

T-Life Group Prayer Ideas



Every group meeting should include intentional time for prayer. The primary avenue for a person to receive prayer is through their T-Life Group. This is an opportunity for your group members to *give* and *receive* prayer, *learn how* to pray for others and experience praying *with* others as group. Below are prayer ideas that create intentionality around the requests and ensures the group stays focused on building community.

General Prayer Requests

Whether the entire group prays for one person, or the group members break up into smaller groups, a most basic question to ask is, “how can we pray for you today?” Then spend time praying for that person in the way they requested. You can also make a certain person or couple the center focus of prayer. Simply have that person or couple sit in the center of the room, ask them how they need prayer, and then circle around them as a group, laying hands on them, and take turns praying over that person or couple. Try it and see the group grow closer together!

Series Related Prayer

At Relevant, we teach through different topics that we believe are important for our church to grow in the current season. At the conclusion of your group meeting, as provided on the Weekly T-Life Group Leader Guide, there will be a prompt in how a group can pray based upon the current sermon series we are working through. Feel free to change up that question that works best for your group.

RCC Related Prayer

When our whole church is praying and seeking God for the same things, He moves according to His will. At the end of every Weekly T-Life Group Leader Guide, there is a RCC related prayer section that you and your group can pray through alongside our church and other T-Life Groups. We encourage your group to make these topics a priority regardless of what other things you are praying for.

Prayer and Praise Idea

Provide each person in your group a piece of paper and a pen. On one side, have each person write down something they are thankful to God for, whether it be a person, a promotion, something God has shown them, or an area that God is moving in their life. On the opposite side, have each person write down a prayer request they have for themselves (not someone else they know as these are specific to that person). Once complete, ask permission from the group to pass their paper one person to the right or left. Then go around the room and each person prays aloud for that person and for their praise and prayer request.

Continuing Prayer Idea

Assign someone the responsibility of recording prayer requests. Then have that person be responsible for emailing or texting those requests to the group to be praying over throughout the week.