



PRAYING FOR FIVE FRIENDS

Praying for others to know Jesus is one of the most powerful things we can do. Persistent prayer for others brings transformation to their lives.

Consistently praying for others takes discipline, and there are many ways that we can build up habits that will help us to pray for our friends and family.

Choose five people you would regularly like to pray for and write their names down onto a list. If you're not sure who to pray for, ask God to guide you as you choose. Once you have settled on 5 names, commit to praying for them regularly by praying the following:

Loving Father,

in the face of Jesus Christ

your light and glory have blazed forth.

Send your Holy Spirit that I may share with my friends *[here, name your friends]*

the life of your Son and your love for all.

Strengthen me as a witness to that love

as I pledge to pray for them,

for your name's sake. Amen.

Here are five easy ways to pray for five people regularly. Choose the one that suits you best.

1. PIECE OF STRING

Take a piece of string or cord, and tie five knots in it to represent each of the five people you have committed to pray for. You could carry the knotted string in your pocket, tie it round your wrist or place it somewhere that you'll see it regularly. Use the knots to remind you to pray for each person on your list of five.

2. SMALL STONES

Find five small stones (light coloured ones are best) and write each of the people on your list onto each of the stones. Place them on your desk, bedside table or fireplace as a reminder to pray. Alternatively, you could place each stone in a different room of your home and pray for each person as you enter or leave the room.

3. BUSINESS PRAYER CARD OR BOOKMARK

Grab a piece of card that will easily fit inside your wallet, purse or book. Write your list of five names onto the card before putting it in your wallet or book. Use this card as a daily reminder to pray for them.

4. PRAYER ALERTS

Add your list of five people to the alerts section of your phone and set reminders to pray for them. You could choose one name per day, or pray for all five across your day. Remember to set alerts for a suitable time where you can stop to pray for your list.

5. POST-IT NOTES

Use five post-it notes and write one name onto each. Stick them onto your mirror, above your bed or somewhere that you'll see them regularly and will be reminded to pray.

You might like to use the following prayers as you pray for others:

Loving Lord,

Please work in me so I can share your love, life and message with...

Reveal your love to them, that they might know, follow and witness to you,
for Your glory.

Amen.

Loving Father,

Send your Holy Spirit so I can share your love, life and message with...

Reveal Jesus to them, that they might know, follow and love him,
for Your glory.

Amen.

You build your church through the power of your Spirit.

By the same Spirit enable me to witness to... your love, beauty and grace,
that they may come to the fellowship of the faithful
for Your glory.

Amen.

Lord,

I pray that you will lead... to you.

Thank you that you love them. I pray that you would break into their life and show them
your love, grace and peace,
for Your glory.

Amen.

Using the BLESS acrostic can help us to focus on all of the felt needs of those we are praying for:

— **B**ody – health, protection, energy

— **L**abour – employment/unemployment, retirement, adequate income

— **E**mootional – inner peace, joy, wisdom, insight, patience

— **S**ocial – healthy relationships between spouses, parents, children, friends,
reconciliation; love

— **S**piritual – repentance, salvation, obedience, faith