

PRAYER WARRIOR BOOT CAMP



LEADER GUIDE

STRENGTHENING YOUR PRAYER
LIFE THROUGH THE ACTS PRAYER

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OVERVIEW

History

“Would anyone like to close us in prayer?” That was the question posed by our summer Bible study leader and the response was silence. A long, awkward silence. One sweet soul finally had mercy on our leader and offered to pray. It grieved my heart that out of a group of over 20 women, not one felt confident praying out loud.

Prayer doesn't have to be hard, and it shouldn't be intimidating, but we perceive it as both.

At our next women's ministry team meeting I suggested we offer a workshop on prayer. I had experienced the power of a transformed prayer life myself through 4 years of weekly prayer group meetings. In the years since, I've eagerly shared the basics of this course with many women and students.

God shaped those experiences into what has become the Prayer Warrior Boot Camp. (And now The ACTS of Prayer and Cultivating Confident Prayers so leaders have options.)

This prayer training will:

- Strengthen the prayers of your women as they pray privately and corporately.
- Remove one more barrier that keeps your women from discipling and mentoring others.

Inside you'll find very detailed directions for each lesson as well as suggested schedules for using this training as a (a) 4-week Bible study, (b) 2 1/2-hour Workshop, (c) 1 Day Retreat, or (d) 2 Night Retreat.

Room Set-Up

Seating: Small groups are a must for this prayer training. Your women will be working together often and praying out loud together in small groups. I suggest using rectangular or round tables that seat no more than 6 women. You'll want your women to sit close together so they can hear one another easily during the many group activities. If you can, don't pack the room tight. Leave some space between the tables and groups.

Décor: Décor can easily become a distraction from the content. Women will need space to spread out their Bibles and write in their workbooks, so please keep table décor to a minimum.

Consider printing the letters ACTS on a piece of paper and placing them in a frame. Select one or several of the scripture verses in the training to place on the center of each table with a simple vase of flowers, a lantern, or a small battery-operated candle. Embrace the opportunity to point them to God's Word and echo what they will be learning.

2 1/2 HOUR WORKSHOP SCHEDULE

Intro	6 Minutes	9:00 – 9:06 AM
Warm-Up	20 Minutes	9:06 – 9:26 AM
Exercise #1	27 Minutes	9:26 – 9:53 AM
Exercise #2	15 Minutes	9:53 – 10: 07 AM
Break	10 Minutes	10:07 – 10:17 AM
Exercise # 3	15 Minutes	10:17 – 10: 32 AM
Exercise #4	20 Minutes	10:32 – 10: 52 AM
Circuit Training	14 Minutes	10:52 – 11:06 AM
Pray & Close	4 Minutes	11:06 – 11:10 AM

Consider opening the doors at 8:30 AM and providing coffee and pastries while women enter.

A 2 ½ hour schedule builds in extra time if you need it. Don't be afraid to release them early – women appreciate an early end time!

EXERCISE #4 - SUPPLICATION

See workbook pages 16 – 17.

Ask for volunteers to read these verses: Philippians 4:6, 1 Timothy 2:1, Matthew 5:44, and Romans 8:26.

TELL (6 minutes)

Say: “You’ll likely find exercise #4 is the easiest exercise – despite its fancy title. The time has come for us to share our requests with God. Webster’s Revised Unabridged Dictionary defines supplication as a humble petition. Please jot that down in your workbook.”

Ask someone to read Philippians 4:6.

[do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6]

Say: “At the end of Paul’s letter to the Philippians, he encourages them to make everything a matter of prayer. Aren’t you thankful God doesn’t limit our requests? He tells us we can pray about everything. Not only can we offer up our personal requests, but we can also pray specifically for others. In 1 Timothy Paul gives specific instructions about prayer. Let’s listen to his first instruction.”

Ask someone to read 1 Timothy 2:1.

[First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people... 1 Timothy 2:1.]

Say: “Paul doesn’t just tell us to pray for those we love, those we like, and those we know. We are to pray for ALL people. Prayer for others is called intercessory prayer. Intercessory prayer is lifting up the needs of others to God.”

TELL & DO (5 minutes)

Say: “Most of us find it easy to come up with a list of requests for ourselves, but praying for others can be a bit more difficult. Let’s start by looking at WHO the Bible says we should be praying for. Work with your group to complete the exercise on page 16.”

4-WEEK BIBLE STUDY SCHEDULE

1-Hour meetings will allow time for prayer requests and sharing

Week 1 – Welcome, Icebreaker, Intro, & Warm Up

Week 2 – Exercise 1 and Exercise 2

Week 3 – Exercise 3 and Exercise 4

Week 4 - Circuit Training, Cool Down, & Plateaus

THE ACTS OF PRAYER



DEEPENING YOUR CONNECTION WITH
GOD THROUGH THE ACTS PRAYER

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EXERCISE #1 - ADORATION

Group Work

Have someone in your group look up the word “adoration.” Write the definition below.

Adoration is praising God for _____ .

We start with adoration because it takes the focus off _____ and puts it onto _____ .

Record Psalm 34:1 below.

Exercise #1 - Adoration:

Put it into practice.

Write out several prayers of adoration below.

Examples:

Father, I praise you for you are Lord, our Maker.

Lord, I praise you for you are Holy.

God, I praise you for _____.

God, I praise you for _____.

God, I praise you for _____.

SAMPLE ONLY

Group Work - ABCs of Thanksgiving Challenge

For each letter of the alphabet list something for which you are thankful. For example A – Aunt Shirley, B – Butterflies, C – College Acceptance Letters, D – Date nights, E – Electricity. Go with the first thing that comes to your mind. Your answer doesn't need to be super-spiritual. 😊

A	J	S
B	K	T
C	L	U
D	M	V
E	N	W
F	O	X
G	P	Y
H	Q	Z
I	R	