

10 Tips on How to Introduce People to Group Prayer

by Reid Smith

Praying in a group can be intimidating for those who haven't done it before. You'd be surprised how many people are not accustomed praying out loud with other people around them listening in. This is an important skill for all believers to develop because agreement in prayer among two or more believers makes God's will be done on earth as it is in heaven and builds the community of His Church (Matthew 18:19-20). Here are some tips that will help you to ease people who are unfamiliar with group prayer into this very important spiritual practice:

1. **Be brief.** Brevity can reduce the anxiety level in group prayer because it allows time for others to pray and serves as a model for simplicity in prayer (Matthew 5:7-13). People who aren't accustomed to praying aloud in a group will see short and simple as something they can do too.

2. **Be informal.** Don't have a big build-up. When it's time to pray, just begin. For example, "Okay everyone, let's pray. Feel free to jump in if you'd like. Lord, we..." This makes prayer feel less intimidating and more natural.

3. **Be yourself.** Imagine God sitting across from you in the group and talk with Him like you would a person (after-all God is fully human and He is actually in your midst). Have a conversational flow to what you share with the Lord and avoid Christian clichés or complex theological jargon.

4. **Use Scripture.** Invite people to articulate their prayer with biblical passages. They can read something that is meaningful to them and then say, "I believe that about..." or "Let that be true

for..." and reference their own prayer need or one that was shared by another group member.

5. **Invite the most confident to lead.** There is usually at least one person in every group who tends to be more forthright in prayer or they're good about summarizing multiple prayer needs. At the beginning of your next group meeting, ask them how they'd feel about facilitating the prayer time. If they're open to doing this, reassure them by saying, "Just be yourself...you'll be great!"

6. **Don't call on anybody.** Some people are terrified to pray in front of others, and if they're newer to the group, they may not return if you put them on the spot.

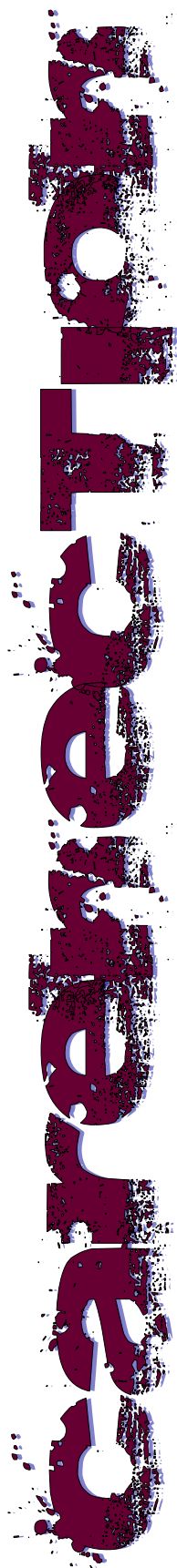
7. **Don't go in a circle.** This puts people who don't want to pray aloud in an embarrassing situation, especially if they're the only one to pass.

8. **Go first in sharing a personal prayer request.** This primes the pump for others to share and sets an example of vulnerability.

9. **Appoint somebody to write down prayer requests.** Then follow-up on them at your next gathering. This cultivates a warm and caring environment that will help people feel safer about personally engaging in group prayer.

10. **Integration.** Discussing prayer needs outside of the time allotted for prayer in your next gathering can help to integrate prayer more into your group-life. This helps group prayer feel more as a natural part of your group-life as opposed to an isolated or add-on component.

From smallgroupexchange.com



Life group prayer and praise

- My **brother Brian**, and **sister-in-law Sheryl**, are having marital problems, he is abusive and needs God's help. Please pray for him, they both need salvation. ~ **Jane Rodriguez**
- My middle son, **James**, needs some lifting up, he lost his children thru separation and in June was sent to jail for domestic violence. ~ **Pamela Dehnhoff**
- **My daughter, Kristi** may have breast cancer, she sees the surgeon on the 10th to discuss the treatment. She loves the Lord and has 3 small children, please pray for her. ~ **Carole Petersen**
- Please pray that God will give me the gift of forgiveness, I'm having a hard time with hurts. Please keep praying for my lower back pain. ~ **Carolyn Kelly**
- My son, **Alex** is out of Denny Youth Center, thank you for your prayers. ~ **Paul Abitt**
- **Robert Johnson** requests prayer for his son, **Steven**, who suffered an Internal Brain injury and is now at Harborview. Blood was leaking into his skull cavity and they have drilled a hole to relieve the pressure. Doctors are "cautiously optimistic" at this point, but he is also battling an infection in his gall bladder. He is a believer and is also surrounded by a praying family. Please continue to lift him and his family in prayer.
- My grandma, **Deena Jamison** went in for heart surgery last Monday, please pray for healing and God's will, she is 78 and is not well. ~ **Sherra Ellis**
- I would like continued prayer for my mom. **Barbara Albert** (in Idaho) she is still in the hospital, now in Boise for wound healing. Pray for progress in healing the bowels (small hole). ~**Dixie and Jim Burgess**
- **Naomi Long** asks that we pray for her back, it is painful when she gets on and off the bus. ~ **Dot**.
- Please pray for our daughter, **Nichole**, she is fighting a urinary tract infection, pray for healing and comfort. ~**Wendy and Doug R.**
- **My mom** has been diagnosed with advanced lymphoma and given weeks to live. Please pray for peace for her and for our family in this difficult time. ~ **Kim Edwards**
- **Please pray for Karla Signs**, she is having some medical problems, lots of headaches from blood on the brain, please pray that God will heal her and relieve her headaches. ~ **Sandra Signs**

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Improvised Life**
by Taproot Theatre Comedy Improv

**Sunday
December 13th
4:00 and 7:00 pm**

Tickets \$5.00 each or 4 for \$15.00

Presented by First Baptist Church
1616 Pacific Ave
Everett, WA
425.259.9166

Pray for our Military

- Jonathan Michaels Estrella— son of Sharon Boswell.
- Jason Bjazevich—Megan Owenby's husband—Army Special Forces— Stationed in N. Carolina.
- Joel Ellis—son of John & Midge —Serving in Iraq.
- Scott Harpell—son of Brian & Lynne— Stationed at Fort Bragg.
- Aaron Weston—nephew of Ken and Kathy—Stationed in San Diego.
- Eric Schmidt — son of Gene and Pat Schmidt — Camp Fallujah, Iraq.
- Benjamin Lagonia—dear friend of the Naylor family—stationed in Manitoba.
- David Coyle—son of Karen Mark— residing in Seattle, member of the National Guard.
- Adam Flynn—a young Marine safely home and out of military.
- Brett Love—grandson of Wilma—Army National Guard-Serving at home.
- Robin Swartz - Serving in the military - currently home in Everett.
- Christian Chmielewski—nephew of JoAnn Couturie' - in the Marines.
- ENS Andrew E. Timpner (fiancé to Christin Suthard) on deployment with USS Momsen.
- Devin Abbitt—nephew of Paul Abbitt - Marine, stateside.
- Doug Baer—a teacher at Kamiak HS heading to Iraq in the Army Reserves—thru Sept. 09.
- Duane Neyens—brother to Kathy Chapman—Nat. Grd. Afghanistan.
- Philip Ankney-LCPL Afghanistan Cousin of MaryAnn Peterson.
- Jeffrey Lillard—son of Barbara Lillard — Srg. In Army, Stationed in Afghanistan.
- Aaron Chmielewski— joined the Marines. Nephew of JoAnn Couturie



Life Group Happenings

All in the Family

by *florence miller*

The Lord is welcoming, while we bid farewell, to the most recent two of our fellowship: **Cliff Hudspeth** and now, **Lois Deller**. Lois left us for her heavenly home on this past Saturday morning, November 28th, after being admitted to the hospital the day before with symptoms related to her stomach. It was so affirming of the Deller's faith that the next day, Sunday, they were worshipping the Lord in church. Lois' memorial will be held next Saturday, Dec. 5th, at 1:00 p.m. at our First Baptist.

I guess everyone wants to get all their parts in working order for the upcoming Christmas season. Read about the following: **Esther Friesen** came through her hip surgery on Monday, the 30th and was doing well. Her son, **Don**, from California is in Everett for the week with his Mom. We do pray that her recovery will be swift and relatively pain-free and that when healed, she will be able to enjoy life again with no pain.

Betty Resseguie had gall bladder surgery this past Wednesday the 25th and as Allan reports, "came through like a trooper". Her gall bladder was removed and a remaining stone "zapped". She was released from the hospital this past Monday, the 30th and is home with her daughter there to help out. She has a Doctor's appointment today (Wednesday) and hopes to get an o.k. to resume normal activity.

John Van Dalen is having hernia surgery on Wednesday, December 9th. We will be in prayer for an easy surgery and a good and fast recovery.

And last but not least, **SaraMae Zell** is scheduled for shoulder surgery on Friday, December 4th. Please pray for all of our patients!

Pastor Peter Gatata sent an email to the church which, in part, reads, "In this 13th year of our migration to the United States, the Lord remembered us! Our Green Card applications were approved. We are officially permanent residents of this great nation that God has called us to be missionaries. Please do rejoice with us and thank the Lord with us. The process has taken a while and thousands of dollars have been spent on attorney's fees and processing of this application, but the joy of having permanent residence outweighs all other costs. By the grace of God, when we can, we'll be able to travel in and out of the US without much hassle; able to obtain work legally "outside" church; have a sense of belonging to this great nation; and take advantage of this status in so many other ways. Thank you so much for your prayer support, financial support and encouragement through this period.

I want to take a moment to share with you how wonderful members of FBC are in stepping up to help each other. The response from everyone to help at Cliff Hudspeth's memorial was so gratifying. From baking cookies, helping serve at the reception to coming to my aid yesterday morning when my car wouldn't start and I was stranded in Marysville. Every person I asked for help so I could keep the promises I had made stepped up without hesitation. This congregation loves their Lord and one another. They are serving Him with grace and humility. I thank God every day that He brought me to this church and I have been accepted into the fold whole heartedly.

Affectionately In Christ, **Karen Mark**

Friday Night Street Ministry

On Wednesday, November 25th, at our annual FBC Thanksgiving Eve Service we were so blessed by our church family as many people gave blankets, gloves, hats, socks and other items along with financial gifts for us to distribute to those we serve every Friday. One of our team members was so overcome by the sight of people bringing their offerings "for our people" that she overflowed with tears.

On Friday, November 27th we had a wonderfully thankful evening as our guests wrote on index cards the many things they are thankful for. Topping the lists were friends and family as well as our weekly meals. One of our team members will be creating a collage with those index cards along with some of the pictures we took a couple weeks ago. I look forward to posting that downstairs for all to see.

We blessed each of our guests with gift bags of a new hat, scarf, socks, gloves and sample size toiletries. Thank you to my mom who knits year round to provide the scarves

and hats and thank you to our wonderful congregation for making the rest possible. We will be gifting our guests again in December with socks, handwarmers and other items.

On Friday, we also ushered in the Christmas season with Christmas carols led by the newly formed trio, "The Out-a-Tooners"! Thanks to Sandra Putney, Debbie Benedetto and Rick Fortier for their willingness to go beyond the call of duty!

We have the wonderful opportunity to have Christmas "at our house" this year as December 25th is a Friday. We have a great menu planned and a wonderful evening for our guests as we want to truly serve them. I'm looking for 10-20 people who would like to help out in the social hall by being waiters and waitresses for each of our 20 tables of guests. Please let me know if you and your family would like to spend a couple hours on Christmas reaching out to really care for our community. (I'm even hoping for a repeat

performance by "The Out-a-Tooners".)

Prayer requests are for the following:

K - I pray for the Lord's guidance and strength to continue on a clean path. I fear I'll get lost again.

M&B K - For friends and family. Need housing along with my fiance and I who are expecting a child in February.

N - For my friend C who needs employment. She's been out of work for several months. She's single and needs income.

Also, please be in continued prayer for Diane's family, Mary, Ann and Roy and Diane's long-time boyfriend Les as they have a memorial for Diane this Tuesday, Dec 1st at the Salvation Army at 3:00. Please join us if you are available to lend support to a hurting family.

Have a blessed week - Chris

Lifegroup Contributing Opportunities

Update November 29th

Adult attendance: 263

Children: 9 am: 26+11 10:30 am 34+17

Youth Small Group: Middle School 13+3



December 3rd, Charlene Dittoe

December 4h, Gregg Elder

December 5th, Lynne Uptagrafft

December 8th, Molly Perry

Howdy! Do you feel industrious? Are you artistic? The train man is looking for a few good people who want to serve the Lord and have fun at the same time. Please call, The Trainman (Leo Younglowe,) or the church office, 425-259-9166.



USHER CAPTAIN 2009:

December—Darrell Olson
Marc Owenby

COFFEE HOUR 2009

December 6th
Laura Oversvee
Women of Purpose

December 13th
Marty Visser
Sunday AM

December 20th
Florence Miller
Women of Purpose

December 27th
Kay Olson
Home Fellowship

UPCOMING EVENTS:

Please join our Seniors of SAM for a Christmas preparation Music Program on Friday , December 4th at 1:30 pm in our festively decorated Sanctuary. The organ prelude will set the mood and the program to follow will include the SAM singers singing about the joys of Christmas and Gene Dobson's dramatic presentation of the Christmas story. Do invite your friends and neighbors!

COMING DECEMBER 6—RMMO OFFERING: The Retired Ministers and Missionaries Offering is coming, Sunday, December 6th. This is an annual ABCUSA offering that provides Thank You checks to over 3,000 retired American Baptist ministers and missionaries or their widowed spouses. Our goal is \$1600.00.

Remember with love... Give with gratitude

PRESCHOOL CHRISTMAS CELEBRATION AND MOVIE NIGHT! Friday, December 4th, 7-9 pm. Veggie Tales: *"Saint Nicholas a Story of Joyful Giving."* Join us as we make special Christmas craft and share cookies & apple cider. A signup sheet is in the Preschool wing beginning Sunday, November 15th or email Christen at preschool@fbc-everett.net



ATTENTION ALL HIGH SCHOOL SENIORS, COLLEGE STUDENTS, POST GRADUATE STUDENTS: Application for the 2010 Lela Meadows Scholarship are available, beginning January 4th in the church office. To be eligible to apply you need to be a current and active member in our church. Application deadline is Wednesday, **March 31st, 2010 at 4:00 pm**

We finally got our long awaited call from Kimberly Clark to come pick up paper products!!! Chris Nelson and I will pick up the truck at 8:30, go to KC and be at the church by 9am. If you are available and able to help unload, please be there by 9, tomorrow - Thursday - Dec 3rd and give us a hand!! Chris Frizzell