thing in the lives of people in the country or people group for whom they are praying.

***Stations:**

Arrange several stations around a room or area. If in a large group, divide the group into smaller groups at each station for a designated amount of time allowing each person opportunity to pray at each station (facilitator will need to keep time in order to move groups on to different stations).

Optional addition: Have the groups stay together moving from each station to the next or have the groups switch at each station.

Example stations:

- Map with Scrabble letters – use the Scrabble letters to spell out words being spoken and prayed over for various countries; the words should be placed on the map.
- Sand – pray for good soil in a nation or among a specific people group.
- Couch – pray for people to rest in and soak up the Lord's presence.
- Band-Aids – pray for healing for whomever the Lord brings to mind.
- Paper and trashcan – have small pieces of paper and pens available with a trashcan. Write down strongholds in countries or among a people group on a piece of paper, tear it and throw it away. Pray aloud the opposite.
- Legos (or any other object) of different colors –have a color code explaining what each color represents. Each person chooses one color and prays for that country or people.
- Bread – pray for those who are physically hungry to be fed. Pray also for those who are spiritually hungry to meet God. Pray for countries and people to have spiritual hunger.
- Water – pray people would thirst for God and cry out to Him. Pray specifically for those who do not physically have clean water to have their needs met.

***Prophetic actions:**

Using themes from a song or scripture, have each person decide on an action that represents what God is doing. Then one by one have each person do their action and pray out the explanation of what their action is. While the person is praying, everyone else copies the action in agreement with the prayer.

Optional Addition: Once someone has shared their action and prayed the person to the right could pray a second time in agreement with the action and so on until everyone in the group has prayed twice. Once for their own action and once for the action the person in front of them chose.

Prayer by proxy:

Make a circle and have one person in the middle. Have the person in the middle call out a name of an unreached people group, country, or a specific person they know and are witnessing to. Have everyone else lay hands on the middle person and pray in one voice calling down heaven and declaring shifts in the spirit for the people group, country or individual that was named. The person who was to the right of the person who went in the middle of the circle ends the prayer and then switches places with the person in the middle. Continue until everyone has a turn in the middle of the circle.

***People from the Bible:**

Think about various people from the Bible and what God did in their lives. (i.e. Saul becoming Paul; Moses leading the Israelites out of Egypt; the woman at the well bringing her entire village to hear Jesus; Mary Magdalene having demons cast out and becoming a passionate follower of Jesus; the woman who extravagantly washed Jesus' feet with perfume; etc.)

Have each person pray using a person and their story from the Bible asking God to raise up that same kind of person within a country or unreached people group.

***Videos:**

Watch a video of a testimony or news from a country or people group.

- If watching a video, pray more and more testimonies of God encounters would happen in a particular country or among a people group.
- If watching news or a documentary about a country or people group pray over the specific points brought up in the video.

***Audacious visions for people:**

Provide small pieces of paper and pens for each person praying. Have them write down the name of a person they are sharing or doing a DBS with; and then below the name have them write a GOD SIZED VISION for this person's life. On the other side of the paper have each person write their own name. Fold the papers and put them in a bowl. Have each person draw one paper (not their own) and have everyone pray out loud in one voice for the people and vision written on the papers.

***Prophetic words and verses:**

Have everyone wait on God for prophetic words or verses for a nation or people and pray these out one by one. Have one person record the prophetic words and write them out to be used again.

Optional Additional: Once a month or on occasion pull up these prophetic words and declare them again for the nation and people groups.

***Listening and Reflecting:**

Take time as a group to pause, listen to God, and write down overarching themes, scriptures or topics of prayers they have been praying for cousins in their individual prayer times. Take turns sharing these themes and pray them out in a group.

Sharing and Praying:

Have each person ask the Lord what he might have him or her pray in this next season. Then break the participants up into small groups and have them share within the group what they heard. Have the groups determine if there were any overlapping themes or topics that rose to the surface and decide together the common denominator in their prayers. Each group then should pick one person to state the theme to everyone and then pray it aloud for everyone to be in agreement with them.

Optional Addition: Have someone record these themes to refer to and continually lift up in future prayer times.

***Praying the Opposite:**

Have a central sheet of paper (could be a big flip chart or white board) and write down “complaints” or troubles concerning a place or people and the opposite.

Example:

-Family tensions	→	Unity (Psalm 133)
-Prejudice/caste system	→	Honor (James 2:1-13)

As a group “pray in” the things listed in the column on the right. **Important:** Keep prayers positive, focusing on praying for the opposite rather than the negative.

***Paper Airplanes:**

In this activity the theme is to release Heavenly activity over the Land.

Materials needed: a map and paper for paper planes

Have each person wait on God for a hindrance or barrier He wants to move in the land. It is important to emphasize the goal isn't to focus on these hindrances but to release the opposite. Have everyone make a paper plane and write down one or two hindrances and then draw lines crossing out these hindrances and in place of them write what God wants instead. Then have everyone pray one at a time out loud what God is wanting to release over their nation and fly their plane across the map as a physical representation of what God is doing in the Spirit.

Optional: Have people pick up another plane (not their own) and pray a second time for a releasing of heavenly things over their nation

