



Pocket Prayer Alpha Canada

Prayer

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What Is Christian Prayer?

Christian prayer is the most important activity we will engage with in our lives. Prayer involves communication with our Heavenly Father through his Son, by the power of the Holy Spirit.

Prayer is simply starting a conversation with God and/or responding to God. Prayer brings us close to the Father. It involves our hearts, listening, stillness, and response. Sometimes action may be required.

The Lord does not look at our eloquent words, or posture, whether we kneel, stand, sit or lay prostrate on the floor; he just wants to hear our voice as we open our hearts to him.

My heart has heard you say, “Come and talk with me” and my heart responds, “Lord, I am coming.”

Psalm 27:8



Why Should We Pray?

1. Simply put, we pray because **Jesus prayed**. Matthew 6:7 states **when you pray...**

2. To **develop a relationship with God and remain in Christ**.

3. Rewards of Prayer

Matthew 6:6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

- To receive God's **peace**

Phil. 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- To receive his **joy**

John 16:24 Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.



When Should We Pray?

Never stop praying.
1 Thessalonians 5:17

Any time! You may choose to pray on your own or with others. Prayer is not restricted to a church building. You can pray in a park, a forest, or while walking down the street. Your prayers may be sung, spoken or read from Scripture. Sometimes sitting in silence, waiting in his presence, and inviting the Holy Spirit to come is all that is required. He desires us to pray, wherever we are, whatever the time or circumstance. Take your everyday, ordinary life—your sleeping, eating, going to work, and walking around life—and place it before God as an offering.

Romans 12:1

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.



Why Is Prayer Essential to Alpha?

Alpha will not work unless we rely on God and the presence of the Holy Spirit. Evangelism and prayer are inseparable. At the core of Alpha is a beautiful encounter with the living Jesus.

On Alpha we desire guests to come to faith, experience the presence of the Holy Spirit, and be transformed. This is why we:

- Pray toward an encounter with God
- Teach about an encounter with God
- Share stories about encounters with God
- Teach to have a reliance on the Holy Spirit

Remember that prayer is the engine to the Holy Spirit fueled encounter with Jesus.

2 Corinthians 3:17-18 MSG Whenever, though, they turn to face God as Moses did, God removes the veil and there they are—face-to-face! They suddenly recognize that God is a living, personal presence, not a piece of chiseled stone. And when God is personally present, a living Spirit, that old, constricting legislation is recognized as obsolete. We're free of it! All of us! Nothing between us and God, our faces shining with the brightness of his face. And so we are transfigured much like the Messiah, our lives gradually becoming brighter and more beautiful as God enters our lives and we become like him.



Establishing a Prayer Team

One of the most important roles on your team is people who will pray. Think about the people in your church who are passionate about prayer and rely on the Holy Spirit. Think of those who are Christ-like, humble, compassionate, kind and good listeners.

Choose a person who is willing and capable to lead a group of people behind the scenes to pray—before, during and after Alpha. Meet with the group, teach them how to pray with others (ministry moments), practice prayer together, and pray.



What to Expect on the Alpha Weekend

The Alpha Weekend (Day Away) is usually scheduled about halfway through the Alpha course. It's an opportunity to get away from the busyness of life and regular routines. People can take time to rest, relax, think, have fun together, learn more about God, and if they are open and willing, experience prayer ministry.

The Alpha talks on the time away are primarily about the Holy Spirit—who, why, and how the Spirit helps us stay focused on Jesus and gives us power to live. After the last session, there is time set aside for guests to pray and be prayed for by a host or helper. We want to allow an opportunity for guests to experience God's love and encounter him through the Holy Spirit.

(Note: Have your Alpha prayer team praying. Encourage your church to pray for the guests during the weekend.)



Prayer Ministry on Alpha

Prayer ministry is:

- accomplished in the power of the Holy Spirit
- serving others by praying with them and for them
- offering ourselves to God as his servants and leaving the rest to him
- inviting the Spirit of God to come and fill the person being prayed with
- a time for intimacy and waiting on God

Note: The Prayer Leader will lead the time of prayer ministry and then invite the Prayer Team forward (this would include hosts/ helpers and others who have been trained).



Principles of Prayer

Prayer posture is critical when we are leading someone in a time of prayer. Before you start prayer, be sure to follow these guidelines.

1. Waiting with a hunger, thirst and expectation that God will show up and the guest will encounter Jesus.
2. Humility that we are his instrument. Be dependent on God, be real. **(Psalm 40:1 - I waited patiently for the LORD to help me, and he turned to me and heard my cry.)**
3. Abandonment, surrendering all to him.

Now you are ready to follow the six principles below:

1. Approach with joy, humility and be yourself.

- Be gentle (Jesus said **Matthew 11:28 Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart.**)
- Share your name and ask for theirs.
- Use a normal voice - do not shout, or change your tone.
- Use everyday language.
- Relaxed body posture is important as well -check to see how they are, are they relaxed, fearful?



2. Respect the individual.

- Offer to pray for each member of your group – men pray with men; women pray with women.
- Stay in the same room.
- Two praying for a guest is perfectly acceptable, while one prays the other can be waiting on the Lord.
- ASK - if there is anything specific you can pray for
 - if they say no - wait on the Holy Spirit to reveal something.
 - If they say yes, explain how you will pray and pray specifically for their request.

Appropriate Touch is acceptable only when permission has been given by the person being prayed for (example: prayer for healing of headache - hands on head).

3. Remember the Bible.

- Pray in accordance with the Word of God: Remember the Spirit of God and the Bible never are in conflict.
- Build on Biblical promises to encourage and strengthen.

4. Rely on the Holy Spirit.

- Pray in simple prayers "Come Holy Spirit Come;" "Thank you that you love (guest name) so deeply."
- Trust the Spirit of God, Trust in Jesus' promises.

(Luke 11:13 If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!)" Expect the Holy Spirit to come.

- Wait and listen to God—do not be afraid of the silence.
- If you feel God say something, ask yourself
 - Is this in line with the Bible?
 - Is this strengthening, encouraging, comforting?
- Keep your eyes and hearts open and be aware of what is happening around you and God's presence.

5. Relax and Trust God.

- Ask: "Do you sense anything happening?" or "Do you sense God saying something to you?"
- Share what you feel the Lord is saying to you for this person (eg. a word, Scripture, a picture).
- Never claim that a person has been healed – that they can go off medications (we are not medical doctors).
- Always remind the person that the prayer person is simply the instrument that is being used by God—the Holy Spirit is the one doing the work.
- Do not be discouraged – refuse to believe that nothing has happened.
- Reassure guests that God's promises do not depend on our feelings—some may experience physical manifestations; tears, laughter, peace, healing and others may feel nothing—God is still at work.

6. Celebrate with them, thank God for what he has done and will continue to do.



How to Lead Ministry Moments

1. **Have a calming presence** and set the tone for the Holy Spirit to do the work.
2. **Worship God** and **invite the Holy Spirit** to come.
3. **Explain clearly** what prayer will look like. Explain the gifts that may be given (**1 Corinthians 12**).
4. **Assure people** if nothing is happening it is ok. If something is happening let them know what it may look like.
5. **Then release your team to pray** and follow the **prayer steps** mentioned below . People may come forward for prayer – others may want to have the hosts lead prayer in their small groups or seats. **Know your hosts, helpers and guests.**
6. **Close** the time with worship – **thanking God.**
7. **Have a formal closing after prayer ministry moments** (15-45 minutes) by the leader.
8. **Praise God for what he has done. Celebrate.**

Praying with Individuals

1. **Welcome** the person into prayer (exchange names).
2. **Explain** what prayer will look like - inviting the Spirit, open hands, moments of silence and waiting.
3. **Ask** what they desire prayer for, listen well and keep watch.
4. **Invite** the Spirit, suggest they open their hands
5. **Wait** and listen for what God may be saying or revealing through the Spirit.
6. **Pray** by using simple words.
7. **Check** in on how the person is doing, ask if necessary pray again.
8. **Thank** the person for their courage to come forward.

Note:

- *Have mints and Kleenex on hand in case they are required.*
- *If there is a prayer partner working with you, have them discerning and praying silently with eyes open. Have them signal to you if they are receiving a word from the Holy Spirit. Make time for them to share.*

A Recommended Prayer

A common prayer request on Alpha is a request to accept Jesus as Lord. This is where we believe the knowledge of who Christ is has now moved “from the head” to “the heart” of the Alpha guest.

To lead someone to Christ, you could follow Nicky Gumbel’s simple 3-step prayer found in the booklet, “Why Jesus?”

Sorry – “Lord, I’m sorry for what I’ve done wrong. I turn away from all the bad stuff.”

Thank you – “Thank you for dying on the cross for me and forgiving me.”

Please – “Please come into my life.”

'Come, Holy Spirit, Come'
May all who experience prayer
encounter the Living God.
Thank you for praying.

For more information, please visit:
alphacanada.org/pray