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brave

# I'm At My Prayer Group - Now What?



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(A FIELD GUIDE TO YOUR PRAYER GROUP)

You've invited women to pray with you. Now what?" First, remember that God is with you in every space and at every time. He doesn't care about where you meet or when you meet. He cares about meeting with you and the women alongside you. So, release your fears! God loves your messy home and your messy life. He also loves hearing your every need. This means you get to make a decision as you share with your prayer group. You can be honest about your life or dishonest. Decide to be honest. Withholding your fears and anxieties only leaves you burdened. Remember that prayer group is a safe place. When you give your concerns to God, he will free you, and your prayer group will learn to encourage and support you.

## **1. Open your prayer group focusing on Christ. Read a scripture or listen to a song together.**

The Imperfectly Brave team created 52 words for you to focus on with [Year of Calling](#), but you can also use anything to fix your mind on Christ.

## **2. Allow one person to share her burdens.**

Depending on number of people, this may need to be timed.

## **3. Allow someone to pray over her burdens.**

Only one person needs to pray over her burdens. And please remember, there is no need to solve one another's problems. Simply pray.

## **4. Allow everyone to share their burdens and be covered in prayer.**

Let each woman feel soaked in God's love.

## **5. Remember that what has been shared at prayer group, stays in prayer group.**

Leave feeling encouraged, supported and unburdened.

