

Prayer Meeting Activities

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Planning appropriate prayer activities is essential to a powerful prayer meeting. Activities based on God's leading and the needs of the church/conference/etc. will help facilitate what God is wanting to do through the prayer meeting.

Purpose of Activities

“Activities serve one purpose—to guide people to fulfill God's three desires: responding to His revelation, moving onto His agenda, and minister to His body through His body. [There are] three broad categories of activities—focusing, participating, and ministering. **Focusing activities** turn our heart's attention to God or help us see what He's doing. **Participating activities** guide members to play a part in the prayer meeting. **Ministering activities** let members build one another up. These three basic strands form the chord of shepherding people in their relationship with God.”¹

Facilitate Involvement

As the prayer meeting leader, your primary role is to get people involved in the prayer meeting. You are a facilitator. Your job is to make it easy and desirable for people to participate and thus encounter God for themselves.

The following activities are means to an end - they are meant to help you get people personally involved and ready to hear from God.

Many of these activities accomplish more than one goal. For example, songs of praise are wonderful for focusing participants on God and His goodness. But they are also important for participation.

There are many activities listed here. You will not want to use all of them every time. Three to five is often enough. Prayerfully select those that fit with where God is leading and suit the needs of your prayer group.

Prayer Meeting Activities

- **Music** - Sing hymns and worship songs in praise to God. Encourage people to sing from their heart. Choose songs that fit the theme of your prayer meeting. Special music and/or instrumental music can also help to create a worshipful atmosphere and a time for meditation.
- **Praise** - Dedicate a portion of the prayer time solely to praising God for who He is. This can be done through sharing Scriptures that praise God, inviting participants to share how God has demonstrated His goodness in their lives, praying short sentence prayers of praise, praising God for His attributes as demonstrated through the names of God.
- **Thanksgiving** - Thanking God for what He has done is an excellent way to begin and end the prayer time. This can be in prayer, through testimonies or small group sharing. Consider having people write their gratitude list on a board where all can see.

¹ Franklin, John. *And the Place was Shaken*. Broadman & Holman Publishers. 2005. p. 107-108

- **Scripture** - Scripture is an excellent way to set the focus on God. Use Scripture that fits the theme God has led you to and vary the format to keep it interesting. Possible ways to include Scripture include:
 - Give a short teaching on a passage of Scripture that inspires faith and trust in God.
 - Read or recite a relevant passage.
 - Invite people to read a passage responsively (you can use the responsive readings in the SDA Hymnal). Or invite everyone to read a passage with you aloud.
 - Read a passage in several translations and let people share what stands out to them.
 - Sing scripture songs and talk about their meaning.
 - Read & discuss a passage in small groups.
 - Invite people to mediate on a passage of Scripture and then share their thoughts.
 - Have people write a letter to God in response to a Scripture passage.
 - Give a verse and have people share how God has fulfilled it in their lives.
 - Have people share a verse that has been especially meaningful to them recently.
- **Testimonies** - These can be arranged ahead of time or be open times for people to share how God is working in their lives.
 - **Pre-arranged Testimonies** - Ask people ahead of time to share something significant that you know God is doing in their lives. It can be helpful to interview people about their testimonies. [Learn how to do an effective testimony interview.](#)
 - **Open Times of Sharing** - Encourage people to share testimonies: 1) from the last week, 2) in 1-2 minutes, 3) that demonstrate God's goodness. If you have a church where many people are seeing God at work in their lives, you could also have people break into small groups so that more people have an opportunity to share their testimonies.
- **Group discussions** - On the topic of the day or on a Scripture or Spirit of Prophecy passage. It can be helpful to have some open-ended questions for people to answer. Divide into groups of 3-5 if your attendance is large.
- **Prayer** - Both group and personal prayers are important. Varieties of prayer you can include:
 - **Circle Prayer** - Have people take turns going around the circle and offering a prayer. It is also nice to have people pray for the person on their right (or left) as you go around the circle.
 - **Popcorn Prayer** - Invite people to offer short (1-2 sentence) prayers. They can pray as many times as they want to - but must keep each prayer short. This helps to prevent boredom and allows more people to be involved.
 - **Topical Prayers** - This might be a topic such as praying for missing members or for revival. Or it could be praying about a certain passage of scripture.
 - **Prayer Acronyms** - These can be helpful to guiding a time of united prayer. Useful acronyms include: [ACTS](#) (Adoration, Confession, Thanksgiving, Supplication); and [PRAY](#) (Praise, Repent, Ask, Yield). Praying through the symbols of the sanctuary is also helpful.
 - **Prayer Prompts** - People often need ideas of what to pray about. Prayer prompts give people a place to start by providing a scripture, question, quote or topic to pray about.

- **Silent, Individual Prayer** - This is especially useful for allowing people to respond to God, for confession and for inviting God to work in their lives during the prayer meeting.
- **Walk and Talk with God** - This could take the form of a prayer walk in the community, walking and praying individually or in pairs through the church building. You could also divide into small groups and praying spread throughout the church building to pray for the people and activities that will be in each room.
- **Claiming Scriptures** - Invite people to pray a passage of scripture and insert their name into the passage Bible prayers substituting the individuals name in the text
- **Moving Prayers** - Move about the room doing sentence prayers with 5 different people.
- **Prayer Choir** - Invite everyone to pray at once for the things on their heart. It creates a beautiful chorus of petition and praise.
- **Prayer Request Cards** - Have people write their prayer requests on cards, then trade them with others for prayer. Each person should take home the prayer request card they received and continue praying for the prayer need.
- **Outreach Prayer** - Dedicate some time in every prayer meeting to praying specifically for the needs of your town. This can be done in a variety of ways to make it interesting. It may be helpful to contact city leadership to find out how you can pray most effectively for the community.
- **Prayer Chair** - Let people take turns sitting in a chair in the center and everyone gathered around to pray for them and their specific needs.
- **One Minute Prayer Requests** - People can get long-winded in their prayer requests. Use a timer so that your time can be spent in prayer, not just in talking about prayer
- **Spirit of Prophecy Readings** - Select readings that are appropriate to the emphasis you have for the meeting. The Recommended Resources includes some powerful passages on prayer from Ellen White as well as many excellent books on prayer.
- **Private Meditation** - Providing a time for meditation and personal prayer. This allows people to ponder what God is telling them, respond from their hearts and ask for forgiveness.
- **Prayer Journal** - Keep an ongoing record of prayer requests and praises. This is a wonderful way to see what God is doing in your community.
- **Ministry Cards** - Provide stationary or postcards so that people can write notes of encouragement to church members who are missing, ill, or shut-in. They can also include a Scripture and a written prayer.

There are so many other things that you can do to make prayer meeting interesting and interactive. Ask God to show you how to lead prayer meeting in a way that helps people connect with Him and is culturally relevant.