



Pocket

Prayer

Booklet



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— Shaila Visser's Testimony

I woke in the middle of the night, delirious with pain. I went to the hospital, where I discovered I had something very rare—fungal meningitis. I was told that the drugs to fight the disease are as bad as the disease itself and that 25% of people who get this die. Basically, it is a fungal ball growing in your brain, and it multiplies at a rapid rate. They give you antifungal drugs to kill the ball and stop it from replicating, but you'll always be left with a scar on the base of your brain or wherever it was.

My mom and my husband had left for the night. I had been asleep, but I woke up having a panic attack because I knew I could die. I could wake up with a shunt in my brain. And I was just like, I don't know how to deal with this. So I prayed, "Jesus, if I'm going to die now, tell me because I just want everybody I know that doesn't know you to come and see me, and I'm going to tell them about how good you are and that they don't need to worry about me." I just wanted the world to know Jesus, particularly people I knew and loved. I felt Jesus telling me in that moment,

"You're not going to die. This is not going to take your life."

The next morning, my husband, Ryan, came into the hospital room, and I said to him, "Good news, I'm not going to die." He was like, "What? You're on a lot of pain medications. I'm not sure this is real." But I told him I know the voice of Jesus, and he told me I'm not going to die.

My pastor came to see me. My church is not the kind of church that proclaims healing over you. He'd come to offer communion, and he said, "Shaila, I believe the Lord wants to heal you. I've never said that before in my life, and I'd like to lay hands on you and pray for your healing." Lots of people were praying for me, but at that moment, on Good Friday, I decided there's no better time to talk about death and resurrection. And so he laid hands on me, prayed for my healing, and then left.

The next Tuesday, I had an MRI to check the size of the fungal ball. I'd had multiple MRIs in my five and a half weeks in the hospital.



This MRI was to see if it had shrunk or disappeared, leaving just a scar behind. Following the MRI, my infectious disease specialist rushed into my room. He asked if I'd seen the MRI results. I said no. And he said, "Well, good news, there's no more fungal meningitis! The ball is gone." I was amazed. He told me that not only was the fungal ball gone, but there was also no scarring on my brain. He had no explanation for how it had happened, but the ball was completely gone, like it had never existed. And then I did something I've probably never done in a public space before, and I just started saying,

"Praise Jesus. Thank you, Jesus. I am completely healed!"

The craziest part of my story is that my dearest friend, who led me to the Lord and participated in my call to vocational ministry, who introduced me to my husband, had died of breast cancer only a year and a half before that. Yet here I was in the hospital, and I was healed.

I have this very interesting testimony of being acutely aware when someone doesn't get healed, even when we beg God for healing and his mercy, and yet I got healed. So I hold these two things and wonder why we get healing. I don't have the answer, but I praise Jesus. Why don't we get healing? I don't know, but Jesus, please comfort us, because to hold both in your hands is to hold it very gingerly with great faith in the mystery of God, that he heals some, but not everyone.

Bishop Sandy Miller said the best thing I've ever heard about healing. He said we used to pray for no one to be healed; no one was healed. Now, we pray for everyone to be healed, and some are healed.

Shaila Visser.

National Director, Alpha Canada
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○ What Is Christian Prayer?

Prayer is vital to the life of every Christian. 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 lie 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.”

Psalms 27:8 NLT

Why Should We Pray?

1

Simply put, we pray because **Jesus prayed**. Matthew 6:7a states, "When you pray..."

2

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

3

Rewards of Prayer

"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."

Matthew 6:6

To receive God's **peace**

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.

Phil. 4:6-7

To receive his **joy**

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

John 16:24

When Should We Pray?

Never stop praying.

1 Thessalonians 5:17

Any time! Pray on your own or with others. Prayer is not restricted to a church building. Pray in a park, a forest, or while walking down the street. Your prayers may be sung, spoken, or read from Scripture. Sitting in silence, waiting in God's presence, and inviting the Holy Spirit to come will enrich your prayer time. 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.

We are called into action to make disciples (Matt. 28:18-20), and we are told by Jesus to pray: "When you pray..." (Matthew 6:5-15).



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.

Romans 12:1 NIV

Why Is Prayer Essential to Alpha?

Alpha works best when 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

Encourage a reliance on the Holy Spirit

Prayer is the engine to a Holy Spirit-fueled encounter with Jesus. Prayer should be woven throughout all aspects of the Alpha course: Before the course begins, during the course, and after the course has ended.

Developing a culture of prayer allows relationships with the Trinity to deepen.

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.

2 Corinthians 3:17-18 MSG

○ Establishing a Prayer Team

One of the most important teams on Alpha is the prayer team. Think about the people in your church who are passionate about prayer. Think of those who are Christ-like, humble, compassionate, kind, and good listeners. Those who demonstrate a reliance on the Holy Spirit in their daily lives.

Prayer Team Roles

Prayer Team Lead:

Choose a leader who is willing and capable of leading the prayer team before, during, and after Alpha. This includes providing prayer training, regularly meeting with the group, modelling how to pray with others during ministry moments, and, of course, someone who is committed to praying regularly for your Alpha. So think about that person in your church who is always praying—both personally and for others. The person who asks how they may pray for you, and seems to know when and how to pray for you. The person who has a genuine passion for prayer and seeing people come to know Jesus.

Note: There are training videos all about Prayer Ministry when you log in to MyAlpha. Your team lead does not have to do this alone.

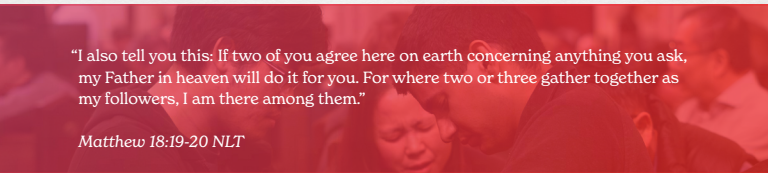
Intercessor/Intercessory Team:

The role of an intercessor is to pray in both corporate and/or personal settings. Intercessors offer requests for others and wait on God. They invite the Spirit of God to help hear, see, and have knowledge of what may be required. The word “intercessor” has Latin roots and means, “a person who intervenes on behalf of another.” They literally ‘stand in the gap’ between heaven and earth.

Prayer Team:

Along with the Course Administrator, the Prayer Team Lead will seek out people to join the prayer team. Personally invite those whom the Spirit brings to mind. Those who are truly passionate will come forward. Remind the team that they are to rely on the Holy Spirit.

Note: Hosts and Helpers are also trained in prayer ministry and pray regularly for their Alpha guests. They are a critical part of the prayer team and ministry.



"I also tell you this: If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you. For where two or three gather together as my followers, I am there among them."

Matthew 18:19-20 NLT

Prayer Teams commit to:

- Attend Alpha sessions on-site and/or commit to praying personally during each session.
- Pray for each guest and team member.
- Be part of prayer ministry moments, specifically on the Alpha Day/Weekend and Healing Night.
- Serve humbly behind the scenes.
- Confidentially receive information from the team as to how and what to pray for each week.
- Bring words of knowledge first to the team for accountability and wisdom, ahead of sharing.
- Take time throughout each Alpha to wait on God, invite the Holy Spirit to come and speak, and be obedient to pray as the Spirit leads.
- Start praying one to two months before Alpha starts, and continue to pray for guests even after Alpha is over.

—○ *Inviting the Church to Pray*

Alpha can be a wonderful tool to help develop a culture of prayer and reliance on the Holy Spirit within the church. Invite the whole church to pray for Alpha and for those they can invite.

A culture of prayer develops inclusivity and disciples people into how to pray. Even those not on the team or able to attend in person feel they are part of the team and what God is doing.

Tips to incorporate prayer into your regular gatherings:

- Start praying for Alpha during Sunday services a few months before the course starts.
- Share testimonies of how the power of prayer and invitation resulted in someone coming to faith in Christ.
- Host planned prayer meetings.
- Suggest fasting and praying ahead of every Alpha.
- Make available 11:02 Prayer Cards (based on Luke 11:2) from the Alpha website.
- Give regular updates about your Alpha during Sunday services.
- When Alpha concludes, share stories of what God has done (baptisms are a great opportunity to share these stories as well).
- Ask the church to continue praying for those who had an encounter with Christ and for those whom the Holy Spirit is still working on.

11:02

Prayer Cards

Modelled after the gospel of Luke 11:2—Jesus tells us how to pray, “Your kingdom come, your will be done.”

11:02 cards provide a visual reminder for us to stop and pray each day for those in our lives who do not yet know Jesus.

Write the names of three people God places on your heart to pray for and to invite to Alpha.

Set an alarm on your phone at 11:02 am or pm to remind you to pray and invite.

alphacanada.org/pray

○ Prayer and Fasting

Fasting is an expression of our utter dependence on God and our submission to his will, not ours. Fasting is an act of humility, a spiritual discipline that releases God's supernatural power. Prayer and fasting is something that Jesus modelled himself.

The purpose of fasting is to help us focus on God and pray without distraction, increasing our ability to concentrate on the things of the Spirit. It allows us to hear God more clearly. Fasting is practiced to glorify God.

Why Fast?

Throughout Scripture, fasting refers to abstaining from food for spiritual purposes. Biblical fasting always centres on spiritual purposes.

The combining of fasting and prayer is important because it enables Christians to gain:

A closer relationship with God through less distraction and more listening

A spiritual breakthrough

A greater level of self-discipline

A heightened awareness of the Holy Spirit and his presence in our lives

Fasting Can:

Change us and transform us to be more like Christ

Help us gain focus and balance

Reveal to us the things that control us or that need to be removed from our lives

Help us to be more aware of what God desires of us

Fasting Should Not:

Be used to manipulate or control

Be self-serving or boastful

Fasting Is Expected

Christ expects (does not command) believers to fast. Jesus' words in Matthew 6:16-18 are not a command. He does not tell us that we have to fast. However, he expects that we will. He said, **"When you fast..."** He was making an assumption that his followers would fast. Moreover, when he said these words, he followed them with an explanation that a fast should be personal and private. Your focus should be on your relationship with God and not on letting the world know you are fasting.



"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

Matthew 6:16-18 NIV

- Then all the Israelites, the whole army, went up to Bethel, and there they sat weeping before the Lord. They fasted that day until evening and presented burnt offerings and fellowship offerings to the Lord. And the Israelites inquired of the Lord. (In those days the ark of the covenant of God was there, with Phinehas son of Eleazar, the son of Aaron, ministering before it.) They asked, “Shall we go up again to fight against the Benjamites, our fellow Israelites, or not?”

The Lord responded, “Go, for tomorrow I will give them into your hands.”

Judges 20:26-28 NIV

The Israelites asked for guidance from the Lord through fasting after being defeated in battle. They approached God for his leadership and wisdom on what they should do.

- Paul and Barnabus appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.

Acts 14:23 NIV

Fasting Helps to Guide Us

Godly leaders throughout history, like the Apostle Paul, fasted and prayed when making important decisions concerning the Church and leadership.





Fasting Strengthens Prayer

David fasted and prayed to spare the life of the child that he fathered with Bathsheba. David knew he had sinned, but his fast was not to restore fellowship with God. God had already restored and forgiven him. The prayer in 2 Samuel 12 was for the life of the child. God did not grant this request. David, however, fully surrendered after his season of prayer and fasting. Through this time of prayer and fasting, pain and loss, David grew spiritually and was able to move past the point of blaming God. He then trusted God.

Yet when they were ill, I put on
a sackcloth and humbled myself
with fasting.

Psalms 35:13a NIV

Fasting Shows Humility

David was a man after God's own heart. He fasted as a sign of humility, even though he could have walked into the throne room of God and asked boldly, he chose to humble himself through fasting and prayer.



Fasting Is a Sign of Worship

God desires us to be honest before him and humble in our actions. We are to open our lips and allow our mouths to declare his praise. Our tongues should sing of his righteousness. When fasting and praying, do so with the right intentions and attitudes—to seek him, gain understanding, and worship our Lord.



What Does Biblical Fasting Look Like?

Biblical fasting is abstaining from food and drink other than water for a period of time. Historically, fasting was from sunset through the next 24-hour period. During the fast, you would drink water when you felt hungry and to sustain good health. You would eat an evening meal, and your next meal would be your evening dinner. During a 24-hour fast, you are missing two meals. Fasting could last one day, three days, or up to forty days.

Regardless of what you are fasting or how, fasting should be accompanied by time with God. This could include, but is not limited to: praying, waiting on him in silence, reading Scripture, and walking in nature. The purpose of fasting is to let God cleanse you during this time and ask the Spirit to reveal to you what God's will is.

Nowadays, some people choose to "fast" other things such as social media, TV & movies, shopping, criticism, caffeine or alcohol etc. However, fasting in the Bible typically refers to abstaining from food.

Moses fasted 40 days and nights without food or water on Mount Sinai (Exodus 34:28).

Jesus fasted 40 days in the wilderness, eating nothing (Matthew 4:1-2).

Daniel practiced a partial fast, avoiding choice foods, meat, and wine (Daniel 10:2-3).

Esther and the Jews fasted from food and drink for 3 days (Esther 4:16).





How Do We Fast?

Since the purpose of fasting is to fully centre ourselves—spirit, soul and body—on God, we want to create space for him to speak, for us to listen and to respond to him. Our first step in fasting is making the decision to fast, knowing what you are fasting for, scheduling the dates and times and then:

Stay centred

Stay consistent

Stay on guard

Stay healthy

Stay hydrated

Note: If you have health concerns eg, diabetes, please consult with your healthcare provider before initiating any restricted diet or fasting regimen.

When You Fast, You May Experience:

Hunger pangs

Headaches (if you have omitted caffeine or sugar)

Dizziness (typically in a longer fast; if this happens, it is wise to break a fast)

During times of hunger, pray, take sips of water, and it should pass. Whatever fast you choose to participate in, do it unto the Lord. Now is the time for us all to hear the voice of Christ and obey it.

Words of Knowledge

Words of knowledge are a spiritual gift given to some Christians when we pray. During prayer, we ask God to reveal things that may otherwise be unknown. Then we wait for God to speak. The result may come in different ways:

A word or phrase may be heard

Pictures may be seen

A sympathetic pain may come to the person praying

An impression

Often, Scripture verses or a song lyric may come to mind

When we are praying for words of knowledge, we suggest:

Pray with expectation.

Depend on the Holy Spirit, who is already at work.

Have faith that God will guide in times of listening.

Make sure it lines up with Scripture.

Consider whether the word brings encouragement.

Remember, it is ok to have times of silence.

Note: Never diagnose or tell someone they are healed or that they can stop medications. Suggest they speak with a medical professional.

“God works in different ways, but it is the same God who does the work in all of us. A spiritual gift is given to each of us so we can help each other. To one person the Spirit gives the ability to give wise advice; to another the same Spirit gives a message of special knowledge. The same Spirit gives great faith to another, and to someone else the one Spirit gives the gift of healing. He gives one person the power to perform miracles, and another the ability to prophesy. He gives someone else the ability to discern whether a message is from the Spirit of God or from another spirit. Still another person is given the ability to speak in unknown languages, while another is given the ability to interpret what is being said. It is the one and only Spirit who distributes all these gifts. He alone decides which gift each person should have. The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ.”

1 Corinthians 12:6-12 NLT

When your prayer team is praying in advance and is asking for words of knowledge, schedule a time when these words can be shared. This will give an opportunity to know if this was for you personally, for the team, or for a guest. This also allows accountability and others to pray into the word given.



—○ What to Expect on the Alpha Weekend

The Alpha Weekend/Day Away provides an opportunity, around the middle of the Alpha course, to get away from the busyness of life and regular routines and create space for the Holy Spirit to work in the hearts of each guest.

Guests can take time to rest, to connect with one another, process the content, enjoy meals together, and, if they are open and willing, receive prayer during prayer ministry. Many guests point to the Alpha Weekend as the pivotal moment in their faith journey, the moment they encountered the Holy Spirit and the information dropped from their head to their heart.

The Alpha Weekend creates space for deeper conversation and connection. Often, guests connect with one another and with the team on a deeper level, making lifelong friendships in the process.

The four talks during the Alpha Weekend are centred on the Holy Spirit: Who is the Holy Spirit? What Does the Holy Spirit Do? How Can I Be Filled With the Holy Spirit? How Can I Make the Most of the Rest of My Life?

After the third talk, How Can I Be Filled? time is set aside for guests to pray and be prayed for by their Host and Helper, and/or by the Prayer Team. This is an opportunity for guests to experience God's love and encounter him through the Holy Spirit.

Note: Ensure your Alpha Prayer Team is praying throughout the Alpha Weekend, and encourage your whole church to be praying 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: During the prayer ministry moment on the Alpha Weekend, the Prayer Team Lead typically introduces the time of prayer ministry and then invites the Prayer Team forward (this would include Hosts/Helpers and others who have been trained). However, you may choose to have Hosts and Helpers who truly know the guests lead prayer around the tables, or offer one-on-one prayer if desired.

"Ministry" is service. Prayer Ministry is serving others through prayer. How can we serve those who come up for prayer? Approach with joy, humility, and love. Point them to Jesus. Pray God's promises.



"Prayer ministry is meeting the needs of others with God's resources, not our own."

John Wimber



○ Principles of Prayer

Prayer posture is critical when we are leading someone in a time of prayer. Before we start prayer, consider these guidelines.

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

Approach with joy, humility, and be yourself.

Be gentle. Jesus said, "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." Matthew 11:28-30 NIV

Be personal. 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, or fearful?

Practice the 4Rs of Prayer Ministry

1

Respect the Individual.

Offer to pray for each member of your group—men pray with men; women pray with women. Remind the person that all prayer is confidential.

Stay in the same room and remain humble.

Two people 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 (eg, prayer for healing of a headache could include a hand on their head.)

2

Remember the Bible.

Pray in accordance with the Word of God. Remember that the Spirit of God and the Bible are never in conflict.

Build on Biblical promises to encourage and strengthen.

Pray the Scriptures.

It is important to leave the person feeling uplifted and encouraged, with a sense that God loves them.

Suggested Scripture References:

**Freedom
from guilt:**
Romans 8:1

**Peace over
anxiety:**
Philippians 4:6-7,
Psalm 23

**God's promises
and character:**
Psalm 139, John 3:16-17,
Lamentations 3:22-23,
Psalm 91,
2 Corinthians 5:17

Healing:
Isaiah 53:3

Guidance:
Psalm 37:5

Rely on the Holy Spirit.

Pray 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 NIV “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 on God and listen—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.

Remember that prayer is joining the work the Holy Spirit is already doing in someone’s life.

Romans 8:26-27 NIV “In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God’s people in accordance with the will of God.”

Relax and trust God.

Ask the guest, “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 or that they can stop medications (we are not medical doctors).

Remind the guest that the praying 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 like tears, laughter, peaceful demeanour, healing, and others may feel nothing. God is still at work.

It is not about us, our strengths, or wisdom. We always point back to the Father. Matthew 7:7 NIV “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”

Celebrate with your guests. Thank God for what he has done and will continue to do.

Source: Alpha Team Guide, Training 2, Prayer & the Weekend (Naperville, IL: Alpha North America, 2016), pages 22–25.

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 briefly about the spiritual gifts that may be given (1 Corinthians 12).
- 4 | **Assure people** that when the Holy Spirit is invited to come, he is always at work, even when they may not feel anything happening.
- 5 | Then **release your team to pray** and follow the **prayer steps** mentioned below. People may come forward for prayer, while 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 | **After a time of prayer ministry** (15-45 minutes) by the leader, have a formal closing.
- 8 | **Praise God for what he has done. Celebrate!**

○ Prayer Steps/ 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, and pray again.
- 8 | Thank the person for their courage to come forward.



Note: Have mints and Kleenex on hand in case they are needed. If there is a prayer partner working with you, they can be 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.

○ Prayer of Faith on Alpha

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 for forgiving me."

Please: "Please come into my life."

There is also a prayer in the Alpha Guest Guide for Week 4 (How can I have faith?):

Lord Jesus Christ,

I am sorry for the things I have done wrong in my life (take a few moments to ask God's forgiveness for anything particular that is on your conscience).

Please forgive me. I now turn from everything that I know is wrong.

Thank you that you died on the cross for me so that I could be forgiven and set free. Thank you for offering me forgiveness and the gift of your Spirit. I now receive that gift. Please come into my life by your Holy Spirit to be with me forever.

Thank you, Lord Jesus.

Amen



Recommended Resources and Reading

Deliverance: A Practical Guide to Freedom | **Jon Thompson**

How to Pray: A Simple Guide for Normal People | **Pete Greig**

Catholic Christian Outreach (CCO). Faith Studies Series.

Catholic Prayer Booklet

Articles: support.alphacanada.org

Prayer Library App:



24-7 Prayer Praying
God's Promises:





“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

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