

# Introduction to Prayer Ministry

## **Week 1:**

Biblical Foundations

Most common prayer ministry scenarios (1 – 6)

Listen, Love, Pray

Prayer Etiquette

Practice Groups: Prayer Lab #1

## **Week 2:**

Most common prayer ministry scenarios, (7 – 10)

Use of Sacramentals (Holy Oil, Holy Water, Blessed Crucifix)

Healthy personal boundaries in healing ministry

How to hear a confession and ministry God's forgiveness

Practice Groups, Prayer Lab #2

### **Process for becoming a Sunday morning prayer minister\***

1. Attend Introduction to Prayer Ministry Training
2. Fill out an application
3. Meet with Deacon Val or other prayer ministry leader (30 minutes)
4. Six-month Apprenticeship
  - A. Shadow an experienced prayer minister 2-3 times
  - B. Serve at least 2x a month as a prayer minister
  - C. Second meeting with Deacon Val or other prayer ministry leader to process the Apprenticeship experience and to discern whether to make a 2-year commitment to serve as a prayer minister (at least 2x a month).

\*You must be a confirmed member or in the Confirmation process to serve as a Sunday morning prayer minister.

# Biblical Foundations of Prayer Ministry

<sup>13</sup> Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. <sup>14</sup> Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. <sup>15</sup> And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. <sup>16</sup> Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. <sup>17</sup> Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. <sup>18</sup> Then he prayed again, and heaven gave rain, and the earth bore its fruit.

<sup>19</sup> My brothers, if anyone among you wanders from the truth and someone brings him back, <sup>20</sup> let him know that whoever brings back a sinner from his wandering will save his soul from death and will cover a multitude of sins. – James 5:13-20

## 1. Jesus himself has given us the power and authority to heal and

- He had the authority to do that (“all authority in heaven and on earth has been given to me..” Matt 28)
- He gave them power and authority (first 12, then the 72)- Luke 9:1 2. This wasn’t just for the disciples, but to all of his followers.
- Mark 16:15-17 – “These signs will accompany those who believe: In my name they will drive out demons, they will speak in new tongues, they will pick up snakes with their hands and when they drink deadly poison it will not hurt them at all; they will place their hands on sick people, and they will get well.”

## 2. Jesus gives this authority to all believers

- These signs will accompany those *who believe*... all believers in Jesus! This was presented as NORMATIVE of believers, this is what Jesus said WOULD BE the lifestyle of all Christians- automatically, as an outcome of living in cooperation with the Holy Spirit within us!
- Matt 10: 7-8, when Jesus sent out his disciples he said, “proclaim this message, ‘The Kingdom of God has come near’. Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received, freely give.’

## 3. All of this is accomplished through His Spirit living in us and empowering us

- “he lives with you and will be in you.” John 14:16-18
- “you will receive power when the holy spirit comes on you...” Acts 1:8
- “This is how we know that we live in him and he is us: He has given us of his Spirit.” 1 John 4:13
- “He anointed us, set his seal of ownership on us, and put his Spirit in our hearts, as a deposit, guaranteeing what is to come.” 2 Cor 1:22

**4. Specifically, the Holy Spirit equips us with what we call “gifts”, ways that he supernaturally flows through us to minister others that’s beyond our human power or knowledge**

- “now to each one the manifestation of the Spirit is given for the common good...” 1 Cor 12:7-11
- these are not gifts that we receive and then possess forever and can whip out of our pocket whenever we want. The Lord can flow through us in different ways and at different times, it’s up to him. “And he distributes them to each one, just as he determines.” v11
- he just calls us in 1 Cor 14:1 to “follow the way of love and eagerly desire the spiritual gifts.” And to ASK for them! Luke 11
- These gifts are for the good of others, intended to encourage, strengthen and comfort 1 Cor 14:3, to build up the church
- All needs to be in LOVE (1 Cor 13 sandwiched between 12 & 14)

\* so when we lay hands on people we are *authorized* by Jesus and empowered by the Holy Spirit to bring the love and transforming power of God into that person's whole being, on every level.

# Listen, Love, Pray

## Listen

- Non-verbal signals
- Simple verbal signals
- Validating statements
- We do NOT:
  - Give advice or council
  - Share our similar experiences

## Love

- Stepping into Jesus / Letting Jesus love others through us
- Supernatural love

## Pray

Speak directly to God

Ask for God's action in the very moment of this prayer

Direct prayers to the heart and body rather than the mind

- Avoid: "Lord, please **remind** Joe of how much you love him." (a prayer about Joe's thinking and ideas)
- Rather: "Come Holy Spirit and fill Joe with your love. Flood his body with a sense of your loving presence. Lift from Joe this weight of shame and anxiety that he is feeling."

Pay attention to the images, impressions, promptings of the Holy Spirit.

- Pray with scriptural images, familial images, or images from nature as they come to your mind: "Lord, you are the good shepherd. Take Joe up into your arms like a lamb and hold him close to your heart. Settle him and quiet him in your love."

# Prayer Etiquette

## **Ask permission**

“Is it OK if I put my hand on your shoulder as I pray for you?”

“Is it OK if I anoint you with oil.”

## **Propose** rather than **impose**

Qualify what you are about to say before sharing

- An image or word that comes to you during the prayer
- A sense of hope for physical healing
- Something spoken in gentleness will have great impact if it is from the Spirit

Differences from Pentecostal traditions:

- Avoid phrases like, “The Lord told me,” “Thus says the Lord.”
- Avoid emphatic exhortations such as, “You just start praising the Lord right now for the miracle this is coming your way!” “Claim your healing right now in Jesus Name!” “If you have faith you WILL be healed!”

## **Ask good questions (don’t make assumptions)**

- Can you tell me what is happening for you as we pray?
- Can you tell me what the tears are about?
- You seem a little (anxious, agitated, angry ...) can you tell me more about that?
- I notice you are trembling (shaking, etc.) can you tell me what is happening for you?

## **Keep confidentiality and know who can help**

Ask for help if you need it, especially if the person seems to be in immediate danger (the person tells you of thoughts or intent to harm him/her self or another person)

Encourage the person to call or email the church office to an appointment if needed (confession of a grave sin like adultery; mention of mental illness; mention of a serious illness such as cancer)

# Most common prayer scenarios

1. A practical immediate need (a place to live, a job, upcoming interview, immediate financial need such as for a car).
2. Concern about another person (child, parent, friend, neighbor, co-worker, relative).
3. A painful loss (boy/girlfriend break-up, loss of a job, death of someone close).
4. Health problem or crisis (ordinary sickness or injury, recent diagnosis, long-term disease).
5. Troubled emotional state (anxiety, depression, confusion, agitation, irritation)
6. An important up-coming event (a job interview, a difficult conversation, a vacation, a ministry event or mission trip). Empowerment for ministry (sense that God is calling me to a new thing)
7. Deep longing or desire (to get married, to have a child, vocational fulfillment)
8. Relational conflict (recent argument with a spouse, roommate, parent, or chronic destructive relational dynamics).
9. Confession of sin
  - a. Thoughts, feelings and words (anger, hatred, envy, jealousy, obsessions, unforgiveness, bitterness)
  - b. Deeds
    - i. Lying, cheating, stealing, drunkenness, violence against another person.

- ii. Sexual sin (pornography, masturbation, fornication, adultery, cross dressing, soliciting prostitution, and so forth.)
  - iii. Behavior that is illegal.
  - iv. Addictive behavior (substance addiction, process addiction)
10. Spiritual oppression/darkness/battle (too many things going wrong, intrusion into thoughts, nightmares)

# Petition and Presence: the prayer of “immediacy”

1. Prayer of **petition** (you can ask the person to pray and you agree with their prayer or recap the petition in your prayer.)
2. Prayer of **presence** (for God’s immediate action in the moment.)
  - a. Who are you addressing: God (Trinity implied), the Father, Jesus (Lord), the Holy Spirit?
  - b. What are you asking for?
    - i. Examples: peace, comfort, encouragement, strength, wisdom,
3. **Bonus:** an image, metaphor, word, verse of scripture that comes unexpectedly to your awareness.

## Prayer Lab #1: Prayer Parsing - noticing the language of our prayers.

Examples from collects in the Common Book of Prayer

O God, the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven:  
**Do not leave us comfortless, but send us your Holy Spirit to strengthen us, and exalt us** to that place where our Savior Christ has gone before; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. *Amen.*

“Give us courage to take up our cross and follow him.”

Subject (God)	Verbs	Noun	Object (person)
O God the King of Glory	Send, strengthen, exalt	Your Holy Spirit	us
(Father)	Give	<b>Courage</b> to take up our cross and follow Jesus	us

# Prayer Lab #1

## Prayer for Presence: Prayer Parsing

**Large group exercise:**

2 minutes of silence (surrender yourself as fully as you can to God)

2-minutes to express the need

2-minutes of silence to decide how to pray (write in the prayer parsing grid)

<b>Subject</b> (God, Father, Jesus or Holy Spirit)	<b>Verb</b> (active verb like pour, send, fill, give)	<b>Noun</b> (what you are asking for)	<b>Object</b> (person)
Image, metaphor, word, verse of scripture?			

2 min – to speak out the prayers (when your group is finished remain silent)

3 min – to process the experience as a group

**“Speed Prayer” Small group exercise**

- One person receives prayer (each person should get a turn to receive prayer)
- Remainder of the group participates by praying silently or out loud

1-minute of **silence – open and offer yourself to God**

1-minute to **express the need** (person receiving prayer)

1-minute to **silence – decide how to pray** (write in the prayer parsing grid)

2-minutes to **pray out loud** (ask permission to lay your hand on them as you pray)

Subject (God)	Verb	Noun	Object (person)	Image, metaphor, word, verse of scripture?
1.	1.	1.	1.	1.
2.	2.	2.	2.	2.
3.	3.	3.	3.	3.
4.	4.	4.	4.	4.

3 minutes for **debrief/feedback**: What was that experience like for you? When you received prayer? When you prayed for others?

# How to “hear” a confession and minister God’s forgiveness

At Resurrection there are two ways to minister God’s forgiveness to others

- In a formal confession we use the BCP liturgy
- **In a church service or informal pastoral conversation**

Listen → reassure → pray → reassure

## Listen

Introduce yourself and ask the person’s name if you don’t know it.

Notice the person’s emotions and body language.

Notice how you feel too.

Three common scenarios:

- The person knows exactly what he/she wants to confess and tells you right away.
- The person is emotionally distraught and is afraid to say out loud what needs to be confessed.
- The person feels bad about something but needs your help to name the sin (or the false guilt).

## Reassure

*“Thank you for your courage in sharing this with me.”*

*“Before we pray I want to assure you that Scripture says If we confess our sins, God is faithful and just to forgive us and cleanse us from all unrighteousness.”*

## Pray

“We are going to pray now.” “Ok, let’s pray.”

Ask the person to pray.

“Would you feel comfortable praying out loud and making your confession directly to God?” (If the person is afraid to pray spontaneously, you can pray and ask them to repeat after you.)

You pray for them.

*“Lord, thank you for loving Joe, for hearing his confession and for forgiving him freely and unconditionally in this very moment.”*

If possible, let the person hold a crucifix as you pray for them and apply holy water as you feel led.

*“Joe, receive the washing of this water, let it put you in mind of your baptism. Jesus took all your sin upon himself on the cross. Receive the forgiveness that God is offering to you right now,” or “Joe, receive the forgiveness of the Lord.”*

Visualization / imaginative prayer:

It can be helpful to ask a person to visualize holding his or her sin in symbolic form in their hands and then to look up at Jesus dying on the cross. Ask the person to lift up their hands as they release the burden of their sin to Jesus, using their body in this prayer.

Always ask, “What did you see happening to your sin when you offered it up to Jesus? Where did the sin go? What was your sense of how Jesus was feeling toward you in that moment.”

## Reassure

Conclude by anointing them with oil. Make the sign of the cross on their foreheads using your thumb dipped in oil.

*“Joe, receive the blessing of God, Father, Son and Holy Spirit.”*

*“Lord, seal this prayer and bring the work you have started this day to completion in days to come.”*

## Follow-up if needed

*“Reach out to your ReZGroup leader to talk and pray more about this if you need to.”*

*“Call or email the church office to ask for a pastoral appointment.”*

If you think the person is in danger (suicidal), or if they confess to harming another person, please talk right away to clergy or another pastoral leader. If in doubt, please talk to Dcn. Val or Fr. Brett or whoever is nearby.

- If you are feeling overwhelmed, that is a signal that should talk with someone.
- Processing what happens in prayer helps us grow as prayer ministers

## Scripture for assurance of forgiveness.

- 1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
- Isaiah 43:25 I, I am he who blots out your transgressions for my own sake, and I will not remember your sins.
- Isaiah 1:18 Come now, let us reason together, says the Lord: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.
- Psalm 103:8-12 The LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are

above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.

**Recommended reading:**

Francis McNutt, Healing, Notre Dame, IN: Ave Maria Press, 1999.

Leanne Payne, Healing Presence: Curing the Soul through Union with Christ, Grand Rapids, MI: Baker Books, 2007.

Leanne Payne, Restoring the Christian Soul: Overcoming Barriers to Completion in Christ through Healing Prayer Grand Rapids, MI: Baker Books, 1999.



# Healing Prayer Ministry

## Ministry Description

Healing Prayer Ministry is critical to the life of the Church. God's people come seeking to encounter God's presence through his Word and the Sacraments. The ministry of prayer applies the work of God's Word and the Sacraments to the individual.

Prayer Ministers are to be people of:

**Christian character and life.** When taking up a ministry of intercession in Christ's church, you exercise it not only on Sunday morning, but in your life in the church in general. To this end, the church expects to see evidence of a Christian lifestyle and the development of Christian disciplines in the life of each prayer minister.

**Prayer.** Each prayer minister is responsible to cultivate both a personal and corporate life of prayer. Prayer ministers will be most effective when their daily lives are bathed in prayer.

**Faith:** Prayer ministers lean the full weight of their lives and ministry on the work of Jesus Christ. His life, death and resurrection are the cornerstone of the Christian faith and the prayers of the people.

### Prayer Team Commitment

- Prayer Ministers are confirmed members of Resurrection.
- Prayer Ministers serve a minimum of twice a month.
- Prayer Ministers take part in corporate prayer opportunities, i.e. RezFasts, Blessing of Oil and Water service on Maundy Thursday.

### Sunday Morning Commitment

- Prayer Ministers arrive 25 minutes early to sign-in and join the prayer huddle.
- Prayer Ministers wear a lanyard indicating they are prayer ministers (Identification lanyards, holy oil, holy water, crucifixes, tissues and mints are always available on the tables in the sanctuary.)
- Prayer Ministers serve as a team. As needs arise for assistance, prayer ministers look to one another for support.
- Prayer Ministers notice the needs for prayer when they are not serving. When lines form along the sides for prayer that will not allow everyone to receive prayer, please join the serving team to assist.
- Prayer Ministers refer members to appropriate pastoral resources for additional support.
- Prayer Ministers receive communion before the congregation.
- Prayer Ministers ask for help when needed.

## Guidelines for Prayer Ministers

To help you minister in ways that are biblically, morally, and psychologically sound, we ask that you follow these guidelines:

### Healthy Boundaries

- Prayer ministry is prayer, not therapy or counseling. If something during a time of prayer ministry causes you to feel confused or uncertain, or you think the person may need pastoral support, please tell the pastoral staff or clergy. It is vital to report to someone on pastoral staff if someone has suicidal thoughts or is violent, abusive, or threatening to others.
- Please ask for permission before touching the person who comes for prayer and before using anointing oil or holy water. We limit touch to ways that are relationally and socially appropriate: light touch of the head, limbs, or back and with respect for the personal boundaries of those receiving prayer.
- Please maintain confidentiality about people's prayer requests, discussing them only with the team leader or clergy.
- You are free to share images or words from the Lord, with caution and humility. We ask that you preface such words with something like, "I think this may be from the Lord, but please pray about it to discern." Do not offer predictive words concerning major life events (e.g., births, deaths, getting married) without prior discernment from the team leader or clergy. We always propose, we never impose!
- We don't do prayer appointments alone in our own homes. This is dangerous and opens us up to liability concerns and safety concerns. We always do prayer appointments in pairs and in the church offices.
- Prayer ministers should never condone sin, explicitly or implicitly. A person admitting sinful behavior should be invited to make confession and repent.
- While healing prayer is very effective in helping people who struggle with abuse of, or addiction to, drugs and alcohol, further treatment, such as support groups and therapy, is usually required.
- If someone in the church confesses a sin that you believe may hinder their ability to effectively serve, please tell the team leader or clergy. The clergy will determine how to respond.
- We encourage prayer ministers to regularly confess their sins to a priest or pastoral staff member, and to be part of a RezGroup or other group for support and accountability.