

## **Prayer Experiences:**

The following prayer experiences are designed for Life Groups who are new to sharing Prayer Experiences together. If you would like more help preparing the Prayer Experience, connect with your Life Group Coach/Community of Life Group Leaders. We would also love to hear how your prayer experience went so please reach out to your coach or Group Life staff member to share your experience.

**Purpose** – The purpose of the Prayer Experience is for each member to:

- Hear God's voice
- Develop a deeper relationship with God
- Build community with the group

**Prepare** - Leader preparation for the Prayer Experience.

- Prepare for audio/video/internet if applicable
- Pray that God would begin preparing each members heart to receive what He has to communicate to them. Pray that each member will be able to make it to the experience.
- Prepare copies of the prayer experience schedule/guide for everyone.
- Read over the "Note on Fasting" (see below) in your regular Life Group meeting and invite the group to join you in a fast prior to the prayer experience.
- If ending with a meal, make reservations or prepare for a potluck

## **Note on Fasting**

In order to make the most of your prayer experience with your Life Group, we recommend that you spend time preparing to hear from God. One of the disciplines that helps with this is fasting. Fasting is a way we eliminate the noise and distractions of the world around us and focus more completely on hearing God's voice. While we fast, we are reminded and become more aware of our dependence on God. By fasting, we intensify our prayers, place ourselves in a position of submission and become more sensitive to hearing God's voice.

**Communicate** - What to communicate with members in advance of the Prayer Experience

- Location address, Date and Time (prepare for a 2-3 hour block of time)
- Reminder to fast, if your group elects to do so
- List of what to bring: Sunscreen Bible, journal, pen, other as needed
- Let them know the appropriate address for the location of the experience
- Reminder to leave cell phone in the car or turn it off during the experience

**Note:** Consider a location with minimal distractions when choosing a location. For example, the beach sounds like a wonderful idea, but the amount of people walking, running and playing may detract from the experience for some of your group.