

## **Anchored**

Week 2

### **Prayer**

*Leaders: you have freedom to pick and choose, being the expert on your group, which combination of these ideas would work best for you. Our goal is to provide you with a couple questions to help your students evaluate how they currently think about prayer, and then most of our small group time will be used to practice teaching our students different ways to pray.*

**Q:** *What type of things do you normally pray about?*

**Q:** *When, where, and how do you pray? (ex: on my way to school, before bed, meals, in my head vs out loud, alone vs as a family)*

- Journal your prayers individually for 5 minutes
- Practice praying the scriptures. Use the Philippians 4:6-7 verses that Brandon used in his talk to structure the way you pray: tell God what you need, give him thanks for all He's blessed us with.
- Find a quiet place and have your students sit alone (solitude) and in silence for 5 minutes.
- Find a quiet place and direct your students to quiet their minds and hearts and listen for what God might want to say to them.
- Have each student write a prayer on a notecard and put it in the center of the group. Each student takes one that isn't their own and prays for that need every day this week.
- Have students pair off or get into small groups and pray out loud for each other.
- Go around the circle, and each student prays for the person next to them.
- If one student is going through something particularly hard or challenging, gather the group around and lay hands on him/her and have everyone else pray.