

# A Guide for Praying with Women

## What Is Prayer Ministry?

**Our role is to walk with women to the cross.** It is Jesus who they need to meet with and we want them to receive the fullness of all that He has won for them and all that He wants to do in them at the cross. We want them to accept the truth of scripture and understand that in Jesus there is forgiveness, salvation, cleansing, healing, fullness of life, freedom, and the power to change hearts.

**Our role is to listen** – first to God and also to the women so that we can hear how to pray.

**Our role is to pray with them** so that they meet with Jesus Himself and open their hearts to the Holy Spirit. We can pray, and ask them to pray, that by the power of the Spirit they will receive His forgiveness, cleansing, and a new heart. Often in order to receive the truth, we will need to pray that He will heal their hearts, set them free, and fill them with the Holy Spirit as they surrender to Him.

We are therefore Christ's ambassadors, as though God were making his appeal through us.

We implore you on Christ's behalf: Be reconciled to God.

-2 Corinthians 5:20 NIV

This verse shows us that our role is not to put the focus on ourselves and our words, **rather we point to Jesus and to scripture** so that women will be reconciled to God, accept His saving work in their lives, surrender themselves more fully to Him, and know Him better. We pray with women so that they can accept the truth of God's word and welcome the Holy Spirit in their hearts. This means that we encourage them to continue to allow Him to transform their lives long after our part is finished.

## Praying as Ambassadors for Christ and Ministers of Reconciliation

As you come to pray with people, make sure you understand your part in the ministry. Jesus is the one who will minister to these women, so you do not have to feel that you have to fix them. Your words themselves don't have the power to change anything.

Before you start, fix your heart on Jesus. Ask him to cleanse your heart from anything that is not pleasing to Him and any way that you may be trying to pray in your own strength.

Ask God to give you faith and trust that Jesus is truly able to forgive, heal, set free, and transform those who you will pray for by the power of the Holy Spirit.

Ask Jesus to give you His love for the people you are praying for, and to show them His truth as you do everything under the leading and power of the Holy Spirit.

Be aware that you are entering a battle. The enemy does not want those you pray for to be free or to know that they are free. Therefore, pray the blood of Jesus over yourself so that you are under His protection. Be sure to pray over people in the name of Jesus.

As you help them come to Jesus, be sure that your words encourage them to be fully honest with Him, to receive His forgiveness, cleansing, and freedom, to put everything into His hands, to wait for Him, and to expect that He will continue what He starts.

Encourage them to open themselves more to the work of the Holy Spirit in their lives to lead them, teach them the truth, and change them as they trust in His love and His power to do all things for their good.

Be yourself. Be relaxed, and don't try to copy the exact way someone else prays.

### **Advice from a Professional Counselor**

Do not trivialize the problem by saying something like: "Just pray about it and everything will be alright." This may inflict more guilt—especially if the person has been praying about the problem already.

Many you pray with may need professional counseling, medical attention, a support group like Celebrate Recovery, or an accountability partner or mentor. Know what resources are available at your church or organization so you can direct them to the right place.

Focus on the Family is a useful source for locating a counselor in the area.

## **Praying with Women at the Altar, the Office, or Your Kitchen Table**

### **Praying with Women at the Altar**

Invite Jesus to direct you to the woman He wants you to pray with.

Ask if she would like someone to pray with her. If she says yes, continue. If she does not look or acknowledge your presence, pray silently as you wait for God's direction. You may touch her gently on her arm or shoulder as you quietly pray. Avoid big hugs.

If she is crying and praying, do not intrude with lots of words, but pray short prayers like "Jesus come" or "pour out your Spirit."

Pray gently that Jesus will continue what He is doing, and ask Him to meet with her and show her His heart for her.

Wait for the right opening. Ask quietly, "What is your name?" (share your name)

### **Continuing the Pray with Women at the Altar or Praying With Women Anywhere**

A wonderful question to quickly get to the heart and keep the conversation fixed on Jesus is to begin by asking her: "What is Jesus saying to you?"

Pray for her specific need. Always pray inwardly, asking the Holy Spirit to direct you.

Silently ask Jesus for the just the right Scripture for her. Here are a few that are generally appropriate:

I Thessalonians 5:23-24 (a new heart)

Romans 8:15-17 (children of God without fear)

Romans 8:31-39 (nothing shall separate from God's love)

Ephesians 3:16-18 (knowing the love of God)

Ephesians 3:19-20 (filled with all the fullness of God)

Ezekiel 36:25-27 (a new, clean heart)

Ask her to read the Scripture aloud and replace pronouns like "they" or "we" or "you" or "us" with her own name.

Ask her questions regarding the Scriptures. For instance, if you read Ezekiel 36:25, you could ask something like, "Will God save you from just part of your uncleanness? Just a little? What does the scripture say?"

Do not be afraid of tears, as God may do a deep work in her as she reads. Encourage her to continue.

Ask her to pray. You may say something like: "Talk to Jesus. Say to Him what you have said to me." If she is praying very generally, gently ask, "Does He want you to pray more specifically right now?"

Give her space to pray and show that you are praying with her.

Then, you can pray for her and ask God to minister the truths of Scripture to her.

## **Thank Jesus**

Have her pray again and thank Jesus for what He has done, then you pray and thank Jesus.

Have her underline and date the Scripture she just read. Have her write and date in her prayer notebook what God has done in her life. If she doesn't have a Bible or prayer notebook, help her get one.

As you leave her, encourage her to trust that Jesus has done a work in her and He will continue to do more as she welcomes the work of the Holy Spirit in her life.

*There may be times when someone shares something you feel is too big to handle on your own. It may be an issue you're just not confident to pray for, or you may sense some deeper spiritual warfare going on. If that's the case, try to discreetly pull a second person in to pray with you. Let the woman know you're going to ask someone else to pray with you, and ask her to share again what she shared with you.*

*If there is simply no one else there, don't panic. Remember that Jesus is the one who will do the work in her, not your words. He is Lord of Lords, the one who has conquered sin and Satan at the cross and He is mighty to save all those who call on His name. Use scripture to pray as much as you can and worship Jesus as King and Lord in your prayers. You can simply pray: "Come Lord Jesus", "Jesus have your way" or "Your Kingdom come your will be done." He is faithful and works through the simplest prayers when they are prayed trusting in His power.*

For information about these or other study materials, contact:

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