



Guided Prayer is about acknowledging that we have the privilege of creating a space for women to come into the presence of the living God. He delights when we come to Him and He desires us to continue to grow in our relationship with Him and to invite Him into every aspect of our lives.

Praying scripture is praying God's word back to Him and allowing it to transform us. As the ones who guide the time, we do not need to make it happen; we do not need to do the work. Yes, we need to be faithful and diligent in our preparation. As followers of Jesus we have the Holy Spirit who is helping us and guiding us both in the preparation and as we pray. God's Word will do the heavy lifting. He will do more than we know. He will take what little we give Him and do His mighty work in us.

### Logistics

- Select a time that you can commit to for an extended period of time to establish a rhythm.
- More than once per week is ideal but not necessary.
- Consider who you would like to invite and their schedule.
- Plan to start on time . . . always.
- Reminders via email or text are helpful but not necessary.
- Find a quiet place – no background noises. You'll lead the prayer time from this place.

### Planning the Prayer

- Begin with scriptures (a few verses) that have spoken to you and that you have found helpful. These are the verses you will use for the week.
- Do some background study on the text as this can provide a framework or theme you can pray into e.g. God's Sovereignty, Unconditional Love, a Lament. Are there any words someone might not understand?
- Consider praying scripture from a different version (NIV, NLT, NRSV).
- Consider how you may want to move through different seasons or themes as reminders or new learnings:
  - o A Heart of Gratitude, God's Love is Unconditional, Jesus is Alive
- Write out the prayer:
  - o You may want to do a very short intro or teaching e.g. what is lament | what is a yoke
  - o Include prompts/suggestions to invite women to silently pray or share with God. Remember that 3 prompts work best. Here are some examples:
    - What are you struggling with this morning? Work situation, Relationship, Burdened for a sick friend . . .
    - Where have you seen Jesus today? In His creation, a hug from a friend, something went better than you had expected . . .
- Plan to end at the same time each week – so keep entire prayer to 10 – 12 minutes long.





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## Planning the Prayer (cont'd)

- Read some of Carolyn's prayer scripts for examples of how to write your prayers.
- Here is the suggested "template:"
  - o Welcome + invite God's presence
  - o Introduce passage (explain any difficult words)
  - o Read whole passage once
  - o Read phrase from passage
    - pray based on that phrase (keep it short)
    - invite listeners to pray silently (refer to Carolyn's examples or sign up for Guided Prayer and hear what Carolyn does)
    - pause (listeners pray silently for 10 – 12 seconds)
  - o Repeat with next phrase from passage...etc.
  - o End with blessing

## Beginning the prayer time

- Go to your quiet place a little before start time. Invite God's presence.
- Log in about 2 to 3 minutes before start time.
- Admit all from the waiting room just before start time.
- Welcome those who've joined.

## As you pray

- Give pauses of 10-20 seconds – perhaps set your clock to include seconds.
- Remember: short and simple is good.
- Listen for how the Spirit is speaking to you as you pray and include this in the blessing at the end.

## Ending the prayer time

- Remember – 10 to 12 minutes long!
- Close with a blessing (as the Spirit leads during the session) or...
- You may wish to use a blessing from scripture e.g.:
  - o The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace."  
(Numbers 24-26)
- Keep meeting open so participants may leave when they are ready.

## Is God nudging you to consider setting up Guided Prayer for your community?

- Carolyn Vanderheide is happy to share any Guided Prayers she has done.
- It's OK to recycle from the past.
- *Lectio Divina* required less study and planning and Carolyn also has a guide for this.
- Carolyn is ready to help: email her at [carolynvanderheide@gmail.com](mailto:carolynvanderheide@gmail.com)

