

# Prayer: Beyond Our Fears

**As a result of this training, participants should be able to say or do:**

- Emboldened to go beyond our fears and say, “Would you mind if I prayed with you right now?”
- Alert for opportunities to pray in the Spirit **with** (not just for) family, friends, church members, co-workers and any individual who shared burdens, struggles, trials or needs.
- Conduct or share “Prayer: Beyond Our Fears” training module with your church council, adult Sunday School class or small groups

Time	Activity	
:08	<p style="text-align: center;"><b>Set the Stage</b></p> <p>Prayer – <i>Heavenly Father bless us with the presence of the Holy Spirit to give us wisdom and courage to say and do what God is calling us to say in do in this “Prayer: Beyond Our Fears” session.</i></p> <p>Open with two skits:            First skit:            “Jack” asks “Dan” how he is doing and Dan shares a trial with Jack. In closing, Jack tells Dan that “he will be praying for him.”            Get feedback. <i>Nice to say will be praying for someone. We have all done this. The other day I ran into someone and the Holy Spirit hit me up beside the head. “You told them you would pray for them and you haven’t.” Has this ever happened to you?</i>            Second skit:            “Jack” asks “Dan” how he is doing and Dan shares a trial. Jack puts his hand on his shoulder and says, “<i>Would you mind if I prayed with you right now?</i>”</p> <p>Ask for feedback and record on whiteboard or flip chart</p> <p>Review convocation scripture theme:  <i>Ephesians 6:18: Pray in the Spirit on <b>all occasions</b> with all kinds of prayers and requests... Be <b>alert</b> and always keep on praying for all the saints.</i></p> <p><i>As a result of this “Prayer: Beyond Our Fears” session you should be better equipped to... Refer to top of page:</i></p>	<p><b>Flip Chart</b> (Jack and Pastor Dan)</p>
:04	<p style="text-align: center;"><b>Reality</b></p> <ul style="list-style-type: none"> <li>• I’ll be praying for you....but will I?</li> <li>• We live in a sinful/fallen world, thus everyone has burdens, trials, worries...</li> <li>• Our battle is a spiritual battle - not against flesh and blood</li> <li>• God also may use trials to get ones attention - wake-up calls –</li> </ul>	<p><b>Screen or Handout</b> (Jack)</p>

	<p>so one will turn to Him. Or use trials to humble us so we will focus on Jesus and thus enable us to better help and comfort others</p> <ul style="list-style-type: none"> <li>• The prayers of the righteous are powerful and effective</li> <li>• Jesus prayed and so must we</li> <li>• We have the Helper, Counselor in the Holy Spirit available to help us in what to say and do</li> <li>• God answers prayer/performs miracles which nourishes our faith and He is glorified! We are weak, but He is strong!</li> </ul>	
:05	<p style="text-align: center;"><b>Fear of Praying with Someone</b></p> <ul style="list-style-type: none"> <li>• <i>If the Holy Spirit is leading you to reach out and say a prayer with someone, who is going to do their best to talk you out of it? It is a spiritual battle. Satan is going to give you every excuse in the world to have you not pray with them.</i></li> <li>• <i>What would be some “fearful or wrong thinking” that Satan would put in your mind to keep you from praying with someone? List on flip chart: Look stupid, I don’t really know them, I’m not a pastor, Don’t know enough, What if I say the wrong thing, Others are watching, Will think I am a Jesus freak/fundamentalist fanatic, Too nervous or scared..</i></li> <li>• <i>One little word subdues him...</i></li> </ul>	<p><b>Flip Chart (Pastor Dan)</b></p>
:02	<p style="text-align: center;"><b>Praying Fearlessly</b></p> <ul style="list-style-type: none"> <li>• Be alert for opportunities to pray with others</li> <li>• Pray in the Spirit on all occasions. Say a silent prayer for the Holy Spirit’s help to lead you to what to say</li> <li>• Say what the Holy Spirit is leading you to say: Pray for Holy Spirit to touch them, give them a peace, help them to know your presence, give them strength, wisdom, courage, healing etc.</li> <li>• Give thanks to the Lord for hearing and acting on your prayer</li> <li>• Honesty is the best policy</li> <li>• Be sensitive to social cues and ask permission</li> </ul>	<p><b>Screen or Handout (Pastor Dan)</b></p>
:10	<p style="text-align: center;"><b>Practice</b></p> <ul style="list-style-type: none"> <li>• <i>Raise your hand if you are willing to practice praying with someone right now. Those that raised their hand, pair up with someone – maybe even someone you don’t know. Those that didn’t raise their hand I would like you to join a pair and silently pray for Holy Spirit to be with them and observe and provide feedback. I would like one person to share a need/trial and the other person to respond, “Would you mind if I prayed with you right now?” Then say a short prayer regarding the expressed need.</i></li> </ul> <p>If time, reverse roles and repeat.</p>	<p><b>Flip Chart (Jack)</b></p>

	<p>Discussion and feedback:</p> <ul style="list-style-type: none"> <li>• <b>Good</b></li> <li>• <b>Difficult</b></li> <li>• <b>Different</b></li> </ul> <p>If time, ask some to share their experience with the entire group.</p>	
:03	<p style="text-align: center;"><b>Summary – Challenge</b></p> <p><i>After going through this exercise, again describe the potential differences between telling someone you will “pray for them” verses “putting you hand on their shoulder praying with them on the spot.”</i></p> <p><i>After this session, I expect the Holy Spirit will be giving you opportunities to pray with someone. What will be your response? Do you think there is value in conducting this “Prayer: Beyond Our Fears” exercise in your parish? Do you think you could facilitate this exercise in your parish?</i></p> <p><i>If God is calling you to do it...</i></p> <p><i>Pray in the Spirit on <b>all occasions</b> with all kinds of prayers and requests... <b>Be alert</b> and always keep on praying for all the saints.</i></p>	<p><b>Refer to first flip chart</b></p>