

# Quick Guidelines for Leading United Prayer

(For Quarterly Days of Prayer or for any day of prayer!)

Heart preparation as a prayer leader is vital. If you go into the afternoon prayer time rushed and with your soul's lamp untrimmed, the prayer time may not go as well as you hoped. But if you've personally taken unrushed time to pray, search your own heart, confess your own sins, and seek for the Lord's blessing, you will be amazed how the Holy Spirit will work.

If you are concerned because you've never led united prayer before, you can learn more by reading *Praying for Rain: A Mini-Handbook for United Prayer*. Read it online or download it here: <https://www.revivalandreformation.org/resources/all/praying-for-rain>.

**Before you start a prayer session:** Share the following thoughts and ideas with your group. You may summarize them in your own personal way.

- **We won't be taking prayer requests ahead of time.** The devil loves it when we talk about our requests instead of praying about them.
- **Follow the leader.** Please follow the prayer leader. If the leader is focusing on worship or praise, don't jump ahead to supplication.
- **Speak up so everyone can hear you when you pray.** If you're on Zoom, keep your microphone muted unless you are praying.
- As much as possible, **claim scripture and pray God's promises back to Him.**
- **Claim the righteous life and sacrifice of Jesus in prayer.** It is His life that makes our prayers acceptable to God (John 14:14; Rev. 8:3).
- **Keep each prayer brief** (one thought, or 1– 2 sentences). Save lengthy prayers for your personal prayer closet. Long prayers weary the saints, and angels too (*Prayer*, p. 258).
- You can pray multiple times (briefly) during corporate prayer times, but please **allow others an opportunity to pray** so everyone can enjoy the blessing!
- Please **stay comfortable** during the prayer time. Feel free to sit, kneel, stand, change positions. If on Zoom, you might consider turning off the camera during prayer.

**At end of prayer time, encourage members to keep praying together!** If members would like to pray daily by zoom with other Adventist believers from around the world, encourage them to join *24/7 United Prayer*. (This 24-hour a day prayer is part of the GC Prayer Ministries and has daily calls in multiple languages. Join here:

<https://247unitedprayer.org>.)