



Exploring Christian Healing

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LEADER'S NOTES

Session 4

Beginning to pray for others

AIM OF THIS SESSION

To begin to move from theory to practice and begin the wonderful journey of praying for one another.

90 MINUTES



Introduction

Welcome and opening prayer.

Explain that over the next two sessions you are going to try praying for each other, using the three elements that we looked at in the last session – Father, Son and Holy Spirit. One of the practical benefits of this approach is that it is easy to remember. If we think of the Trinity, it is unlikely that someone will remember the first two elements and forget the third!

Unlike all the other sessions, please circulate the Notes for Participants – Session 4 – at the beginning of the meeting rather than at the end. This is because some of the notes and Bible references may prove helpful as they begin to pray for one another.

Finding the Father's love



Video 4.1

Play (or screen share) Video 4.1



Group discussion

How do people react to this notion of creating a suitable atmosphere?



Prayerful exercise

Divide everyone into groups of three (either in person or in online breakout rooms) to bring a sense of the Father's love to each other. Stress that this is all that is needed at this stage and there is no need to discuss concerns or prayer requests as this comes later.



Suggest that one person volunteers to receive, another to lead and the third to observe.

(The role of the observer is helpful for two reasons: first, if someone knows they are being observed they are more likely to stick to the instructions, and secondly, it allows those who are lacking in confidence to take part in a non-threatening way.)

Some ideas that might help with this can be found on the participants' notes, so allow some time for people to read through these. Allow time for each person to have a go in each of the roles if they wish.



A space to meet
with the living God



Feedback



Encourage everyone to come together in one group to share their experiences, both as a minister and as the one receiving.

The Presence of Jesus



Video 4.2

Play (or screen share) Video 4.2



Group discussion



After watching the video and being a part of this time of Encounter Prayer, encourage the participants to reflect on their experience:

- How did they find Jesus?
- What difference do they think this approach might make to prayer ministry?



Prayerful exercise



As before, encourage people to try this out on one another. Divide them into groups of three again (although perhaps different groups from last time) with the same three roles – receiving, leading and observing. Stress that finding the presence of Jesus is all they need to do at this stage as praying about concerns comes later.

It begins with that simple question I mentioned in the video – “Where is Jesus for you right now?” This encourages people to explore the truth that Jesus is actually present. They will have been told many times over the years that Jesus is with them, and it is the experience of this truth that we are seeking to bring to them. This simple question gives them the chance to pause and reflect on the presence of Jesus with them.

As before, helpful points can be found on the participants’ notes so allow a few minutes to read through them before beginning the exercise.



Feedback



After they have swapped roles, reconvene as one group to share experiences:

- Did they sense the presence of Jesus and if so, how?
- How did they feel when they were ministering to each other?
- Were there any difficulties?

Closing Prayer



Use the closing prayer as an opportunity to give thanks for the wonder of God, and for the individual glimpses of the Father’s love and the presence of Jesus that the group have perceived in this time together.



Homework

Encourage everyone to practise resting in the Father’s love and finding the presence of Jesus on their own at home. The more they do this, the more natural it will become.