



## Cell Prayer Ideas

**Prayer is an essential element of a cell group. Here are loads of ideas for creative prayer.**

- Use a 'Prayer Model'. For example, pray the Lord's prayer - read one line. 'Our Father in heaven'. Pray around that, then the next line and so on. There are other 'prayer models' in Scripture or some that people have developed - use them, keep the pace moving, keep everyone involved.
- Draw or write your prayer on a sheet of wallpaper.
- Put a chair in the centre of the room. Write the names of people you want to pray for on 'post-its' and stick them to the chair. Pray for your them.
- Keep a prayer photo album.
- Keep a cell prayer journal - update it regularly.
- Do a prayer walk - around a school or neighbourhood. Ask God to speak clearly to you as you walk.
- Form a 'prayer scrum' shout out things to God.
- Turn to the N, S, E + W - pray over the different parts of your city or school.
- Light a candle for each person you are praying for.
- Bring along some newspaper clippings and pray over the issues: local, national and international.
- Using 'Operation World', pray for a nation. See: <http://www.24-7prayer.com/ow/>
- Approach the head teacher of your local school. Ask him/ her what you can pray for.
- Don't just leave prayer for the last 2 minutes when people may be tired! Why not start with prayer sometimes and end with the Welcome!



The Salvation Army for a new generation