



THE CHRISTIAN MAMA'S GUIDE TO PRAYING FOR (AND WITH) YOUR FRIENDS

I OFTEN FIND MYSELF TELLING FRIENDS THAT I'LL PRAY FOR THEM... AND THEN FIND MYSELF SPENDING 5 MINUTES OF MY TIME INTERCEDING FOR THEM BEFORE MOVING ON TO OTHER THINGS. BUT PRAYER CAN BE SO MUCH MORE. HERE ARE SOME TIPS ON HOW TO PRAY FOR (AND *WITH*) YOUR FRIENDS.

ERIN MACPHERSON

WWW.CHRISTIANMAMASGUIDE.COM

- 1. PRAY IN PERSON.** SHOW UP AT YOUR FRIEND'S HOUSE JUST TO PRAY FOR (AND WITH) HER.
- 2. FOCUS ON PRAISING GOD.** IT'S EASY TO GET CAUGHT UP IN ASKING GOD TO PROVIDE FOR YOUR FRIEND'S NEEDS, BUT WORK TO CHANGE YOUR FOCUS TO PRAISING GOD FOR WHO HE IS AND WHAT HE HAS DONE FOR YOUR FRIEND.
- 3. PRAY OVER TIME.** GOD DOESN'T ALWAYS ANSWER PRAYER RIGHT AWAY, SO DON'T MAKE PRAYER A ONE-TIME SHOT. INSTEAD, CALL OR VISIT YOUR FRIEND SEVERAL TIMES OVER A FEW WEEKS TO PRAY FOR HER.
- 4. SET ASIDE TIME TO PRAY TOGETHER.** MAKE A WEEKLY COFFEE DATE (OR IF YOUR KIDS ARE YOUNG, PHONE DATE) TO SPEND TIME SHARING PRAYER REQUESTS AND PRAYING TOGETHER.
- 5. PRAY OVER EMAIL.** WHO SAID PRAYER HAS TO BE SPOKEN? WHY NOT SET ASIDE TIME TO SHARE YOUR PRAYERS FOR YOUR FRIENDS VIA EMAIL AND ALLOW THEM TO RESPOND. IT'S LIKE AN ELECTRONIC PRAYER JOURNAL.
- 6. USE THE BIBLE IN YOUR PRAYER TIME.** GOD'S WORD IS POWERFUL—SO PRAY THE PRAYERS YOU READ IN THE BIBLE OVER YOUR FRIENDS AND THEIR NEEDS.

7. PRAY OFTEN. THE BIBLE SAYS TO PRAY CONTINUOUSLY SO DON'T LET YOUR BUSY LIFE STAND IN THE WAY OF YOUR PRAYER TIME.