



How to be a Prayer Partner¹

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Bear one another's burdens, and in this way you will fulfill the law of Christ" (Galatians 6:2).

1. Recognize that your relationship is a brother- or sister-type family relationship. Your trust of each other is important, but it will have to develop through experience.
2. Make arrangements to get together regularly for prayer. For some, daily sessions are possible, but if not, try to get together at regular times once or twice a week.
3. If you have less than a fantastic memory, make a prayer list—each of you make your own. Write only key words on it.
4. Organize your prayer list in four parts:
 - a) Matters of special thankfulness.
 - b) Needs you have shared with your partner.
 - c) Needs your partner has shared with you.
 - d) Needs you have recognized or discovered together.
5. When you get together . . .
 - a) Talk about several things that are important to each of you—events of the last day or so or; better yet, your awareness of what God is doing.
 - b) Read together a short Scripture passage. A few suggestions are given on page 2.
 - c) Take turns praying. Start with praise to God. Thank him for his goodness and mercy. Don't "hold the floor" too long; go back and forth several times as you take turns talking with God.
6. Be open to new ideas for how to make your prayer time together more effective.

¹ Worksheets for Atlantic Youth Conference workshop, 1977

BECOMING FREE: An experience to help pinpoint needs for prayer

The key prayer: Lord I believe; help my unbelief!

		Yes, I believe	No, I don't believe	Sometimes I believe	I am willing to pray about this
1.	God loves me.				
2.	God has already taken steps to relate to me.				
3.	God can see my situation—even better than I can.				
4.	God is concerned about my best interests.				
5.	God wants me to recognize my limitations and my needs.				
6.	God is able to provide for my needs.				
7.	God wants to meet my needs.				
8.	God wants me to be confident.				

Scriptures to help you become aware of the freedom that God provides us through Christ. Numbers relate to numbers above.

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| 1. John 3:16-17; Romans 8:38-39 | 5. 1 Corinthians 12:9-10; Psalm 18:1-6 |
| 2. Romans 5:8 | 6. Philippians 4:19 |
| 3. Psalm 103:1-14 | 7. Matthew 6:19-34 |
| 4. John 14:13-21 | 8. I John 3:16-24; 5:13-15 |