

PRAY FOR FIVE FRIENDS

Praying for others to know Jesus is one of the most powerful things we can do. Persistent prayer for others brings transformation to their lives.



Consistently praying for others takes discipline, and there are many ways that we can build up habits that will help us to pray for our friends and family.

Choose five people you would regularly like to pray for and write their names down onto a list. If you're not sure who to pray for, ask God to guide you as you choose.

www.ebepayer.org.uk/thykingdomcome

THY KINGOM COME

Here are five easy ways to pray for five people regularly. Choose the one that suits you best.

1. PIECE OF STRING

Take a piece of string or cord, and tie five knots in it to represent each of the five people you have committed to pray for. You could carry the knotted string in your pocket, tie it round your wrist or place it somewhere that you'll see it regularly. Use the knots to remind you to pray for each person on your list of five.

2. SMALL STONES

Find five small stones (light coloured ones are best) and write each of the people on your list onto each of the stones. Place them on your desk, bedside table or fireplace as a reminder to pray. Alternatively, you could place each stone in a different room of your home and pray for each person as you enter or leave the room.

3. BUSINESS PRAYER CARD OR BOOKMARK

Grab a piece of card that will easily fit inside your wallet, purse or book. Write your list of five names onto the card before putting it in your wallet or book. Use this card as a daily reminder to pray for them.

4. PRAYER ALERTS

Add your list of five people to the alerts section of your phone and set reminders to pray for them. You could choose one name per day, or pray for all five across your day. Remember to set alerts for a suitable time where you can stop to pray for your list.

5. POST-IT NOTES

Use five post-it notes and write one name onto each. Stick them onto your mirror, above your bed or somewhere that you'll see them regularly and will be reminded to pray.