

# Group Meditation & Prayer

## Leader's Guide

**med•i•tate** | 'medə, tāt|

- to think deeply about something; to focus one's mind on something
- to affect the heart through the intense use of the mind
- to create space to listen to God through Scripture, so that when we respond in prayer, it's a dialogue

**Use the meditation prompts on the right to guide your group in listening to and praying through Scripture.** You can use this with a long passage or just one verse.

### Tips:

- **Staying Focused:** To help the group better listen and to enhance participation, have different voices for the readings and the meditation prompts.
  - *Readings:* Have one or more group members be the reader and read the text out loud (feel free to vary this, e.g. same person does all four readings; someone different does each; the whole group does the first and individuals the rest).
  - *Meditation Prompts:* You, the leader, can guide the meditation time by saying the prompt out loud after each reading, as well as keep time.
- **The Power of Silence:** After each reading, give the group one or more minutes to silently meditate and *dwell* in the text. The length of time will depend on the length of the selected text (it should be enough time for them to read it at least two or more times on their own). *Don't rush it* — give the Spirit time to reveal the text to us and to help us observe and discover. If people are writing their responses, you might want to give them extra time. (To prepare, you might want to time the reading and note the length of each reading and meditation; be sure to leave enough time for group prayer.)
- **Chunking:** If the selected text is particularly long, you might want to divide the first reading into smaller chunks (e.g. 2-5 verses per chunk) so that it's more easily digestible. After each set of verses is read, use the same meditation prompt and give the group time to reflect. For the remaining readings, the text can be read as a whole.

### First Reading

Meditate: What words or phrases stand out to you? Think deeply about them. What do they really mean?

### Second Reading

Meditate: What is God saying through this passage? Why is He showing me this today?

### Third Reading

Meditate: If what God is saying is really true — if I really believe this — how would I be different? How would we, His children, be different?

### Fourth Reading

*The 3R's: Rejoice, Repent, Request*

Meditate: How can I rejoice and praise God *because of this*?

How can I repent and turn back to Him? What can I request and ask of our Father?

### Group Prayer

Let's pray conversationally\* and talk to God about what we've heard.

### Debrief (optional)

Share: e.g. What did you hear from God? How was the prayer time?

## \*Conversational Prayer

Just as meditation helps us listen to God so that when we pray it's a dialogue, the style of conversational prayer helps us listen to one another so that when we pray together it's a conversation, rather than a bunch of disconnected monologues to God.

It's easy! Just...

- Keep each prayer **short** and **focused** on just one thought.
- **Listen** to the person praying (instead of thinking about what you'll say next).
- Stay within topic. Connect to and **build upon** the prayers of one another, as in a conversation.
- **Silence** is okay! Rest in it. Don't rush to fill it. Anyone can continue praying within the same topic, or start a new one.

Also...

- If a scripture comes to mind, do pray it.
- Use everyday language and pray spontaneously, not necessarily in a circle.
- Pray loud enough so others can hear you. Keep your head up.
- No need to say "Jesus' name, amen" after each short prayer. This fosters continuity and the leader will close the entire prayer time at the end.

For a full guide on how to lead conversational prayer, as well as guides on how to start a small prayer/accountability group and how to have a quiet time, go to [redeemer.com/wsprayer](http://redeemer.com/wsprayer).