

A New Way to Ask for Prayer Requests

Family :: Friends :: Personal :: Praise

Tired of praying for only praying for sports and tests? Have you prayed for your cell group's cousin's friend's mom's dentist? This is a small tool you can use to easily challenge your students and deepen their prayer requests.

What you need...

- Paper (I like to use ¼ sheet of colorful scrapbook paper)
- Something to write with

What to do...

- Give a piece of paper to each student
- Fold the paper into four parts
- Label one section "FAMILY"
- Label the next "FRIENDS"
- Label the next "PERSONAL"
- Label the last section "PRAISE"
- Instruct the students to write down a prayer request for each category.
- Make sure they write their name in the middle or on the back of the paper.
- Share the prayer requests with the group.
- Have the students swap prayer request papers so that they can pray for a specific cell group member all week. Challenge them to be intentional with the person whose prayer request they received.

Further Instruction...

- It's great to give students guidance in what a prayer request for each category might be.
 - **FAMILY** – Who in your family needs prayer? Are you having trouble getting along with a family member? Challenge them to be as personable as possible. Praying for your 7th cousin is awesome if you truly know that they need prayer, but if they are fishing for something do your best to ask good questions to learn more about their immediate family.
 - **FRIENDS** – Are you getting along with all your friends? (careful no gossip). Is there a particular friend who is having a hard time right now? Are you doing a good job loving your friends well? This is a prayer request that can easily become gossip (especially for girls). Make sure you correct the conversation if it goes there.
 - **PERSONAL** – Praying for school, sports and all that jazz has value, but really challenge students to focus on their heart, what is going on inside? How are they feeling about life? Have they been feeling encouraged or discouraged in their walk with the Lord? How do they need help? How are they doing "loving their city"?
 - **PRAISE** – Tell your students to fill this section up as much as possible! Help them recognize that even in the craziest, most stressful and hard weeks we are blessed beyond measure! Plus, this is a great insight on what your students value.
- If you're pressed for time, ask the students to think of the prayer request that is "most on their heart" and verbally share that specific prayer request with the group.
- A fun way to swap prayer papers with the group, is to have a student pick a number and ask another student to pick "left" or "right". Then pass the paper (insert number) times to the right/left.