



A SIMPLE WAY TO PRAY

The Wisdom
of Martin Luther
on Prayer

Dr. Archie Parrish

Foreword by Dr. R.C. Sproul

**Facilitator's
Guide**

A FREE PDF file of this Facilitator's Guide can be downloaded from the Serve International website at www.kingdomprayer.org

Permission will be granted for facilitators to print copies of this *A Simple Way to Pray Facilitator's Guide* for training an apprentice and specific forms for group use (registration cards [p. 21], the "Two Keys" handout [pp. 22–25], and the "Introducing A Simple Way to Pray Group Discussion" feedback form [pp. 31–32]). Permission will be granted when a list of the names and addresses, including email, of all participants is sent to Serve International at info@kingdomprayer.org.

A Simple Way to Pray

Facilitator's Guide

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Table of Contents

INTRODUCTION	6
Participating in Christ’s Ministry of Intercession	6
PREPARATION	10
<i>A Simple Way to Pray</i> Group Discussion Content	10
Bird’s-Eye View of Content	11
General Preparation	12
Specific Preparation	17
Preliminary Sessions	
One: Two Keys to Improve Your Prayer Life	17
Two: Introducing <i>A Simple Way to Pray</i> Group Discussion	27
<i>A Simple Way to Pray</i> Group Discussion Sessions	
Three: Martin Luther, Man of Prayer	35
Four: The Lord’s Prayer	41
Five: Ten Commandments and Apostles’ Creed	46
Six: Praying the Psalms	51
Seven: Discipline Born of Grace	56
Eight: Looking Back, Around, and Ahead	61
Additional recommended reading for facilitators	66
Serve International 120 ³ Vision and Mission Statement	67

Kingdom Intercessors' Training

Stage One: A Simple Way to Pray Group Discussion

Facilitator's Guide

INTRODUCTION

NOTE: The thoughts in this guide are based on biblical principles and practical experience. Bible references are listed in the footnotes so that you can check them, like the Berean believers did.¹

First, read "Participating in Christ's Ministry of Intercession" (below); then scan "General Preparation" and "Specific Preparation." Underline or highlight key thoughts and jot notes in the margin. After you have done this, recruit your apprentice, and together use "General Preparation" to develop your customized action plan. Usually six weeks is enough time for planning and promoting the group. May the Lord call and equip the two of you to facilitate the *A Simple Way to Pray* Group Discussion.

Participating in Christ's Ministry of Intercession

The *A Simple Way to Pray* Participant's Exercise & Discussion Guide speaks of Christ's "ministry of intercession" but does not explain it. Use the following information to explain what this means, as needed.

"Christ Jesus . . . is at the right hand of God, who indeed is interceding for us."² When you pray with the eye of faith, do you picture the Lord sitting on His glorious throne,³ high and lifted up?⁴ Do you see all the host of heaven standing on His right hand and on His left?⁵ Do you see Him motion for you to sit with Him on His throne?⁶ When you pray, do you picture yourself participating with Christ in His ministry of intercession? Few believers have this image in their minds when they pray, but those who do find it empowering. Whether or not you picture this scene, if you are a Christian, you participate with Christ in His ministry of intercession when you pray.

This raises three questions: 1. What is Christ's ministry of intercession? 2. How do believers participate in it? 3. How can believers improve their ability to participate in it?

I. What is Christ's ministry of intercession?

Let's start by being very clear about who Christ is.

"He is the image of the invisible God, the firstborn of all creation. For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. And he is before all things, and in him all things hold together. And he is the

¹ Acts 17:11.

² Romans 8:34.

³ Matthew 25:31.

⁴ Isaiah 6:1; Isaiah 52:13, 15.

⁵ 1 Kings 22:19; 2 Chronicles 18:18.

⁶ Revelation 3:21.

head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent. For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.”⁷

Christ is the Sovereign of the universe and King of kings,⁸ with “all authority in heaven and on earth.”⁹ As the unique God-man, Christ is the only Mediator between God and man.¹⁰ As our Great High Priest, He always lives to make intercession for us.¹¹

What is His ministry of intercession?

An intercessor is one who takes the place of another or pleads another's case. As our Intercessor, Jesus Christ took the place of sinners on the cross and now pleads the power of His shed blood for those who trust Him. Jesus is also our Advocate; when the adversary (Satan) attacks specific believers,¹² Jesus, their defense attorney (Advocate), pleads for them¹³ before the Father's throne. Christ's ministry of intercession is His perpetual claiming of His saving work for His people.¹⁴

Where does He do it?

Forty days after His resurrection, Jesus ascended from the Mount of Olives to “the heavenly places”¹⁵ and was seated at the Father's “right hand,”¹⁶ the position of absolute power and authority. His presence in this place declares that the Father has accepted the sufficiency of His work for sinners.

For whom does He intercede?

In His High Priestly Prayer, Jesus said: “I am praying for them. I am not praying for the world but for those whom you have given me, for they are yours. . . . Neither pray I for these alone, but for them also which shall believe on me through their word.”¹⁷ If you believe on Christ, He is interceding for you. He is also interceding for those yet to believe on Him through your proclamation of the apostles' word.

II. How do believers participate in Christ's ministry of intercession?

All humans pray because God created them with the prayer instinct in their spiritual DNA.¹⁸ Christians do not merely petition God for themselves; they are a “kingdom of priests.”¹⁹ Priests, by intercessory prayer, connect people needing salvation with God, who can deliver them.

⁷ Colossians 1:15–20; see also John 1:3, 10; 1 Corinthians 8:6; Ephesians 1:22; 4:15; Colossians 2:19; 1 Peter 3:21–22.

⁸ Hebrews 1:3; Revelation 4:11; 19:16.

⁹ Matthew 28:18; see also 1 Peter 3:22.

¹⁰ 1 Timothy 2:5.

¹¹ Hebrews 4:14; 7:25.

¹² Job 1:8–11; 2:3–6; Acts 7:56.

¹³ 1 John 2:1–2; Luke 22:31–32.

¹⁴ Romans 8:34; see also Hebrews 7:25.

¹⁵ Ephesians 1:20.

¹⁶ David's words, “Sit at my right hand, until I make your enemies your footstool” (Psalm 110:1), are the most quoted in the New Testament. See Matthew 22:44; Mark 12:36; 16:19; Luke 20:42; 24:50, 51; Acts 1:2, 9; 2:34–38; Romans 8:34; Ephesians 1:20–23; Colossians 3:1; Hebrews 1:3; 6:20; 8:1; 9:24; 10:12; 12:2.

¹⁷ John 17:9, 20.

¹⁸ See Psalm 65:2.

¹⁹ Exodus 19:5–6; 1 Peter 2:5, 9; Revelation 1:6; 5:10; 20:6.

In the eternal council, before time began, God ordained that the prayers of His people would accomplish His purposes in history.²⁰ To this end, God desires His people to intercede for the people and situations in which He, by His providence, places them. God shapes the ministry of local churches through the individual and corporate prayers of its members. In this way, God overcomes forces hostile to Him and prepares His people for their heavenly destiny.²¹ Through the prayer-empowered ministry of local churches, God shapes history.

The apostle Paul states that believers already share “joint seating with Him—in the heavenly sphere.”²² Paul also urges: “If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.”²³ One of the “things above” that believers should seek is a greater awareness of participating with Christ in His ministry of intercession.

Jesus not only intercedes *for us*, but by His Spirit He prays *in us*. When Jesus took His seat at the Father’s right hand, He asked the Father to send the Holy Spirit.²⁴ On Pentecost, God poured out His Spirit on His people.²⁵ His Spirit enabled them to call Jesus “Lord”²⁶ and to cry, “Abba, Father.”²⁷

The Spirit dwells within all believers.²⁸ He helps believers “know what to pray” and intercedes for us “according to the will of God.”²⁹ No petition finds its way from believers to God the Father without the cooperation of God the Son working *for* believers in heaven and God the Holy Spirit working *in* believers on earth. The Spirit inspires prayer and the Son presents it to the Father, then claims acceptance for it on the ground of His righteousness, His sacrifice, and His exaltation to the throne of God.³⁰ Believers must realize that the effectiveness of all their intercession depends totally on Christ’s intercession; without divine assistance, all prayer is myopic and tainted with self-centeredness.

The Holy Spirit makes believers one with Christ. This union is the very soul of prayer.³¹ Jesus is one with His church.³² His prayer and our prayers are united; the Father hears only one voice, the voice of the Son, whom He always hears.³³ As the Spirit conforms us to Christ,³⁴ He bears witness through us to the wicked world. Believers pray because the praying Christ, by His Spirit, is in us. It is by virtue of our

²⁰ See C. S. Lewis, “Appendix B, On ‘Special Providence,’” in *Miracles: How God Intervenes in Nature and Human Affairs* (New York: Macmillan, 1947), 174–181.

²¹ 1 Corinthians 6:2; 2 Timothy 2:12; 1 Peter 2:5–9; Revelation 3:21; 20:6; 22:3–5. See Paul Billheimer, *Destined for the Throne* (Fort Washington, Pa.: Christian Literature Crusade, 1975).

²² Ephesians 2:6, *The Amplified Bible* (Grand Rapids, Mich.: Zondervan, 1965); see also Revelation 3:20.

²³ Colossians 3:1–2.

²⁴ John 14:16–17.

²⁵ Acts 2:16–18.

²⁶ 1 Corinthians 12:3.

²⁷ Romans 8:15.

²⁸ Romans 8:9, 11.

²⁹ Romans 8:26–27.

³⁰ Henry Barclay Swete, *The Ascended Christ: A Study in the Earliest Christian Teaching* (London: Macmillan, 1910), 100.

³¹ John 14:20; 15:2–5; 17:21; 2 Corinthians 5:17, 21; Ephesians 1:10–11; 2:6.

³² Acts 9:4–5.

³³ John 11:42.

³⁴ John 17:16; Romans 8:29; 13:14; 1 Corinthians 15:49; 2 Corinthians 3:18; Ephesians 4:24; 1 John 3:1, 2.

union with Him that we pray rightly and that prayer becomes the center and power of our whole inner and outer lives.

III. How can believers improve their ability to participate in Christ's ministry of intercession?

Full access to the Father is only for those who are "in Christ" and approach the Father through His Son, who is now ascended and seated at His right hand. Jesus taught His followers to pray to the Father in His name.³⁵ Christians use the words "through Jesus Christ our Lord" or one of the many variations on this theme so often that the words can become an empty habitual way to conclude prayers. The name of Christ cannot be used as a magic mantra to manipulate God; rather, praying in the name of Christ means that we seek to pray according to the eternal purpose of God revealed by the Holy Spirit, always in keeping with the precepts and principles of Scripture.

Praying to the Father in the name of Jesus has significant implications. Without Christ's mediation, prayers are worthless. Only Christ can purify our prayers, adjust them to God's master plan, and present them to the Father. Jesus declared, "Apart from me you can do nothing," and "nothing" includes prayer.³⁶ This should move us to humility, gratitude, and praise.

To improve your ability to participate in Christ's ministry of intercession, you should ask God for His help. Start with the following three petitions:

1. "Father, help me increasingly to understand and effectively function as a holy, royal priest in Your kingdom of priests."
2. "Fill me with Your Holy Spirit and enable me to do what I need to do now so that at the end of my life I will be able to say to You, 'I glorified you on earth, having accomplished the work that you gave me to do.'"³⁷
3. "Keep me from being casual about praying 'in Jesus' name.' Keep me humble, encourage me, and focus me on Your kingdom."

Jesus promised, "If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you."³⁸ Abiding in Christ and having His words abide in you requires disciplined practice. I have found that one of the best ways to develop this discipline is to help other believers master Martin Luther's simple method of prayer.

Most Christians want to improve their ability to participate with Christ in His ministry of intercession, but they hesitate to help other believers to improve their prayer life. Why is this so? The most frequent reason I hear is, "I'm not good enough in prayer to help other believers." If this is what you think, let me ask: "How good do you have to be to help other believers improve their prayer lives?" The Bible declares, "We know that when he appears we will be like him, because we shall see him as he is."³⁹ At the appearance of Christ, all believers will become perfect. But in the meantime, we are finite, sinful humans in a wicked world. Until we die, we should be growing in the grace and knowledge of our Lord and Savior Jesus Christ.⁴⁰ I once heard a man pray: "Lord,

³⁵ See John 14:13, 14; 15:16; 16:23, 26; see also Ephesians 2:18; 3:12, 17; Hebrews 13:15; 1 Peter 2:5.

³⁶ John 15:5.

³⁷ John 17:4.

³⁸ John 15:7.

³⁹ 1 John 3:2.

⁴⁰ 2 Peter 3:18.

before I die, let me do one thing that is perfect. In the meantime, just help me do something.” When believers give to others what God gives them, God gives them still more. Why should God give anything to anyone who is not willing to share with others?

Paul wrote, “What you have heard from me in the presence of many witnesses entrust to faithful men who will be able to teach others also.”⁴¹ He passed on to others what God gave to him and he urged his young disciple, Timothy, to pass on to others what God gave him. This applies to all believers. Believers who obey Paul not only help others, they increase their abilities, gain a deeper joy in Christ, and build a legacy of believers who are doing the same. This is especially true with prayer.

Is it possible that God wants you to help other believers master Luther’s simple method of prayer? If you believe it is possible, continue reading.

PREPARATION

New groups frequently discover new insights that increase their effectiveness. The following guidelines represent what we have learned so far. As you work through these guidelines, select the items that fit in your situation. As you facilitate the Group Discussion, note the insights that work best for you and the suggestions that do not work for you. Share what you learn with us at Serve International so that we can improve the process for future groups.

Let’s begin by looking at the content and learning method of *A Simple Way to Pray* Group Discussion.

***A Simple Way to Pray* Group Discussion Content**

The little book *A Simple Way to Pray: The Wisdom of Martin Luther on Prayer* discusses biblical precepts and principles proven by Martin Luther; it enables us to learn from Luther’s example in prayer and his advice on prayer. Thousands of believers have benefited from reading and discussing this book. Serve International has developed three tools to help you do this. In addition to the *A Simple Way to Pray* book, there is a Participant’s Guide containing daily exercises built around the book. This Facilitator’s Guide provides guidelines for general planning and agendas for weekly Group Discussions. A DVD containing a brief presentation for each Group Discussion is also available. If you believe God might want you to facilitate a Group Discussion, ask Him to make His will clear as you preview the remaining material in this Facilitator’s Guide.

The purpose of *A Simple Way to Pray* Group Discussion is to help believers participate more effectively with the Lord Jesus Christ in His ministry of intercession by discussing Martin Luther’s example in prayer and advice on prayer so that their prayer becomes more biblical, bold, powerful, and proactive, resulting in blessing for them, their families, their churches, and the people in their circles of influence.

The following is a brief summary of the subjects discussed in *A Simple Way to Pray* Group Discussion.

⁴¹ 2 Timothy 2:2.

Bird's-Eye View of Content

There are eight sessions. Two preliminary sessions are open to all; attendees do not need to prepare. These are followed by six *A Simple Way to Pray* Group Discussion sessions. Participants in the six *A Simple Way to Pray* Group Discussion sessions do daily exercises and meet each week to discuss and pray.

Preliminary sessions

1. “Two Keys to Improve Your Prayer Life” deals with doing a prayer reality check and praying with kingdom focus.

2. “Introducing *A Simple Way to Pray* Group Discussion” informs believers about the content and procedure of *A Simple Way to Pray* Group Discussion so they can determine whether God desires them to participate in this training.

A Simple Way to Pray Group Discussion sessions

3. “Martin Luther, Man of Prayer” gives a biographical sketch of a man God used to change the course of history and the place of prayer in his life and work. Believers who follow Luther’s example in prayer and his advice to his barber find their prayer empowered

4. “The Lord’s Prayer” examines Luther’s example and advice on praying the Lord’s Prayer.

5. “Ten Commandments and Apostles’ Creed” examines Luther’s example and advice on praying the Ten Commandments and the Apostles’ Creed.

6. “Praying the Psalms” examines Luther’s example of praying the Psalms and the advice of Luther and others on how to do so.

7. “Discipline Born of Grace” examines Luther’s example of using spiritual disciplines and the advice of Luther and others on the use of them.

8. “Looking Back, Around, and Ahead” provides suggestions for using the insights gained from *A Simple Way to Pray* Group Discussion to pray for the strategic targets in your life.

A Simple Way to Pray Group Discussion learning method

The learning method is small group discussion, *not* mere lecturing or preaching to a large group. A deluge of unprocessed data is producing a pandemic of information anxiety—that is, mental paralysis caused by cognitive overload of too much unprocessed data.

Preaching and teaching produce more godly obedience when the input is processed with proper group discussion. A small group of about four participants is basic. When there are more than four, the shy members tend to remain silent. When there are less than four, shy participants feel intimidated. We call this small group a Fireteam; it can stand alone or be part of a Squad (a group of two or more Fireteams).

Discussion is not extemporaneous, casual conversation; it is directed conversation—in this situation, on the specific subject of prayer. This discussion requires preparation. Brief daily devotional exercises provide the needed input for profitable dialogue. Time is also spent doing what has been individually studied and discussed. God uses this method of small group discussion to inform, validate, correct, and motivate us.

The following guidelines offer general preparation steps for launching the *A Simple Way to Pray* Group Discussion and then provide specific preparation steps for each session.

General Preparation

Maximum impact

The more people who are mobilized to pray, the greater will be their impact. To maximize the number of people trained and using the *Simple Way to Pray* method, think of this training ministry as a two-stage rocket. The first stage gets the rocket out of the pull of earth's gravity. When stage one runs out of fuel, it is jettisoned and stage two is ignited. The thrust of this stage accelerates the rocket to its final speed and height.

When insights gained from launching a multi-stage rocket are used in training people in *A Simple Way to Pray*, the numbers of people trained will more than double. The additional planning required will produce more intercessors and God will release greater power in and through His people. These outcomes will make the effort worthwhile.

The first step in this procedure is for the facilitator to recruit and train an apprentice who will become the facilitator for Stage Two. For example, Paul is the facilitator for Stage One; he recruits Timothy as his apprentice. During Stage One, Paul and Timothy ask the Lord of the harvest to provide an apprentice for Timothy to train in Stage Two. When Stage Two begins, Paul moves on to other ministry while Timothy becomes the Stage Two facilitator and Mark becomes his apprentice. During Stage Two, Timothy and Mark ask the Lord of the harvest to provide an apprentice for Mark to train in the next stage. The Holy Spirit will enable anyone He calls to this ministry to provide the necessary informal on-the-job training of his successor. If this procedure is followed, one by one local churches will become oases in the vast wasteland of this fallen world. The drought of prayerlessness will diminish and the dry bones of the present impotent church will live again and become a mighty army, energized by the Spirit of God.⁴²

For more than a decade, I have observed an all-too-common phenomenon: a pastor facilitates the *A Simple Way to Pray* Group Discussion in his church without training an apprentice. Participants in the group tell others what God is doing through the training and many of them want to participate in the next *A Simple Way to Pray* Group Discussion. But the pastor's heavy workload prevents him from facilitating another group within the next month or so, and the enthusiasm dies down.

I believe it is a biblical principle that believers with kingdom values will intentionally work themselves out of one job after another by training someone who trains someone else, *ad infinitum*. Also, I have observed that those who do not multiply workers by the procedure just described—or something similar—usually do *A Simple Way to Pray* Group Discussion only one or two times.

Of course, to expect the Holy Spirit to bless any mere human strategy for launching a prayer ministry is no more than wishful thinking.

At this point, I urge you to take a moment to pray the following prayer:

⁴² Ezekiel 37:1–14.

“Father, You are the God of peace who brought again from the dead our Lord Jesus, the great Shepherd of the sheep, by the blood of the eternal covenant. Equip us with everything good that we may do Your will, working in us that which is pleasing in Your sight.⁴³

“Without the enablement of Your Holy Spirit, we can do nothing, but with His help we can do all things.⁴⁴

“Father, our desire is to do Your will; therefore, make plain to us Your will in the matter of facilitating a *Simple Way to Pray* Group Discussion.⁴⁵

“When You have made this clear, enable us to do the right things, at the right times, in the right way, and with the right motives. Help us to use the following guidelines as Your Spirit directs. Use all that we do to glorify Your name and build up Your people. This we pray through Jesus Christ, to whom be glory forever and ever. Amen.”

Facilitator and apprentice

Before moving into the specific logistics of launching *A Simple Way to Pray* Group Discussion, let’s be sure we understand the basic duties of facilitators and apprentices. A *facilitator* is a person who enables something to happen. In *A Simple Way to Pray* Group Discussion, the facilitator aids and assists by encouraging people to find God’s solutions to challenges. The facilitator organizes and provides the services needed for Group Discussions. We use the term *facilitator* rather than *leader* because, in Christian circles, *leader* usually implies one who is a very visible teacher or preacher. A facilitator is not highly visible. In the area of prayer, few, if any, are all they should be; however, a facilitator must be an example of a believer seeking to be a person of prayer.

An *apprentice* is a trainee who works with a more experienced person to learn how to facilitate a future Group Discussion. In each *A Simple Way to Pray* Group Discussion, the facilitator should train an apprentice. Together, the facilitator and the apprentice develop their action plan for conducting a fruitful *A Simple Way to Pray* Group Discussion by working the General Preparation guidelines. They design their own action plan from the suggestions in this Facilitator’s Guide. They determine what needs to be done and who can be recruited to do these tasks. Then they use the Specific Preparation guidelines to conduct each of the eight sessions, beginning with Session One.

Facilitators and apprentices should allow about six weeks to prayerfully develop and execute their action plan before Preliminary Session One.

Questions for preparation

Answer the following questions (the first three questions need to consider both Stage One and Stage Two; after the fourth session, you will be better able to answer the rest of these questions for Stage Two):

⁴³ Hebrews 13:20–21.

⁴⁴ John 15:5; Philippians 4:13.

⁴⁵ John 7:17.

- **Where will we meet?**

Stage One _____
Stage Two _____

- **When will we meet?**

This course requires eight sessions, and that usually works out to eight consecutive weeks; however, if a major holiday conflicts with the meeting, it may be wise not to meet on the holiday.

If your *A Simple Way to Pray* Group Discussion will be in the Sunday school venue that usually operates on the quarter system, consider using the whole quarter for the course. The five additional sessions can be profitably used to practice what has been learned. The length of the course should be determined before the course starts so participants can plan accordingly.

Stage One

Dates: Start: _____ End: _____
Day of the week: _____ Time of day: _____

Stage Two

Dates: Start: _____ End: _____
Day of the week: _____ Time of day: _____

- **How many people do we expect to participate?**

Stage One _____

Will we have a “stand-alone” Fireteam or will we build a “Squad” of Fireteams?

Stage Two _____

- **How will we publicize the group?**

- **What materials are needed?**

Required:

1. *A Simple Way to Pray* textbooks—one for each expected participant. These books should be available so they can be purchased by those present. Have a person designated to handle sales.

2. *A Simple Way to Pray* Participant’s Guide (one per participant). Free Adobe pdf files of this tool can be downloaded from www.kingdomprayer.org. This file needs to be printed front and back and collated in 8.5 x 11 notebooks.

Optional:

The Psalter, the Heidelberg Catechism, the Westminster Shorter Catechism, Luther’s Shorter Catechism, and Luther’s Larger Catechism. These books are useful supplemental materials. Usually participants buy their own copies. All should be encouraged to buy the Psalter. People of the Reformed faith will find Heidelberg and Westminster helpful. Lutherans will be partial to Luther’s

catechisms. Some handle the sale of these books through their church bookstore.

- **How will expenses for materials be handled?**

Participants will pay for their own materials. ____

Our church will underwrite the cost. ____

A benefactor will underwrite the cost. ____

A combination of these. ____

Internet social networks can provide a means for participants to engage in ongoing dialogue on the subjects in the *A Simple Way to Pray* Group Discussion. They also can provide a means for participants to share what they are learning with their friends who are not in the Group Discussion.

- **Should we establish a Facebook social network of participants?**

Yes ____ No ____

If yes, what do we need to do to accomplish this?

- **Should we establish a blog on our church website?**

Yes ____ No ____

If yes, what do we need to do to accomplish this?

A database should be developed from registration cards and feedback forms so that participants can receive weekly emails.

Copy for registration cards is on page 21. This should be printed on one side on heavy stock and cut. Print one for each potential attendee. Additional copies should be printed for people who might drop in after the course begins. If a person does not want to fill out the card, don't press him or her to do so.

- **Who should we recruit to create and maintain the database?**

Basic copy for weekly emails is in each week's specific preparation. Each email should be personalized for the group and sent within two days after the meeting.

- **Will we send weekly emails?**

Yes ____ No ____

If yes, who will personalize, send, and respond to emails? _____

- **What equipment do we need?**

DVD player ____ Computer ____ Projector ____ Screen ____

Other: _____

- **Who should we recruit to see that the equipment is available, in good working order, and set up each week?** _____

Each *A Simple Way to Pray* Session Plan has three parts: Before the *Simple Way to Pray* Session, *Simple Way to Pray* Session Agenda, and After the *Simple Way to Pray* Session.

The *SWP* Session Agenda is as follows:

I. APPROACH

- A. Opening prayer
- B. Feedback form/registration card
- C. Purposes
- D. Accountability

II. DVD PRESENTATION

- A. Introduce DVD
- B. Play DVD
- C. Pause or stop DVD

III. DISCUSSION

- A. Individually reflect
- B. Form Fireteams
- C. Fireteams discussion
- D. Squad (whole group) discussion

IV. PRAYER

V. CONCLUSION

- A. Evaluation
- B. Assignment
- C. Collect feedback forms
- D. Closing prayer

DVD presentations

Each session agenda contains a DVD presentation. The presentation provides information to stimulate discussion. To assist the learning process, the presentation consists more of visual images than a talking head. Socrates said, "You cannot remember what you do not visualize."

The DVD presentations vary in length. Follow the instructions to introduce, play, and pause or stop the DVD. The times are suggestions; don't feel rigidly bound to them.

Note to facilitator: Words in quotation marks provide thoughts that should be communicated to the group. Words without quotation marks provide coaching notes to the facilitator and/or apprentice.

How to handle questions: Even if you are sure of the answer, try to draw the group into the thinking process before you give your answer.

Specific Preparation

Preliminary Session One:

“Two Keys to Improve Your Prayer Life”

Session Plan

Before Preliminary Session One, the facilitator and the apprentice should:

- **Pray**

“Father, bring to this meeting the believers You desire to be there. Give those You draw hearts that are eager to participate in this training. Call to our attention all the details we need to consider and help us do the right things, at the right times, in the right way, and with the right motives. Lord of the harvest, bring to this meeting the person You will call to be the apprentice in Stage Two. In Jesus’ name we pray. Amen.”

- **Print**

Print out the registration cards (p. 21) and the “Two Keys” handout (pp. 22–25). The handout is a four-page document that should be printed on both sides of the paper. The first page is the title page. The second contains the Prayer Reality Check. The third page provides space for attendees to write notes on the DVD presentation “Praying with Kingdom Focus” and directions for discussion. These notes are useful for Fireteam discussion. The last page contains insights on what it means to pray with kingdom focus. Give a registration card to each person as they arrive and ask them to fill it out. Also give a copy of the “Two Keys” handout to each person as they arrive.

- **Prepare**

In this Facilitator’s Guide, there are eight Session Plans. Each Session Plan provides guidelines for what to do before the Group Discussion meeting, the agenda for the meeting, and suggestions for what to do after the meeting. The facilitator and apprentice should review this material together each week and determine their responsibilities. As you study for Preliminary Session One, jot notes on your “Two Keys” handouts so that you can use your marked copies as cue sheets to facilitate the group. Also take time to preview the “Two Keys to Improve Your Prayer Life” DVD segment. Finally, practice facilitating the session using the handout with your notes and playing the DVD in the room where your group will meet.

May the Holy Spirit grant you the ability to use these agendas with flexibility.

Thirty minutes before the session begins, cue the DVD to “Two Keys to Improve Your Prayer Life” so that you are ready to begin on time.

Preliminary Session One Agenda

TIME

Lapsed: 0 min. / Remaining: 60 min.

Note for facilitator and apprentice:

Start on time and end on time. Times are provided in the agenda to help you pace yourself so that you will not run out of time before you have completed the material. Paragraphs *without* quotation marks are only for the facilitator and apprentice; paragraphs *enclosed* in quotation marks contain thoughts that should be expressed to the group.

I. APPROACH [6 MIN.]

A. Opening prayer [1 min.]

B. Registration card [4 min.]

Apprentice: Ask whether anyone does not have a registration card and give one to anyone without one.

Explain: "Please print the information requested. It will be used to communicate with you about this prayer training and for the facilitator and apprentice to pray for you.

"On the line marked 'Friend,' write the name of a person who is not in this meeting with whom you will share this week the most significant thing you gain from this session. Before we end this session, you will have an opportunity to share this insight with a few others in this room. By searching for something significant, you are more likely to find it, and by sharing it, you will be blessed more as God uses you to bless another."

C. Purpose [1 min.]

Facilitator: "Turn to the first page of your handout and you will see the purpose for this session, which is "To help believers improve their ability to pray by completing a Prayer Reality

Check and understanding better what it means to pray with kingdom focus."

D. Accountability

Facilitator: Each of the remaining sessions will include an opportunity for accountability at this point in the agenda. This will be explained more fully next week.

TIME

Lapsed: 6 min. / Remaining: 54 min.

II. DVD PRESENTATION, Part 1

"Two Keys to Improve Your Prayer Life" [9 MIN.]

Apprentice: "If you do not have the "Two Keys to Improve Your Prayer Life" handout, raise your hand and I will give you one." Distribute handouts while facilitator introduces the DVD.

A. Introduce DVD [1 min.]

Facilitator: "By means of DVD, Dr. Archie Parrish, president of Serve International, will begin the 'Two Keys to Improve Your Prayer Life' presentation. First, he will introduce the 'Prayer Reality Check.' Let's watch."

B. Play DVD [2:23]

C. Pause DVD [6 min.]

Facilitator: Pause when Dr. Parrish says, "Take your survey now."

Say: "Follow the directions given by Dr. Parrish on the DVD."

After about 4 minutes, ask, "How many are not yet finished?" If more than 20 percent are not finished, give them 2 more minutes.

When only a few are not done, start the discussion by asking, "What was your reaction to this 'Prayer Reality

Check'? In a single word or phrase, tell us how you felt when you finished the 'Prayer Reality Check.'"

Responses are usually words like *inadequate, convicted, embarrassed, ashamed, or guilty.*

Use the following thoughts as God directs you:

Two of the options given for statement 26 on the survey were "ineffective" and "intolerably ineffective." What do you think is the difference between these two?

Until believers come to the place where they absolutely cannot continue with their prayer lives as is, they do not make significant changes.

Ask the group: "How many feel that your prayer life is all God wants it to be?" Usually no one will say it is.

TIME

Lapsed: 15 min. / Remaining: 45 min.

DVD Presentation, Part 2

"The Function of a Survey" and "Key Two: Pray with Kingdom Focus" [15 MIN.]

A. Introduce DVD [1 min.]

Facilitator: "Dr. Parrish will say a word on 'The Function of a Survey' and then move into the second key to improve your prayer life. As you watch, jot in your handout things you want to understand better and things you might find hard to do. After we have discussed this presentation, you will be asked to identify one significant thing you learned from it."

B. Play DVD [13:12]

C. Stop DVD

Facilitator: Stop DVD when Dr. Parrish says, "After you pray, you must do more than pray."

TIME

Lapsed: 30 min. / Remaining: 30 min.

III. DISCUSSION [20 MIN.]

A. Individually reflect [1 min.]

B. Form Fireteams (subgroups) [1 min.]

Facilitator: If your group is a stand-alone Fireteam, ignore instructions to the Squad of Fireteams below. If you are leading a larger group, say: "Quickly turn to those near you and form a Fireteam. These teams should have at least three but no more than five members."

C. Fireteam discussion [9 min.]

Facilitator: "Discuss with each other the thoughts you jotted on your handout."

When one minute remains say, "Take a minute to determine the insights and questions you want to raise with the Squad."

D. Squad (whole group) discussion [9 min.]

Facilitator: Do not be the answer person. Clarify the question, ask the Squad members how they would answer it, and then guide the discussion.

TIME

Lapsed: 50 min. / Remaining: 10 min.

IV. PRAYER [6 MIN.]

Facilitator: "I will open with prayer, then you pray as the Spirit guides you. After about five minutes, I will close the time of prayer."

"Father, we have considered the reality of our prayer lives and seen that there are gaps between what we believe about prayer and our practice of prayer. Forgive us, and by Your Spirit help us to learn to pray with kingdom focus. Now

help us in our Fireteams to pray for ourselves and one another.”

(Pray in Fireteams)

Facilitator close prayer time: “Father, hear our prayer, for we come to You in Jesus’ name. Amen.”

TIME

Lapsed: 56 min. / Remaining: 4 min.

V. CONCLUSION [4 MIN.]

A. Evaluation [1 min.]

Facilitator: “At the end of your handout you are asked to evaluate how well the presentation and discussion achieved this session’s purpose. Circle the number that reflects your thinking. Then, in a simple sentence, explain why you circled the number you did.”

B. Assignment [1 min.]

Facilitator: “On the last page of your handout are two answers to the question, ‘What Is Kingdom-focused Prayer?’ Before the next session, read this and meditate on it.

“Next week we will introduce *A Simple Way to Pray: The Wisdom of Martin Luther on Prayer*. The sixteenth-century Reformation changed the course of world history. Martin Luther said the Reformation was accomplished by prayer and prayer alone. Peter, the master barber, was a friend of Luther. When he asked Luther how an ordinary man could learn to pray like him, Luther wrote a thirty-five-page answer, much of which described his own prayer life.

“Now, more than 470 years later, thousands of ordinary men and women, like Peter, still receive blessing as they

read, discuss, and follow Luther’s guidance.

“Next week, we will introduce you to this helpful little book and look at the possibility of a Group Discussion.

“If you would like to get a head start, copies of *A Simple Way to Pray* are available today for \$10.”

Facilitator: Change above price as needed. If promotional leaflets are available, distribute these to the group and ask them to invite others to the next session.

C. Collect registration cards [1 min.]

Apprentice: Collect the registration cards. Alphabetize them and give them to the data-processing person.

D. Closing prayer [1 min.]

TIME

Lapsed: 60 min. / Remaining: 0 min.

After Preliminary Session One

Facilitator and apprentice:

- Pray for each attendee. Ask that one will be the apprentice for Stage Two
- Develop a database for prayer and emails.
- Send Email #1 to all who attended.
- Do *A Simple Way to Pray* Group Discussion daily exercises one week before those you facilitate. This week, do Days 1 through 7.
- If you are going to have a blog on your local church website, it needs to be ready next week.
- If you are going to establish a page on Facebook, it needs to be ready next week.

Information requested on this form will be used for two purposes: 1. To inform you about this *A Simple Way to Pray* Group Discussion. 2. To help the facilitator and apprentice pray for you.



Please circle all that apply:

Title			Gender		Marital Status		Age Group	
Mr.	Mrs.	Ms.	Male	Female	Single	Married	14-17	18-24
Miss	Rev.	Dr.			Widowed	Separated	25-34	35-44
					Divorced		45-54	55-65
							Over 65	

Please Print

Name _____ Email Address _____

Mailing Address: Street _____ City _____

State _____ ZIP _____ Occupation _____

Phones: Home _____ Work _____

Cell _____ Fax _____

Local Church Name _____ Denomination _____

Social Network: Twitter ___ Facebook ___ MySpace ___ Other: _____

My Friend: _____

Information requested on this form will be used for two purposes: 1. To inform you about this *A Simple Way to Pray* Group Discussion. 2. To help the facilitator and apprentice pray for you.



Please circle all that apply:

Title			Gender		Marital Status		Age Group	
Mr.	Mrs.	Ms.	Male	Female	Single	Married	14-17	18-24
Miss	Rev.	Dr.			Widowed	Separated	25-34	35-44
					Divorced		45-54	55-65
							Over 65	

Please Print

Name _____ Email Address _____

Mailing Address: Street _____ City _____

State _____ ZIP _____ Occupation _____

Phones: Home _____ Work _____

Cell _____ Fax _____

Local Church Name _____ Denomination _____

Social Network: Twitter ___ Facebook ___ MySpace ___ Other: _____

My Friend: _____

Two Keys to Improve Your Prayer Life

Session purpose: To help believers improve their ability to pray by completing a Prayer Reality Check and understanding better what it means to pray with kingdom focus.

Key 1: Do a Prayer Reality Check

Read each item and then circle the response that best describes your present belief or practice.

1. Properly using biblical prayer is essential for believers to fully glorify God.

Strongly agree 1 2 3 4 5 Strongly disagree

2. I am properly using biblical prayer to glorify God.

Strongly agree 1 2 3 4 5 Strongly disagree

3. Christians should invest time in prayer.

Strongly agree 1 2 3 4 5 Strongly disagree

4. Each day, I pray about this many minutes:

15 or less ___ 16–30 ___ 31–45 ___ 46–60 ___ 61+ ___

5. I invest as much time in prayer as I should.

Strongly agree 1 2 3 4 5 Strongly disagree

6. The Holy Spirit, by prayer, enables believers to commune with the Father.

Strongly agree 1 2 3 4 5 Strongly disagree

7. I am communing with the Father as I should.

Strongly agree 1 2 3 4 5 Strongly disagree

8. The Holy Spirit, by prayer, enables believers to be conformed to the image of the Son.

Strongly agree 1 2 3 4 5 Strongly disagree

9. I am as conformed to the image of the Son as I should be.

Strongly agree 1 2 3 4 5 Strongly disagree

10. The Holy Spirit, by prayer, enables believers to combat their enemies (the world, the flesh, and the Devil).

Strongly agree 1 2 3 4 5 Strongly disagree

11. I am combating the world, the flesh, and the Devil as effectively as I should.

Strongly agree 1 2 3 4 5 Strongly disagree

12. It is important to thank God for His faithfulness.

Strongly agree 1 2 3 4 5 Strongly disagree

13. I pause and thank God for my food:

Seldom ___ Occasionally ___ Weekly ___ Daily ___

At each meal ___

14. Christians should pray for the salvation of specific non-Christians.

Strongly agree 1 2 3 4 5 Strongly disagree

15. I pray for the salvation of specific non-Christians: Never ___ Seldom ___ Occasionally ___ Weekly ___ Daily ___

16. Christians should pray for those in authority, such as the president, governor, mayor, and other elected government officials.

Strongly agree 1 2 3 4 5 Strongly disagree

17. I pray for those in authority: Never ___ Seldom ___ Occasionally ___ Weekly ___ Daily ___

18. Christians should pray for their local church leaders.

Strongly agree 1 2 3 4 5 Strongly disagree

19. I pray for the leaders of my local church: Never ___ Seldom ___ Occasionally ___ Weekly ___ Daily ___

20. Christians should ask the Lord for the workers still needed in their local churches.

Strongly agree 1 2 3 4 5 Strongly disagree

21. I ask the Lord for the workers still needed in my local church: Never ___ Seldom ___ Occasionally ___ Weekly ___ Daily ___

22. Married couples should pray together.

Strongly agree 1 2 3 4 5 Strongly disagree

23. Other than grace at meals, I pray with my spouse: Never ___ Seldom ___ Occasionally ___ Weekly ___ Daily ___

24. Parents should pray with their young children.

Strongly agree 1 2 3 4 5 Strongly disagree

25. Other than grace at meals, I pray with my children: Never ___ Seldom ___ Occasionally ___ Weekly ___ Daily ___

26. My prayer life is: Effective ___ Mediocre ___ Ineffective ___ Intolerably ineffective ___

Key 2: Pray with Kingdom Focus

Take notes on the DVD presentation:

I. When this presentation is complete, you will reflect individually on what you have heard and identify three things to discuss:

1. Things you want to understand better:

2. Things you might find hard to do:

3. One significant thing you learned:

II. After individual reflection, you and three others will form a Fireteam (subgroup) to discuss these three things.

III. At the close of this session, you will be asked to share the most significant insight you gained with a friend who is not now in this group. You should have written this person's name on your registration card. Write here what you will share.

What Is Kingdom-focused Prayer?

“Your kingdom come” is the essence of kingdom-focused prayer. The richness of meaning in this petition can be seen by comparing comments on it by Martin Luther and the purpose of Kingdom Intercessors’ Training (KIT).

Martin Luther asked, “*What does ‘Thy kingdom come’ mean?* The kingdom of God certainly comes by itself without our prayer, but we pray in this petition that it may come to us also. *How does God’s kingdom come?* God’s kingdom comes when our heavenly Father gives us His Holy Spirit, so that by His grace we believe His holy Word and lead godly lives here in time and there in eternity.”⁴⁶

Kingdom Intercessors’ Training (KIT) teaches that praying with kingdom focus assumes wholehearted confidence in God’s providence. It is the Spirit-enabled, loving, obedient, conversational response of God’s adopted sons to their heavenly Father in harmony with His self-revelation in the Bible and, most specifically, in the person, work, and teaching of His only begotten Son for the purpose of advancing God’s kingdom of grace, preparing for God’s kingdom of glory, and destroying the kingdom of Satan and sin.⁴⁷

Evaluation: The purpose of this session was “To help believers improve their ability to pray by completing a Prayer Reality Check and understanding better what it means to pray with kingdom focus.” This purpose was achieved.

Strongly agree 1 2 3 4 5 Strongly disagree

In a simple sentence, explain why you selected the number you circled.

⁴⁶ *Luther’s Smaller Catechism* (St. Louis: Concordia, n.d.).

⁴⁷ Archie Parrish, *Winning Life’s Battles through Prayer* (Marietta, GA: Serve International, 2010). A free copy of this booklet is available at www.kingdomprayer.org

Email #1

Facilitator and apprentice:

This email should be sent to all who attended Preliminary Session One: “Two Keys to Improve Your Prayer Life”; it should be sent within two days after that session.

Highlight, copy, and paste this email into a new document. Then insert the correct date, time, and place for the next Group Discussion, add any necessary personal comments, and insert your signatures.

Email addresses collected in the first session can be clustered and inserted in blind carbon copy (BCC) on the email heading. This way, individual email addresses will not be visible. For mail-merged emails that are individually addressed, you might use Constant Contact.

Subject: Closing the gaps in your prayer life

Dear _____

It was good to see you at the “Two Keys to Improve Your Prayer Life” session. When you completed the Prayer Reality Check, did it reveal gaps in your prayer life? If it did, it is important to seek the Lord’s help in shrinking the gaps. That’s why next week we will preview the *A Simple Way to Pray* Group Discussion. The purpose of this Group Discussion is to help believers participate more effectively with the Lord Jesus Christ in His ministry of intercession by discussing Martin Luther’s example in prayer and advice on prayer so that their prayer becomes more biblical, bold, powerful, and proactive, resulting in blessing for them, their families, their churches, and the people in their circles of influence. People who have participated in this group say that it helped reduce the number and size of gaps in their prayer life.

Last week’s handout raised the question, “What Is Kingdom-focused Prayer?” As you think through this question, ask the Lord to help your prayer become more kingdom-focused.

The next meeting is open to all who want to attend, so invite your Christian friends to join you. If you are on Facebook, MySpace, Twitter, or other social networks, encourage your friends to attend.

Please contact us if you have any questions.

We look forward to seeing you and your friends next week.

Preliminary Session Two:

“Introducing *A Simple Way to Pray* Group Discussion”

Session Plan

Before Preliminary Session Two, the facilitator and apprentice should:

- **Pray**

“Father, You created heaven and earth, and by Your providence You make all things work. Please bring all the details together as they should so that this Group Discussion will glorify Your name and build Your people. Father, we pray for those who attended last week [insert names from registration cards]. Enable them to return this week. Make Your call clear to those You want to participate in *A Simple Way to Pray* Group Discussion. Enable them to make the commitment necessary to do this. Lord of the harvest, call one of the people You bring to this meeting to be the apprentice in Stage Two. In Jesus’ name we pray. Amen.”

- **Print**

The feedback form for Preliminary Session Two, “Introducing *A Simple Way to Pray* Group Discussion,” is found in this Facilitator’s Guide (pp. 31–32). This form should be printed and given to each attendee at the beginning of the session.

Note: Feedback forms for sessions 3–7 are in the Participant’s Guide. If your Group Discussion is in a local church venue, such as Sunday school, you may need to print additional copies of each week’s feedback form for new people who “drop in.” After session 8 you will use the Participant’s Course Evaluation which is also in the Participant’s Guide.

- **Prepare**

Study this lesson plan. Jot notes on the feedback form and then use it as your cue sheet to facilitate the group. Do the daily exercises one week before the group you facilitate meets. Before this session, you should complete the exercises for Session One, Days 1 through 7. Preview “Overview of Prayer Discipleship Assignments” in the Participant’s Guide and the DVD “Introducing *A Simple Way to Pray* Group Discussion.” Practice playing the DVD in the room where your group will meet. Have copies of the *A Simple Way to Pray* book and the Participant’s Guide for those who commit to participate in the Group Discussion. Have a person ready to handle the distribution and/or sales. Thirty minutes before the session begins, cue the DVD to the “Introducing *A Simple Way to Pray* Group Discussion” presentation.

Optional: If you are going to supply the Psalter, Heidelberg Catechism, or Westminster Shorter Catechism, make sure these materials are available.

Preliminary Session Two Agenda

TIME

Lapsed: 0 min. / Remaining: 60 min.

Note for facilitator and apprentice:

Start on time and end on time. Watch the time carefully, but without making the group overly time-conscious. Don't keep looking at your watch. Don't repeatedly say you are behind schedule or that you must move on to stay on schedule. Try to make the schedule something only you are conscious of. Times are provided in the agenda to help you pace yourself so that you will not run out of time before you have completed the material.

I. APPROACH [3 MIN.]

A. Opening prayer [1 min.]

B. Registration card/feedback form [1 min.]

Apprentice: Ask whether anyone does not have a registration card and feedback form.

Say: "If you are here for the first time, complete the registration card. We would appreciate it if all of you would print your name and today's date at the top of your feedback form. At the end of this session, we will collect these. The facilitator and I will use your feedback forms to pray for you each week."

C. Purposes [1 min.]

Facilitator: "On the first page of your feedback form you find the course purpose and the session purpose. Follow along as I read these aloud.

"The course purpose is 'To help believers participate more effectively with the Lord Jesus Christ in His

ministry of intercession by discussing Martin Luther's example in prayer and advice on prayer so that their prayer becomes more biblical, bold, powerful, and proactive, resulting in blessing for them, their families, their churches, and the people in their circles of influence.'

"The session purpose is 'To introduce the *A Simple Way to Pray* Group Discussion content and process so that you are able to determine whether God desires you to participate in a Group Discussion.'"

TIME

Lapsed: 3 min. / Remaining: 57 min.

II. DVD PRESENTATION

"Introducing *A Simple Way to Pray* Group Discussion" [20 MIN.]

A. Introduce DVD [1 min.]

Facilitator: "Today on the DVD, Dr. Archie Parrish will introduce us to the content and procedure of *A Simple Way to Pray* Group Discussion. As you listen, jot down on your feedback form things you want to understand better or might find hard to do."

B. Play DVD [19 min.]

C. Stop DVD

TIME

Lapsed: 23 min. / Remaining: 37 min.

III. DISCUSSION [18 MIN.]

A. Individually reflect [1 min.]

B. Form Fireteams [1 min.]

Facilitator: If your group is a stand-alone Fireteam, ignore the following instructions for Squad discussion.

Say: "Quickly turn to those nearest to you and form a Fireteam. These teams

should have at least three but no more than five members. You will meet in these same teams for discussion and prayer every week.”

C. Fireteam discussion [8 min.]

Facilitator: “Discuss what you have jotted on your feedback forms.”

When about one minute remains, say, “Use the next minute to determine the insights and questions you want to raise with the whole group.”

D. Squad discussion [8 min.]

Facilitator: “What insights and questions do you want to raise with the whole group?”

TIME

Lapsed: 41 min. / Remaining: 19 min.

IV. PRAYER [7 MIN.]

Facilitator: “For the next few minutes, pray with the members in your Fireteam. I will start, then you continue in each Fireteam.

“Father, the question before us is whether You want us to participate in *A Simple Way to Pray* Group Discussion. Our individual circumstances are different. Each of us needs Your Holy Spirit to guide our decision. Show each of us what You want us to do, and then enable us to do it. Give us wisdom to know Your will, and courage and power to do it.

“Now continue to pray for each other in your Fireteam.”

TIME

Lapsed: 48 min. / Remaining: 12 min.

V. CONCLUSION [12 MIN.]

A. Evaluation/commitment [5 min.]

Facilitator: “We stated earlier that the purpose of this session is ‘To introduce the *A Simple Way to Pray* Group Discussion content and process so that you are able to determine whether God desires you to participate in a Group Discussion.’ The feedback form states: ‘The presentation and discussion enabled me to achieve this session’s purpose.’ Circle the number that expresses your response and explain in a few words why you gave this rating.

“Turn to the commitment portion on your feedback form. Listen as I read this aloud.” Read the commitment portion aloud.

“Do you have any additional questions that need to be considered before you decide whether or not God desires you to participate in this Group Discussion?” Allow participants to ask questions and answer them.

“If you believe God desires you to participate in this prayer discipleship training, please sign the commitment.

“Also, you are asked to share with a friend each week insights you gain from this training. When you give to others what God gives to you, He will give more to you. This friend can be a fellow church member, a member of your family (spouse, child, sibling), or someone with whom you work. Please print the name of that friend on your card.”

B. Assignment [5 min.]

Apprentice: Distribute copies of *A Simple Way to Pray* and the Participant’s Guide to all who believe that God is calling them to participate.

Facilitator: “Turn to page 13 in your Participant’s Guide. This provides an overview of the week’s material. Pages 14–23 contain exercises for Days 1–7.

“The exercise for day 2 helps you develop your ‘Personal Prayer List.’ Start with your own heart; list the

members of your family, selected leaders and workers in your local church, and two people you know who are not 'gripped with the gospel.'

"What is meant by 'gripped with the gospel'? The psalmist said, 'Let the redeemed of the Lord say so.'⁴⁸ And Jesus said, 'Out of the abundance of the heart the mouth speaks'⁴⁹ and 'You will know them by their fruits.'⁵⁰ People who have told you that they are trusting Christ and whose lives show the fruit of this profession you may consider gripped. The rest you should consider ungripped.

"This list is very important. You will be urged to pray for the people on this list each day for the next forty-two days.

"Day 7 has three questions. Write your answers to these questions and be prepared to share and discuss them in a Fireteam in the next session.

"Are there any questions about the assignment?"

"Prepare for discussion or you will deprive yourself and your teammates of the benefit you all should receive. After completing the daily exercises, you should review them and select three things to discuss in your Fireteam meeting: 1. What you want to understand better. 2. Things you might find hard to do. 3. The most significant thing you learned from the daily exercises. Write the answers to these questions in your Participant's Guide so you are ready to discuss them.

"Our next meeting will be [insert day, time, and place]."

C. Collect feedback forms [1 min.]

Apprentice: Collect registration cards and feedback forms.

⁴⁸ Psalm 107:2.

⁴⁹ Matthew 12:34.

⁵⁰ Matthew 7:16.

D. Closing prayer [1 min.]

TIME

Lapsed: 60 min. / Remaining: 0 min.

After Preliminary Session Two

Facilitator and apprentice:

- Pray daily for each participant.
- Send Email #2 to all who attended.

**Preliminary Session Two:
“Introducing *A Simple Way to Pray* Group Discussion”
Feedback Form**

This form will be collected at the end of the session. The information requested will be used by the facilitator and apprentice to pray for you. Please print legibly.

Name _____ Date _____

I. PURPOSES:

Course: To help believers participate more effectively with the Lord Jesus Christ in His ministry of intercession by discussing Martin Luther’s example in prayer and advice on prayer so that their prayer becomes more biblical, bold, powerful, and proactive, resulting in blessing for them, their families, their churches, and the people in their circles of influence.

Session: To introduce the *A Simple Way to Pray* Group Discussion content and process so that you are able to determine whether God desires you to participate in a Group Discussion.

II. PRESENTATION: Jot down insights gained.

III. GROUP DISCUSSION

A. FIRETEAM (SUBGROUP). Jot down insights gained:

1. One thing I want to understand better is . . .

2. One thing I might find hard to do is . . .

3. The one most significant thing I learned was . . .

4. Our Fireteam wants the Squad to discuss the following question . . .

B. SQUAD (WHOLE GROUP). Jot down insights gained:

IV. PRAY: Ask the Lord to guide you and the others in your Fireteam to determine whether God desires you to participate in *A Simple Way to Pray* Group Discussion.

Jot down what you would like the facilitator to pray for you.

V. EVALUATE: The presentation and discussion enabled me to achieve this session's purpose.

Strongly agree 1 2 3 4 5 Strongly disagree

Explain:

Commitment: I believe the Lord wants me to participate in *A Simple Way to Pray* Group Discussion. I will do the daily exercises and meet each week to discuss what I have read and use the insights gained to pray. I will share the most significant insight I gain each week with one friend. **My friend's name:** _____

Signature: _____

Email #2

Facilitator and apprentice:

This email should be sent within two days after Preliminary Session Two: “Introducing *A Simple Way to Pray* Group Discussion.” It should be sent to all who attended one or both of the first two sessions.

Highlight, copy, and paste this email into a new document. Then insert the correct date, time, and place for the next Group Discussion, fill in the dates for the sessions in the body of the email, add any necessary personal comments, and insert your signatures.

Email addresses collected in the second session should be added to the database.

Subject: Off to a good start

Dear _____

Today, as I began my daily exercise in *A Simple Way to Pray*, I prayed for you. I asked: “Lord, through what we read today, teach us to pray. Pour out on us Your ‘Spirit of grace and supplication.’ Ignite in our hearts a passion for kingdom-focused prayer. As we do the daily exercises, help us read audibly and actively, highlighting key thoughts, and help us have a running conversation with You about what we read. In Jesus’ name I pray. Amen.”

Next week, we begin the ongoing Group Discussion of *A Simple Way to Pray: The Wisdom of Martin Luther on Prayer*. We will use the book and the Participant’s Guide to prepare for weekly discussions.

The first of six Group Discussion sessions will be (insert date and time). After that, we will meet (insert dates).

Doing the daily exercises in the Participant’s Guide is very important. A major goal of this Group Discussion is to increase disciplined *daily* prayer. The daily exercises help develop this. Cramming all the exercises into one chunk of time will be less beneficial than doing them each day. Developing this daily discipline is challenging. Giving and receiving prayer support from your team members will help you. Whatever challenges you encounter can be overcome when you share them with praying friends (see Philippians 4:13). I will be praying each day for you.

Each week’s exercises in your Participant’s Guide begin with an overview of the week. This week, Day 1 introduces the course. Day 2 coaches you through developing your Personal Prayer List. This prayer list is important; you will be using it every day for the next six weeks. Write in your Participant’s Guide specific names and what you will pray. One thing to pray for everyone on your list is that “the Spirit of grace and supplication” would ignite their hearts with a passion for kingdom-focused prayer (see Zechariah 12:10 and Matthew 6:10).

Days 3–6 are self-explanatory.

In Day 7, you are asked to prepare for the first Group Discussion by reviewing what you have read this week. You are also urged to write three things: 1. One thing you want to understand better. 2. One thing you might find hard to do. 3. One helpful insight you gained that you will share with the friend you identified earlier. It is important that you do this *before* the next meeting. The more you put into the exercises, the more you will get out of the discussion.

If we can be of any help, please contact us. (Insert your email addresses and cell phone numbers.)

We look forward to seeing you next week.

***A Simple Way to Pray* Group Discussion Session Three:**

“Martin Luther, Man of Prayer”

Session Plan

In the Old Testament, God had a temple for His people. David made detailed architectural plans, collected all the materials needed to build a magnificent house for God, then he charged Solomon, “take this seriously. The LORD has chosen you to build a Temple as his sanctuary. Be strong, and do the work.”⁵¹ When the temple was complete, the first thing Solomon did was to dedicate it with the longest prayer in the Bible.⁵² God called the temple “my house of prayer” and declared “my house shall be called a house of prayer for all peoples.”⁵³ Jesus agreed that the temple was “a house of prayer for all the nations.”⁵⁴

In the New Testament, God’s people are His temple. Peter explained, “You yourselves like living stones are being built up as a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ.”⁵⁵ Each local church is a temple of God (a house of prayer for all the nations), and the Spirit of God lives in it.⁵⁶ Each believer in a local church is a temple (a house of prayer).⁵⁷

As you facilitate this *A Simple Way to Pray* Group Discussion, seek to help each participant catch the vision of building their churches to be “houses of prayer for all nations” by making their hearts and their homes “houses of prayer for all nations.”

I urge facilitators and apprentices to use the following suggestions for prayer in brief weekly meetings. Read the biblical prayer (1 Chronicles 29:10–13) aloud each week; this will imprint its truth on your hearts. The other petitions below address specific points that should be included in prayer each week.

Before *A Simple Way to Pray* Group Discussion Session Three, the facilitator and apprentice should:

- **Pray**

“Blessed are you, O LORD, the God of Israel our father, forever and ever. Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O LORD, and you are exalted as head above all. Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all. And now we thank you, our God, and praise your glorious name’ (1 Chronicles 29:10–13).

“Father, by Your great power, bring all the details together this week so that this Group Discussion will glorify Your name and build up Your people.

⁵¹ 1 Chronicles 28:10, NLT.

⁵² 1 Kings 8:1–66.

⁵³ Isaiah 56:6, 7.

⁵⁴ Mark 11:15–17; see also Matthew 21:13; Luke 19:46.

⁵⁵ 1 Peter 2:5.

⁵⁶ 1 Corinthians 3:16.

⁵⁷ 1 Corinthians 3:16–17; 6:19.

“Father, we pray for those who have committed to participate in this *A Simple Way to Pray* Group Discussion [insert names from registration cards]. Help them to participate more effectively with the Lord Jesus Christ in His ministry of intercession. Enable them to experience more of Your presence as they complete each daily exercise and prepare for the next discussion. Empower their prayer lives as they examine Martin Luther’s example in prayer and his advice to his barber on prayer. Help them identify the specific people You want them to pray for over the next six weeks. Enable them to use the insights they gain so that their prayer becomes more biblical, bold, powerful, and proactive. Through their prayer, bless them, their families, their churches, and the people in their circles of influence. Help each of them to share with a friend the most significant thing they gained this week.

“Lord of the harvest, call one person out of this group to be the apprentice in Stage Two. In Jesus’ name we pray. Amen.”

Also pray for requests from feedback forms.

- **Prepare**

Do daily exercises one week ahead of the group. This week, do Days 8–14. Study this lesson plan. Jot notes on the feedback form found in your Participant's Guide and then use it as your cue sheet to facilitate your group. Preview the “Martin Luther, Man of Prayer” presentation on the DVD. Practice facilitating this session using the feedback form on which you have written your notes and playing the DVD in the room where your group will meet. About thirty minutes before the discussion begins, cue the DVD to the “Martin Luther, Man of Prayer” presentation so that you are ready to begin on time.

SQUAD FACILITATOR NOTE: If you are facilitating a Squad of Fireteams in a local church venue, such as Sunday school, plan for the possibility of people attending who were not present last week. This week, you will form Fireteams that will be together for six weeks. Those who were present last week know about Fireteams; people attending for the first time will not know about them.

Print additional copies of the registration card and the feedback form for this session. As first-timers arrive, the apprentice should give them registration cards and feedback forms; then they should be directed to a designated table or location in the meeting room.

As the Fireteams form, the apprentice should briefly explain to “first-timers” the course and session purposes and the Group Discussion procedure. Tell them they are welcome to participate in the ongoing discussions if they make up daily exercises 1–7, do daily exercises 8–14 for the coming week, and attend the five remaining Group Discussion sessions. Those who want to do this need the *A Simple Way to Pray* book and Participant’s Guide.

SWP GD Session Three Agenda

TIME

Lapsed: 0 min. / Remaining: 60 min.

I. APPROACH [4 MIN.]

A. Opening prayer [1 min.]

B. Feedback forms and registration cards [1 min.]

Facilitator: “Is there anyone here for the first time who has not received a registration card and does not have a feedback form for today’s session? Raise your hand and we will give you these materials.

“Each week we use a feedback form to guide us through the session. At the end of each session, we collect these forms and use them to pray for you.

“Please print your name and today’s date and supply the information requested at the top of this form.”

C. Purposes [1 min.]

Apprentice: “Let us read the course purpose and then the session purpose in unison.”

“The course purpose is ‘To help believers participate more effectively with the Lord Jesus Christ in His ministry of intercession by discussing Martin Luther’s example in prayer and advice on prayer so that their prayer becomes more biblical, bold, powerful, and proactive, resulting in blessing for them, their families, their churches, and the people in their circles of influence.’

“The session purpose is ‘To empower our prayer lives by examining Martin Luther’s example in prayer and his advice to his barber on prayer.’”

D. Accountability [1 min.]

Facilitator: “In life, we usually get more out of what we inspect rather than what we merely expect. In each session, you are asked to report on three things. First, how many days during the previous week you invested about fifteen minutes doing the exercises. Disciplined daily prayer should be part of every Christian’s lifestyle. To encourage this, participants are urged to spend time daily in disciplined kingdom-focused prayer exercises.

“Second, how many days you wrote responses in your Participant’s Guide. Merely running your response through your mind will not be as beneficial for you as writing your response.

“Third, whether you shared one insight gained from the daily exercises and discussion with a friend. There are three reasons you are asked to do this. First, God gives more to believers who share with others what He gives to them. Second, as more people talk to others about prayer in a positive way, an increasing number of people are encouraged to pray. Third, the friends you and your Fireteam members share with will become the most likely participants the next time the course is available.”

TIME

Lapsed: 4 min. / Remaining: 56 min.

II. DVD PRESENTATION [17 MIN.]

“Martin Luther, Man of Prayer”

A. Introduce DVD [1 min.]

Facilitator: “This week, you were to have studied “Martin Luther, Man of Prayer.” In the Participant’s Guide, you were coached through a process for building your Personal Prayer List. Today, by DVD, Dr. Archie Parrish will introduce us to “Strategic Targets” for prayer in spiritual warfare. As you listen,

jot down on your feedback form things you want to understand better or might find hard to do.

B. Play DVD [16 min.]

C. Stop DVD

TIME

Lapsed: 21 min. / Remaining: 39 min.

III. DISCUSSION [23 MIN.]

A. Individually reflect [1 min.]

B. Form Fireteams [1 min.]

Facilitator: If your group is a stand-alone Fireteam, ignore instructions for the Squad of Fireteams below. Say: “Quickly get with your Fireteam from last week. All first-timers, meet with [insert name of apprentice here] in the far corner of the room.”

C. Fireteam discussion [13 min.]

Facilitator: “Last week, we asked you to prepare for discussion so that you would not deprive yourself and your teammates of the benefit you should receive. Your Participant’s Guide posed three questions for this discussion; now discuss what you have written in your guide and on your feedback form.”

When one minute remains say: “Take a minute to determine the insights and questions you want to raise with the Squad.”

D. Squad discussion [8 min.]

Facilitator: “What insights and questions do you want to raise with the whole group?”

TIME

Lapsed: 44 min. / Remaining: 16 min.

IV. PRAYER [12 MIN.]

Facilitator: Watch the time. Stop discussion when you get to this point and pray. To improve your prayer life, you must pray. It will be a continuous challenge to keep enough time for prayer.

Say: “To help each other with this discipline, it is essential that you be honest and transparent about your progress and your problems.

“We won’t take time to share requests; rather, pray and support each other’s petitions and intercession.

“Using insights gained from this week’s daily exercises and the Group Discussion, pray for one another and the people on your prayer list. Also, remember to apply the insights you are gaining to your daily prayer time as well.”

TIME

Lapsed: 56 min. / Remaining: 4 min.

V. CONCLUSION [4 MIN.]

A. Evaluation: [1 min.]

Facilitator: “This session’s purpose was, ‘To empower our prayer lives by examining Martin Luther’s example in prayer and his advice to his barber on prayer.’ From what you read, the daily exercises, and the discussion, indicate how well you think this was achieved by circling the number that best reflects your thinking.”

B. Assignment [1 min.]

Facilitator: “Next week, we will deal with ‘The Lord’s Prayer,’ Participant’s Guide pages 27–34. Follow in your Participant’s Guide as I read aloud through the assignments, and then I’ll answer any questions you may have.

C. Collect feedback forms [1 min.]

Apprentice: Collect feedback forms.

D. Closing prayer [1 min.]

TIME

Lapsed: 60 min. / Remaining: 0 min.

After SWP GD Session Three

Facilitator and apprentice:

- Pray daily for each participant.
- Send Email #3 to all participants.

Email #3

Facilitator and apprentice:

This email should be sent within two days after Session Three: “Martin Luther, Man of Prayer.” It should be sent to all who attended any of the previous sessions.

Highlight, copy, and paste this email into a new document. Then insert the correct date, time, and place for the next Group Discussion, add any necessary personal comments, and insert your signatures.

Email addresses collected in the third session should be added to the database.

Subject: How does the Lord’s Prayer help believers pray with power?

Dear _____

This week in *A Simple Way to Pray* Group Discussion, we will deal with Martin Luther’s advice on how to use the Lord’s Prayer to empower our prayer lives. Luther used the Lord’s Prayer to train believers to pray as Christ taught. Christian prayer is the believer’s Spirit-enabled conversational response to God’s self-revelation in the person, work, and teaching of Christ, especially in Matthew 6:9–13. Praying as Christ directs here means praying with kingdom focus. Kingdom-focused prayer is not merely instinctive, self-serving, man-centered, sentimental, timid, solo, passive resignation to fate. Kingdom-focused prayer is Spirit-enabled, God-centered, fervent, persistent, kingdom-serving, concerted, proactive cooperation with the will of the Father. It is the reverent cry of God’s adopted children, seeking their Father’s glory by persistently asking Him for the nations, their promised inheritance.

As you do your daily exercises, pray by name for the people on your prayer list. Some of the words in Luther’s printed prayers are different than an average American might pray today. Don’t be put off by the vocabulary; put the thoughts into your own words. The subject matter of Luther’s prayers is different than we hear in most prayer meetings today. Do you think Luther should have prayed more like us or should we pray more like him?

I am praying that you will thoughtfully complete each of the daily exercises and be prepared for our next Group Discussion. I pray that you will write your responses and that you will be ready to discuss them. May the Lord use this Group Discussion to help you become the embodiment of prayer.

If you have specific needs, please call or email us. See you at the next Group Discussion, (insert date, time, and place).

***A Simple Way to Pray* Group Discussion Session Four:**

“The Lord’s Prayer”

Session Plan

Before *A Simple Way to Pray* Group Discussion Session Four, the facilitator and apprentice should:

- **Pray**

“Blessed are you, O LORD, the God of Israel our father, forever and ever. Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O LORD, and you are exalted as head above all. Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all. And now we thank you, our God, and praise your glorious name’ (1 Chronicles 29:10–13).

“Father, by Your great power, bring all the details together this week so that this Group Discussion will glorify Your name and build up Your people.

“Father, we pray for those who are participating in this *A Simple Way to Pray* Group Discussion [insert names from registration cards]. Help them to participate more effectively with the Lord Jesus Christ in His ministry of intercession. Enable them to experience more of Your presence as they complete each daily exercise. Help them use the insights they gain from Martin Luther’s example and advice on praying the Lord’s Prayer to pray for the people on their prayer lists this week. Prepare them for the next Group Discussion. Make their prayer more biblical, bold, powerful, and proactive. As they pray, bless them, their families, their churches, and the people in their circles of influence. Help each of them to share with a friend the most significant thing they gained this week.

“Lord of the harvest, call one person out of this group to be the apprentice in Stage Two. In Jesus’ name we pray. Amen.”

Also pray for requests from feedback forms.

- **Prepare**

Do daily exercises one week ahead of the group. This week, do Days 15–21. Study this lesson plan. Jot notes on the feedback form and then use it as your cue sheet to facilitate your group. Preview “The Lord’s Prayer” DVD presentation. Practice facilitating this session using the handout on which you have written your notes and playing the DVD in the room where your group will meet. About thirty minutes before the discussion begins, cue the DVD to “The Lord’s Prayer” presentation so that you are ready to begin on time.

SQUAD FACILITATOR NOTE: If you are facilitating a Squad of Fireteams in a local church venue, such as Sunday school, plan for the possibility of people attending who were not present last week. Last week you formed Fireteams; these groups should be together for the remainder of the course. If new people are added to these teams each week, the teams will not develop the essential rapport.

Have extra copies of the registration card and the feedback form for this session. As first-timers arrive, the apprentice should give them registration cards and feedback

forms; then they should be directed to a designated table or location in the meeting room.

The apprentice should explain to “first-timers” the discussion process and lead them in a discussion of the Lord’s Prayer. Tell them they are welcome to participate in the ongoing discussions and that they will get more out of the course if they do the previous week’s daily exercises (Days 1–7), do this week’s daily exercises (Days 8–14), do the future daily exercises, and attend remaining Group Discussion sessions. If they are willing to do this, they need the *A Simple Way to Pray* book and Participant’s Guide. This is a lot of “make-up” work and most will not be able to do this.

Tell those who do not wish to continue that they are welcome to stay today and discuss the DVD presentation. Also, tell them when the next *A Simple Way to Pray* Group Discussion will be conducted so that they can start at the beginning.

If people who do not make this commitment drop in and out of Fireteams composed of people who have made this commitment, it will diminish the effectiveness of the teams and the group as a whole.

SWP GD Session Four Agenda

TIME

Lapsed: 0 min. / Remaining: 60 min.

I. APPROACH [4 MIN.]

A. Opening prayer [1 min.]

B. Feedback forms and registration cards [1 min.]

Facilitator: “Is there anyone here for the first time who has not received a registration card and does not have a feedback form for today’s session? Raise your hand and we will give you these materials.

“Each week we use a feedback form to guide us through the session. At the end of each session, we collect these forms and use them to pray for you.

“Please print your name and today’s date and supply the information requested at the top of this form.”

C. Purpose [1 min.]

Facilitator: Ask one participant to read aloud the session purpose.

Participant: “The session purpose is ‘To empower our prayer lives by using Martin Luther’s example of praying the Lord’s Prayer and by studying his advice on praying the Lord’s Prayer.’”

D. Accountability [1 min.]

Facilitator: “Last week, we pointed out that in each session you are asked to report on three things. First, to encourage you to practice disciplined daily prayer, we ask you to report how many days during the past week you invested about fifteen minutes doing the devotional exercises.

“Second, because merely running your response through your mind is not as beneficial as writing it, we ask you to report how many days you wrote responses in your Participant’s Guide.

“Third, we ask you to indicate whether you shared one insight gained from the daily exercises and Group Discussion with a friend. God will give you more when you share with others what He gives to you. The more you talk to others about prayer in a positive way, the more you will encourage others to pray.”

TIME

Lapsed: 4 min. / Remaining: 56 min.

II. DVD PRESENTATION [17 MIN.]

“The Lord’s Prayer”

A. Introduce DVD [1 min.]

Facilitator: “Our assignment during the past week was on Martin Luther’s use of the Lord’s Prayer.

“Today on DVD, Dr. Archie Parrish will supplement what we have received from our daily exercises and prepare us for Group Discussion with additional insights on the Lord’s Prayer and its use.

“As you listen, jot down on your feedback form things you want to understand better or might find hard to do.”

B. Play DVD [16 min.]

C. Stop DVD

TIME

Lapsed: 21 min. / Remaining: 39 min.

III. DISCUSSION [25 MIN.]

A. Individually reflect [1 min.]

B. Form Fireteams [1 min.]

Facilitator: If your group is a stand-alone Fireteam, ignore instructions to the Squad of Fireteams below. Say: “Quickly get with your Fireteam from last week. All first-timers, meet with [insert name of apprentice here] in the far corner of the room.”

C. Fireteam discussion [16 min.]

Facilitator: “Please prepare ahead of time for discussion so that you will not deprive yourself and your teammates of the benefit you should receive. Your

Participant’s Guide posed three questions for this discussion: 1. What do you want to understand better? 2. What things might you find hard to do? 3. What is the most significant thing you learned from the daily exercises? Now discuss your answers in your Fireteam.”

When one minute remains, say, “Take a minute to determine the insights and questions you want to raise with the Squad.”

D. Squad discussion [7 min.]

Facilitator: “What insights and questions do you want to raise with the whole group?”

TIME

Lapsed: 46 min. / Remaining: 14 min.

IV. PRAYER [10 MIN.]

Facilitator: This is the most important part of the session. To improve your prayer life, you must pray. It will be a continuous challenge to keep enough time for prayer. Watch the time. Stop discussion when you get to this point and pray.

Say: “To help each other with this discipline, it is essential that you be honest and transparent about your progress and your problems.

“Using insights gained from this week’s daily exercises and the Group Discussion, pray for one another and the people on your prayer list. Also remember to apply the insights you are gaining to your daily prayer time as well.

“Don’t take time to share requests; rather, pray and support each other’s petitions and intercession.”

TIME

Lapsed: 56 min. / Remaining: 4 min.

V. CONCLUSION [4 MIN.]

A. Evaluation [1 min.]

Facilitator: “This session’s purpose was ‘To empower our prayer lives by using Martin Luther’s example of praying the Lord’s Prayer and by studying his advice on praying the Lord’s Prayer.’

“From the daily exercises and the discussion, how well do you think this purpose was achieved? Circle the number that best reflects your thinking. Then, in a simple sentence, explain why you circled the number you did.”

B. Assignment [1 min.]

Facilitator: “Turn in your Participant’s Guide to page 37. Follow as I read aloud through the assignments, then I’ll answer any questions you may have. Each day you are asked to recite or read aloud the Lord’s Prayer, the Ten Commandments, and the Apostles’

Creed. Give special emphasis to this. Reciting should be at least loud enough that you can hear what you say. This takes about three minutes. Then you are asked to reflect on the assigned commandment or article of the creed and pray as the Spirit guides you.”

C. Collect feedback forms [1 min.]

Apprentice: Collect feedback forms.

D. Closing prayer [1 min.]

TIME

Lapsed: 60 min. / Remaining: 0 min.

After SWP GD Session Four

Facilitator and apprentice:

- Pray daily for each participant.
- Send Email #4 to all participants.

Email #4

Facilitator and apprentice:

This email should be sent within two days after Session Four: “The Lord’s Prayer.” It should be sent to all who attended any of the previous sessions.

Highlight, copy, and paste this email into a new document. Then insert the correct date, time, and place for the next Group Discussion, add any necessary personal comments, and insert your signatures.

Email addresses collected in the fourth session should be added to the database.

Subject: Praying the Ten Commandments and the Apostles’ Creed

Dear _____

In our next session, we will discuss Martin Luther’s example and advice on praying the Ten Commandments and the Apostles’ Creed. Luther saw three uses of the Ten Commandments.

1. To restrain the ungodly behavior of unregenerate sinners. Luther taught that the first use of the Law is to bridle the wicked. It produces civil restraint desired by God and necessary for public peace and the preservation of all things. Civil restraint is especially needed so that the proclamation of the gospel is not hindered by the tumult and seditions of wicked, outrageous, and proud men (see *Commentary on Galatians*, 3:19; also see 1 Timothy 1:8–10).

This political use of the Law does not regenerate the sinner or make him right with God, but it is crucial for human society. When God’s Law is spurned by a culture, God’s wrath will be revealed against it, and progressively the social order and moral decency will break down (see Romans 1).

2. To convict and drive the unregenerate sinner to Christ. This is achieved in three steps. A. The Law reveals sin. “I would not have come to know sin except through the Law, for I would not have known about coveting if the Law had not said you shall not covet” (Romans 7:7). B. The Law aggravates sin. “Sin taking opportunity through the commandment produced in me coveting of every kind, for apart from the Law sin is dead” (Romans 7:8). C. The Law ruins the sinner. “I was once alive apart from the Law. But when the commandment came, sin became alive and I died” (Romans 7:9).

3. To provide a pattern of sanctification for the regenerated believer. The Law shows what true spiritual life looks like. These commands cannot be obeyed by human effort alone, but prayerful reliance on the Spirit of God enables believers to lovingly obey them (see Romans 6:14, 15; Galatians 3:10; 5:18).

Understanding these three uses of the Law can help us use the Ten Commandments as we pray for our strategic targets—our churches, our nation, our families, and ourselves.

See you at the next discussion group (insert date, time, and location).

Your fellow kingdom seekers,

***A Simple Way to Pray* Group Discussion Session Five:**

“Ten Commandments and Apostles’ Creed”

Session Plan

Before *A Simple Way to Pray* Group Discussion Session Five, the facilitator and apprentice should:

- **Pray**

“Blessed are you, O LORD, the God of Israel our father, forever and ever. Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O LORD, and you are exalted as head above all. Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all. And now we thank you, our God, and praise your glorious name’ (1 Chronicles 29:10–13).

“Father, by Your great power, bring all the details together this week so that this Group Discussion will glorify Your name and build up Your people.

“Father, we pray for those who have committed to participate in this *A Simple Way to Pray* Group Discussion [insert names from registration cards]. Help them to participate more effectively with the Lord Jesus Christ in His ministry of intercession. Enable them to experience more of Your presence as they complete each daily exercise and prepare for the next discussion. Empower their prayer lives as they examine Martin Luther’s example in prayer and his advice to his barber on prayer. Help them identify the specific people You want them to pray for during this Group Discussion. Enable them to use the insights they gain so that their prayer becomes more biblical, bold, powerful, and proactive. Through their prayer, bless them, their families, their churches, and the people in their circles of influence. Help each of them to share with a friend the most significant thing they gained this week.

“Lord of the harvest, show us the one You are calling to be the apprentice in Stage Two. In Jesus’ name we pray. Amen.”

Also pray for requests from feedback forms.

- **Prepare**

Do the daily exercise one week ahead of the group. This week, do Days 22–28. Study this lesson plan. Jot notes on the feedback form and then use it as your cue sheet to facilitate your group. Preview “Ten Commandments and Apostles’ Creed” presentation on the DVD. Practice facilitating this session using the handout on which you have written your notes and playing the DVD in the room where your group will meet. About thirty minutes before the discussion begins, cue the DVD to the “Ten Commandments and Apostles’ Creed” presentation so that you are ready to begin on time.

SQUAD FACILITATOR NOTE: Plan for the possibility of first-time attendees. As they arrive the apprentice should give them a registration card and the feedback form for this session; then they should be directed to a designated table or location in the meeting room. While the other Fireteams are discussing, the apprentice should explain the discussion process and lead the newcomers in a discussion of the DVD presentation on

the three uses of the Law. Tell them they are welcome to participate in the ongoing discussions if they do the previous weeks' daily exercises (Days 1–21), do this week's daily exercises (22–28), do the future daily exercises, and attend remaining discussion sessions.

If they are willing to do this, they will need the *A Simple Way to Pray* book and Participant's Guide. However, this is a lot of "make-up" work, and most will not be able to do this.

Also tell them when the next *A Simple Way to Pray* Group Discussion will be conducted so they can start at the beginning.

SWP GD Session Five Agenda

TIME

Lapsed: 0 min. / Remaining: 60 min.

I. APPROACH [4 MIN.]

A. Opening prayer [1 min.]

B. Feedback forms and registration cards [1 min.]

Facilitator: "Is there anyone here for the first time who has not received a registration card and does not have a feedback form for today's session? Raise your hand and we will give you these materials.

"Each week we use a feedback form to guide us through the session. At the end of each session, we collect these forms and use them to pray for you.

"Please print your name and today's date at the top of the form."

C. Purposes [1 min.]

Facilitator: "The course purpose is printed on page 7 in your Participant's Guide. The session purpose is printed on the feedback form for this session, page 47. You will have a minute now to read these silently to yourselves."

D. Accountability [1 min.]

Facilitator: "Please note on your feedback form how many days during the past week you invested about fifteen minutes doing the exercises and how many days you wrote responses in your Participant's Guide. Also indicate whether you shared one insight gained from the daily exercises and Group Discussion with a friend."

TIME

Lapsed: 4 min. / Remaining: 56 min.

II. DVD PRESENTATION [12 MIN.]

A. Introduce DVD [1 min.]

Facilitator: "During this past week, we were assigned the material in the *A Simple Way to Pray* book and Participant's Guide on Martin Luther's use of the Ten Commandments and the Apostles' Creed. Today on DVD, Dr. Archie Parrish will supplement what we have read with insights on what the Ten Commandments are, three uses of the Ten Commandments, and Luther's suggestions for praying the Ten Commandments.

"As you listen, jot down on your feedback form things you want to understand better or might find hard to do."

B. Play DVD [11 min.]

Facilitator note: If you have participants who are Roman Catholic or Lutheran, the question of the numbering of the commandments may come up. Luther followed the Roman Catholic numbering of the commandments; however, in this presentation, we follow the numbering used by the Jewish Talmud and the other Reformers.⁵⁸

For Luther, the Ten Commandments were the instrument by which God showed sinners their plight and their inability to overcome it by themselves.

C. Stop DVD

TIME

Lapsed: 16 min. / Remaining: 44 min.

III. DISCUSSION [27 MIN.]

A. Individually Reflect [1 min.]

B. Form Fireteams [1 min.]

Facilitator: “Quickly get with your Fireteam from last week. All first-timers, meet with [insert name of apprentice here] in the far corner of the room.”

C. Fireteam discussion [15 min.]

Facilitator: “Let me remind you how important it is for you to prepare ahead of time for discussion by doing the daily exercises and especially writing in your Participant’s Guide your responses to the three questions posed for this discussion; now discuss your answers.”

When one minute remains, say, “Take a minute to determine the insights and questions you want to raise with the Squad.”

⁵⁸ For a fuller explanation, see Archie Parrish, *A Simple Way to Pray*, Fifth Edition, Serve International, footnote 19, page 126

D. Squad discussion [10 min.]

Facilitator: “What insights and questions do you want to raise with the whole group?”

TIME

Lapsed: 43 min. / Remaining: 17 min.

IV. PRAYER [13 MIN.]

Facilitator: This is the most important part of the session. To improve your prayer life, you must pray. It will be a continuous challenge to keep enough time for prayer. Watch the time. Stop discussion when you get to this point and pray.

Say: “To help each other with this discipline, it is essential that you be honest and transparent about your progress and your problems.

“Using insights gained from this week’s daily exercises and the Group Discussion, pray for one another and the people on your prayer list. Also remember to apply the insights you are gaining to your daily prayer time as well.

“Don’t take time to share requests; rather, pray and support each other’s petitions and intercession.”

TIME

Lapsed: 56 min. / Remaining: 4 min.

V. CONCLUSION [4 MIN.]

A. Evaluation [1 min.]

Facilitator: “This session’s purpose was ‘To empower our prayer lives by using Martin Luther’s example of praying the Ten Commandments and the Apostles’ Creed, and by studying his advice on praying the Ten Commandments and the Apostles’ Creed.’

“From the daily exercises and the discussion, how well do you think this was achieved? Circle the number that

best reflects your thinking. Then, in a simple sentence, explain why you circled the number you did.”

B. Assignment [1 min.]

Facilitator: “Next week, we deal with ‘Praying the Psalms,’ page 49 in the Participant’s Guide. Follow in your Participant’s Guide as I read aloud through the assignments, then I’ll answer any questions you may have.

“Give special emphasis to the reciting or reading aloud of the Lord’s Prayer, the Ten Commandments, and the Apostles’ Creed. Reciting should be at least loud enough that you can hear what you say. This should take about three minutes. Then you are asked to

reflect on the assigned commandment or article of the creed.”

C. Collect feedback forms [1 min.]

Apprentice: Collect feedback forms

D. Closing prayer [1 min.]

TIME

Lapsed: 60 min. / Remaining: 0 min.

After SWP GD Session Five

Facilitator and apprentice:

- Pray daily for each participant.
- Send Email #5 to all participants.

Email #5

Facilitator and apprentice:

This email should be sent within two days after Session Five: “Ten Commandments and Apostles’ Creed.” It should be sent to all who have attended any of the previous sessions.

Highlight, copy, and paste this email in a new document. Then insert the correct date, time, and place for the next Group Discussion, add any necessary personal comments, and insert your signatures.

Email addresses collected in the fifth session should be added to the database.

Subject: Praying the Psalms

Dear _____

Today I prayed: “Lord, through what we read today, teach us to pray. Pour out on us Your ‘Spirit of grace and supplication.’ Ignite in our hearts a passion for kingdom-focused prayer. As we do the daily exercises on ‘Praying the Psalms,’ help us read audibly and actively, underlining or highlighting key words and thoughts, and help us have a running conversation with the Father about what we read.”

Our next Group Discussion will consider “Praying the Psalms.” Martin Luther considered the Lord’s Prayer and the book of Psalms the two most important prayer resources. He said: “Whoever begins to pray the Psalter earnestly and regularly will *soon take leave* of those other light and personal *little devotional prayers* and say: Ah, there is not the juice, the strength, the passion, the fire which I find in the Psalter. Anything else tastes too cold and too hard.”

As you pray the Psalms, the Holy Spirit will enable you to commune with the Father, conform to the Son, and combat the Devil. Here are three practical suggestions.

1. Read prayerfully. Before reading, pray: “Open my eyes, that I may see wondrous things from Your law. . . . Give me understanding, and I shall keep Your law; indeed, I shall observe it with my whole heart” (Psalm 119:18, 34). Also pray, “Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting” (Psalm 139:23, 24). Turn the words of the Psalms into prayer.

2. Read aloud in a normal voice if possible, but at least in a whisper (this helps concentration and avoids distraction).

3. Read on your knees if possible.

Lord willing, we will see you at the next session **(insert date, time and place)**.

***A Simple Way to Pray* Group Discussion Session Six**

“Praying the Psalms”

Session Plan

Before *A Simple Way to Pray* Group Discussion Session Six, the facilitator and apprentice should:

- **Pray**

“Blessed are you, O LORD, the God of Israel our father, forever and ever. Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O LORD, and you are exalted as head above all. Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all. And now we thank you, our God, and praise your glorious name’ (1 Chronicles 29:10–13).

“Father, by Your great power, bring all the details together this week so that this Group Discussion will glorify Your name and build up Your people.

“Father, we pray for those who are participating in this *A Simple Way to Pray* Group Discussion [insert names from registration cards]. Help them to participate more effectively with the Lord Jesus Christ in His ministry of intercession. Enable them to experience more of Your presence as they complete each daily exercise. Use Martin Luther’s example in praying the Psalms and the advice of Luther and others on praying the Psalms to empower their prayer lives. Enable them to use the insights they gain this week to pray for the people on their lists. Help them prepare for the next discussion. Make their prayer more biblical, bold, powerful, and proactive. As they pray, bless them, their families, their churches, and the people in their circles of influence. Help each of them share with a friend the most significant thing they gained this week.

“Lord of the harvest, show us the one You are calling to be the apprentice in Stage Two and give this person a heart eager to do Your will. In Jesus’ name we pray. Amen.”

Also pray for requests from feedback forms.

- **Prepare**

Do the daily exercises one week before the group. This week, do Days 29–35. Study this lesson plan. Jot notes on the feedback form, then use it as your cue sheet to facilitate the group. Preview the “Praying the Psalms” DVD presentation. Practice facilitating this session using the feedback form on which you have written your notes and playing the DVD in the room where your group will meet. About thirty minutes before the discussion begins, cue the DVD to the “Praying the Psalms” presentation so that you are ready to begin on time. If optional helps for praying the Psalms were obtained at the beginning of the *A Simple Way to Pray* Group Discussion, make them available to participants at the session. These include the Psalter, the Heidelberg Catechism, and the Westminster Shorter Catechism.

SQUAD FACILITATOR NOTE: As first-time attendees arrive, the apprentice should give them registration cards and feedback forms for this session; then they should be directed to a designated table or location in the meeting room. While the other Fireteams are discussing, the apprentice should explain the discussion process and lead them in a discussion of the DVD presentation on “Praying the Psalms.”

At this point, it is impossible for people to “make up” what they have missed. Tell newcomers they are welcome to discuss the DVD presentation today. Do not put them in existing Fireteams. Tell them when the next *A Simple Way to Pray* Group Discussion is scheduled and urge them to participate in it from the beginning.

SWP GD Session Six Agenda

TIME

Lapsed: 0 min. / Remaining: 60 min.

I. APPROACH [4 MIN.]

A. Opening prayer [1 min.]

B. Feedback forms and registration cards [1 min.]

Facilitator: “Is there anyone here for the first time who has not received a registration card and does not have a feedback form for today’s session? Raise your hand and we will give you these materials.

“Each week we use a feedback form to guide us through the session. At the end of each session, we collect these forms and use them to pray for you.

“Please print your name and today’s date at the top of the form.”

C. Purposes [1 min.]

Facilitator: “The course purpose is ‘To help believers participate more effectively with the Lord Jesus Christ in His ministry of intercession by discussing Martin Luther’s example in prayer and advice on prayer so that their prayer becomes more biblical, bold, powerful, and proactive, resulting in blessing for them, their families, their

churches, and the people in their circles of influence.’

“The session purpose is ‘To empower our prayer lives by using Martin Luther’s example of praying the Psalms and by studying the advice of Luther and others on praying the Psalms.’”

D. Accountability [1 min.]

Facilitator: “Please note on your feedback form how many days during the past week you invested about fifteen minutes doing the exercises and how many days you wrote responses in your Participant’s Guide. Also indicate whether you shared one insight gained from the daily exercises and Group Discussion with a friend.”

TIME

Lapsed: 4 min. / Remaining: 56 min.

II. DVD PRESENTATION [12 MIN.] “Praying the Psalms”

A. Introduce DVD [1 min.]

Facilitator: “During this past week, we were assigned the material in the *A Simple Way to Pray* book and Participant’s Guide on praying the Psalms. Today on DVD, Dr. Archie Parrish will supplement what we have read with additional insights.

“As you listen, jot down on your feedback form things you want to understand better or might find hard to do.”

B. Play DVD [11 min.]

C. Stop DVD

TIME

Lapsed: 16 min. / Remaining: 44 min.

III. DISCUSSION [25 MIN.]

A. Individually reflect [1 min.]

B. Form Fireteams [1 min.]

Facilitator: If your group is a stand-alone Fireteam, ignore instructions to the Squad of Fireteams below. Say: “Quickly get with your Fireteam from last week. If you have not been here before, come to the front of the room and we will form new Fireteams for today’s discussion.”

C. Fireteam discussion [15 min.]

Facilitator: When one minute remains, say, “Take a minute to determine the insights and questions you want to raise with the Squad.”

D. Squad discussion [8 min.]

Facilitator: “What insights and questions do you want to raise with the whole group?”

TIME

Lapsed: 41 min. / Remaining: 19 min.

IV. PRAYER [15 MIN.]

Facilitator: This is the most important part of the session. To improve your prayer life, you must pray. It will be a

continuous challenge to keep enough time for prayer. Watch the time. Stop discussion when you get to this point and pray.

Say: “To help each other with this discipline, it is essential that you be honest and transparent about your progress and your problems.

“Using insights gained from this week’s daily exercises and the Group Discussion, pray for one another and the people on your prayer lists. Also remember to apply the insights you are gaining to your daily prayer time as well.

“Don’t take time to share requests; rather, pray and support each other’s petitions and intercession.”

TIME

Lapsed: 56 min. / Remaining: 4 min.

V. CONCLUSION [4 MIN.]

A. Evaluation [1 min.]

Facilitator: “This session’s purpose was ‘To empower our prayer lives by using Martin Luther’s example of praying the Psalms and by studying the advice of Luther and others on praying the Psalms.’ From the daily exercises and the Group Discussion, how well do you think this purpose was achieved? Circle the number that best reflects your thinking. Then, in a simple sentence, explain why you circled the number you did.”

B. Assignment [1 min.]

Facilitator: “Next week, we deal with ‘Discipline Born of Grace.’ Follow in your Participant’s Guide as I read aloud the assignments on page 63, then I’ll answer any questions you may have.”

C. Collect feedback forms [1 min.]

Apprentice: Collect feedback forms

D. Closing prayer [1 min.]

TIME

Lapsed: 60 min. / Remaining: 0 min.

After SWP GD Session Six

Facilitator and apprentice:

- Pray for each participant.
- Send Email #6 to all participants.
- Prepare for Stage Two.

Prepare for Stage Two

If you followed the suggestions in General Preparation on preparing for Stage Two, you have already set its time and place. Now is the best time to consider additional preparation. Go back to the questions in “General Preparation” (pp. 12–16).

You have been praying for the Lord of the harvest to call the person He wants to be the apprentice. Now, as you review the weekly feedback forms, ask the Spirit to show you the people who are serious about prayer.

The participants in your present *A Simple Way to Pray* Group Discussion can help you in many ways. Each week, participants have been sharing insights they gain from the group with their friends; these friends are now candidates for the next Group Discussion. Tell the present participants the date and location for the next Group Discussion. Urge them to use their social networks, email, phone, and face-to-face interactions to tell others about this event. Some participants may want to repeat the course to gain additional insight and practice what they learned the first time through. Tell them of this possibility.

When *A Simple Way to Pray* Group Discussion meets in a local church, people drop in even in the last week. These people are candidates to participate in Stage Two. If they completed registration cards and you have their email addresses, let them know about the next Group Discussion.

Email #6

Facilitator and apprentice:

This email should be sent within two days after Session Six: "Praying the Psalms." It should be sent to all who attended any of the previous sessions.

Highlight, copy, and paste this email into a new document. Then insert the correct date, time, and place for the next Group Discussion, add any necessary personal comments, and insert your signatures.

Email addresses collected in the sixth session should be added to the database.

Subject: Disciplined prayer

Dear _____

Our next session will consider Martin Luther's example and advice on daily use of spiritual disciplines to improve our prayer lives. Luther gave a significant place to the spiritual disciplines in his life. Spiritual disciplines are God-given activities believers should use in the Spirit-filled pursuit of godliness. We will discuss seven disciplines Luther used: solitude, silence, listening, meditating, journaling, praying, and obedience. Daily use of these disciplines will help you be more conformed to the likeness of Christ.

By this time, you should be finding that consistently doing the exercises every day is less difficult than it was at the beginning of this Group Discussion. This is very important since one objective of this course is to help you develop a consistent time with the Lord every day. If you are still finding this hard to do, may the Lord help you establish this priority.

The Lord willing, we'll see you in the next Group Discussion (insert date, time and place).

***A Simple Way to Pray* Group Discussion Session Seven**

“Discipline Born of Grace”

Session Plan

Before *A Simple Way to Pray* Group Discussion Session Seven, the facilitator and apprentice should:

- **Pray**

“Blessed are you, O LORD, the God of Israel our father, forever and ever. Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O LORD, and you are exalted as head above all. Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all. And now we thank you, our God, and praise your glorious name’ (1 Chronicles 29:10–13).

“Father, by Your great power, bring all the details together this week so that this Group Discussion will glorify Your name and build up Your people.

“Father, we pray for those who have committed to participate in this *A Simple Way to Pray* Group Discussion [insert names from registration cards]. Help them to participate more effectively with the Lord Jesus Christ in His ministry of intercession. Enable them to experience more of Your presence as they complete each daily exercise and prepare for the next discussion. Empower their prayer lives as they examine Martin Luther’s example in prayer and his advice to his barber on prayer. Help them to pray for the specific people they believe You want them to pray for. Enable them to use the insights they gain so that their prayer becomes more biblical, bold, powerful, and proactive. Through their prayer, bless them, their families, their churches, and the people in their circles of influence. Help each of them to share with a friend the most significant thing they gained this week.

“Lord of the harvest, show us the one You are calling to be the apprentice in Stage Two and give this person a heart eager to do Your will. In Jesus’ name we pray. Amen.”

Also pray for requests from feedback forms.

- **Prepare**

Do the daily exercises one week ahead of the group. This week, do Days 36–42. Study this lesson plan. Jot notes on the feedback form and then use it as your cue sheet to facilitate the group. Preview the “Discipline Born of Grace” DVD presentation. Practice facilitating this session using the feedback form on which you have written your notes and playing the DVD in the room where the group will meet. About thirty minutes before the discussion begins, cue the DVD to the “Discipline Born of Grace” presentation so that you are ready to begin on time.

SQUAD FACILITATOR NOTE: Plan for the possibility of first-time attendees. As they arrive, the apprentice should give them registration cards and feedback forms for this session; then they should be directed to a designated table or location in the meeting

room. While the other Fireteams are discussing, the apprentice should explain the discussion process and lead them in a discussion of the DVD presentation on “Discipline Born of Grace.”

At this point, it is impossible for people to “make up” what they have missed. Tell newcomers they are welcome to discuss the DVD presentation today. Do not put them in existing Fireteams. Tell them when the next *A Simple Way to Pray* Group Discussion is scheduled and urge them to participate in it from the beginning.

SWP GD Session Seven Agenda

TIME

Lapsed: 0 min. / Remaining: 60 min.

I. APPROACH [4 MIN.]

A. Opening prayer [1 min.]

B. Feedback forms and registration cards [1 min.]

Facilitator: “Is there anyone here for the first time who has not received a registration card and does not have a feedback form for today’s session? Raise your hand and we will give you these materials.

“Each week we use a feedback form to guide us through the session. At the end of each session, we collect these forms and use them to pray for you.

“Please print your name and today’s date at the top of the form.”

C. Purposes: [1 min.]

Facilitator: “The course purpose is ‘To help believers participate more effectively with the Lord Jesus Christ in His ministry of intercession by discussing Martin Luther’s example in prayer and advice on prayer so that their prayer becomes more biblical, bold, powerful, and proactive, resulting in blessing for them, their families, their churches, and the people in their circles of influence.’”

Apprentice: “The purpose of this session is ‘To empower our prayer lives by using the example of the spiritual disciplines of Martin Luther’s life and by studying the advice of Luther and others on the use of spiritual disciplines.’”

D. Accountability [1 min.]

Facilitator: “Please note on your feedback form how many days during the past week you invested about fifteen minutes doing the exercises and how many days you wrote responses in your Participant’s Guide. Also indicate whether you shared one insight gained from the daily exercises and Group Discussion with a friend.”

TIME

Lapsed: 4 min. / Remaining: 56 min.

II. DVD PRESENTATION [22 MIN.] **“Discipline Born of Grace”**

A. Introduce DVD [1 min.]

Facilitator: “During this past week, we were assigned the material in the *A Simple Way to Pray* book and Participant’s Guide on “Discipline Born of Grace.” Today on DVD, Dr. Archie Parrish will supplement what we have read with additional insights.

“As you listen, jot down on your feedback form things you want to understand better or might find hard to do.”

B. Play DVD [21 min.]

Facilitator: “Without regular times of solitude the power of the other disciplines will be diminished. This is the most important and the most difficult discipline to establish.”

C. Stop DVD

TIME

Lapsed: 26 min. / Remaining: 34 min.

III. DISCUSSION [20 MIN.]

A. Individually reflect [1 min.]

B. Form Fireteams [1 min.]

Facilitator: If your group is a stand-alone Fireteam, ignore instructions to the Squad of Fireteams below. Say: “Quickly get with your Fireteam.”

C. Fireteam discussion [10 min.]

Facilitator: When one minute remains, say, “Take a minute to determine the insights and questions you want to raise with the Squad.”

D. Squad discussion [8 min.]

Facilitator: “What insights and questions do you want to raise with the whole group?”

TIME

Lapsed: 46 min. / Remaining: 14 min.

IV. PRAYER [10 MIN.]

Facilitator: “For the next few minutes, pray with the members in your Fireteam. I will start, then you continue in each Fireteam.

“Father, pour out Your Spirit of grace and supplication on us. Cause our souls to hunger and thirst for You, O God.

Enable us to give ourselves to prayer. Help us to properly use the spiritual disciplines considered in this study. Keep us from being legalistic or mechanical.

“Now continue to pray for each other in your Fireteam.”

TIME

Lapsed: 56 min. / Remaining: 4 min.

V. CONCLUSION [4 MIN.]

A. Evaluation [1 min.]

Facilitator: “This session’s purpose was ‘To empower our prayer lives by using the spiritual disciplines of Martin Luther’s life and by studying the advice of Luther and others on the use of spiritual disciplines.’ From the daily exercises, and the discussion, how well do you think this was achieved? Circle the number that reflects your thinking. Then, in a simple sentence, explain why you circled the number you did.”

B. Assignment [1 min.]

Facilitator: “Next week, we will conclude our *A Simple Way to Pray* Group Discussion. We will briefly look back at what we have covered, we will look around to see the context of spiritual warfare, and we will look forward at “Follow-through Suggestions” Turn in your Participant’s Guide to page 79 and we will go over the assignment.”

C. Collect feedback forms [1 min.]

Apprentice: Collect feedback forms

D. Closing prayer [1 min.]

TIME

Lapsed: 60 min. / Remaining: 0 min.

After SWP GD Session Seven

Facilitator and apprentice:

- Pray daily for each participant.
- Send Email #7 to all participants
- Continue preparations for Stage Two.

Prepare for Stage Two

Facilitator and apprentice:

- Pray for the Holy Spirit's guidance in all the details necessary to build Stage Two of *A Simple Way to Pray* Group Discussion.
- Continuing working through the planning questions.
- Include in Email #7 the date, time, and place for the new *A Simple Way to Pray* Group Discussion.
- Meet with the person you think God is calling to be the Stage Two apprentice. Share what is involved, ask him or her to pray for God's clear direction, and pray with him or her.

Email #7

Facilitator and apprentice:

This email should be sent within two days after Session Seven: “Discipline Born of Grace.” It should be sent to all who attended any of the previous sessions.

Highlight, copy, and paste this email into a new document. Then insert the correct date, time, and place for the next Group Discussion, add any necessary personal comments, and insert your signatures.

Email addresses collected in the seventh session should be added to the database.

Subject: Evaluate and Plan

Dear _____

This week we prayed for you: “Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen” (Hebrews 13:20).

Our next meeting will conclude our *A Simple Way to Pray* Group Discussion. We will begin with a brief look back at what we have covered, we will look around to see the context of spiritual warfare, and then we will look forward to “Follow-through Suggestions.” This week’s exercises and the Group Discussion will seek to help you identify specific ways you can practice what you have learned during the last thirty-five days to make your prayer a blessing to you, your family, your church, and the people in your circles of influence. Select about three follow-through suggestions and be prepared to discuss in your Fireteam why you selected them and how you hope to do them.

In your Participant’s Guide this week, there is a Course Evaluation. Please take a few minutes to complete this and bring it to the next session.

Praying for you,

P.S. The next *A Simple Way to Pray* Group Discussion will be (insert the beginning date, time, and place for the next Group Discussion). Please pray for God to bring into this group the people of His choosing. Please invite your Christian friends to participate.

***A Simple Way to Pray* Group Discussion Session Eight**

“Looking Back, Around, and Ahead”

Session Plan

Before *A Simple Way to Pray* Group Discussion Session Eight, the facilitator and apprentice should:

- **Pray**

“Blessed are you, O LORD, the God of Israel our father, forever and ever. Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O LORD, and you are exalted as head above all. Both riches and honor come from you, and you rule over all. In your hand are power and might, and in your hand it is to make great and to give strength to all. And now we thank you, our God, and praise your glorious name’ (1 Chronicles 29:10–13).

“Father, by Your great power, bring all the details together this week so that this Group Discussion will glorify Your name and build up Your people.

“Father, we pray for those who have committed to participate in this *A Simple Way to Pray* Group Discussion [insert names from registration cards]. Help them to participate more effectively with the Lord Jesus Christ in His ministry of intercession. Enable them to experience more of Your presence as they complete each daily exercise. As they complete the review of *A Simple Way to Pray* Group Discussion, consider the context of spiritual warfare, and work through the “Follow-through Suggestions,” enable them to use the insights they gain to pray for the people on their lists. Make their prayer more biblical, bold, powerful, and proactive. Through their prayer, bless them, their families, their churches, and the people in their circles of influence. Help each of them to share with a friend the most significant thing they gained this week.

“Lord of the harvest, show us and _____ (name of apprentice candidate) if he is the one You are calling to be the apprentice in Stage Two and give him a heart eager to do Your will. In Jesus’ name we pray. Amen.”

Also pray for requests from feedback forms.

- **Prepare**

If you have done the daily exercises one week ahead of the group, you should have completed Days 36–42. Study this lesson plan. Jot notes on the Course Evaluation form (found on pg. 105 in the Participant’s Guide) and then use it as your cue sheet to facilitate your group. Preview the “Looking Back, Around, and Ahead” DVD presentation. Practice facilitating this session using your notes and playing the DVD in the room where your group will meet. About thirty minutes before the discussion begins, cue the DVD to the “Looking Back, Around, and Ahead” presentation so that you are ready to begin on time.

SQUAD FACILITATOR NOTE: As first-time attendees arrive, the apprentice should give them a registration card; then they should be directed to a designated table or location in the meeting room. While the other Fireteams are discussing, the apprentice

should explain the discussion process and lead them in a discussion of the DVD presentation on “Looking Back, Around, and Ahead.”

Tell the newcomers they are welcome to discuss the DVD presentation today. Do not put them in existing Fireteams. Tell them when the next *A Simple Way to Pray* Group Discussion is scheduled and urge them to participate in the course from the beginning.

SWP GD Session Eight Agenda

TIME

Lapsed: 0 min. / Remaining: 60 min.

I. APPROACH [4 MIN.]

A. Opening prayer [1 min.]

B. Registration card [1 min.]

Facilitator: “Is there anyone here for the first time who has not received a registration card? Raise your hand and we will give you one. Please print your name and today’s date on the card.”

C. Purposes [1 min.]

Facilitator: “Today you will be asked to rate how well the course purpose has been achieved, so listen carefully as I read it. The course purpose is ‘To help believers participate more effectively with the Lord Jesus Christ in His ministry of intercession by discussing Martin Luther’s example in prayer and advice on prayer so that their prayer becomes more biblical, bold, powerful, and proactive, resulting in blessing for them, their families, their churches, and the people in their circles of influence.’

“Today you also will be asked to rate how well the session purpose has been achieved, so listen carefully as I read it. The purpose of this session is ‘To review the content of *A Simple Way to Pray* and to consider suggestions for applying the insights gained from this

study to your ongoing practice of prayer.”

D. Accountability [1 min.]

Facilitator: “Report on how many days during the previous week you invested about fifteen minutes doing the exercises, how many days you wrote responses in your Participant’s Guide, and whether you shared one insight gained from the daily exercises and discussion with a friend.”

TIME

Lapsed: 4 min. / Remaining: 56 min.

II. DVD PRESENTATION [18 MIN.]

“Looking Back, Around, and Ahead”

A. Introduce DVD: [1 min.]

Facilitator: “Today by DVD, Dr. Archie Parrish will review suggestions for using the insights gained from this *A Simple Way to Pray* Group Discussion to pray for the strategic targets in your lives. As you listen, jot on your Course Evaluation form things you want to understand better or might find hard to do. The Course Evaluation is on pg. 105 in your Participant’s Guide.”

B. Play DVD [17 min.]

C. Stop DVD

TIME

Lapsed: 22 min. / Remaining: 38 min.

III. DISCUSSION [9 MIN.]

A. Individually reflect [1 min.]

B. Form Fireteams [1 min.]

Facilitator: If your group is a stand-alone Fireteam, ignore instructions to the Squad of Fireteams below. Say: “Quickly get with your Fireteam.”

C. Fireteam discussion [4 min.]

Facilitator: When one minute remains say, “Take a minute to determine the insights and questions you want to raise with the Squad.”

D. Squad discussion [4 min.]

Facilitator: “What insights and questions do you want to raise with the whole group?”

TIME

Lapsed: 32 min. / Remaining: 28 min.

IV. PRAYER [10 MIN.]

Facilitator: “Using insights gained from this week’s Follow-through Suggestions and the Group Discussion, pray for one another and the people on your prayer lists. Ask the Holy Spirit to enable us to use what we have been studying and to bring the people of His choosing into the next *A Simple Way to Pray* Group Discussion.”

TIME

Lapsed: 42 min. / Remaining: 18 min.

V. CONCLUSION [18 MIN.]

A. Session Evaluation [1 min]

Facilitator: “This session’s purpose was ‘To review the content of *A Simple Way*

to Pray and to consider suggestions for applying the insights gained from this study to your ongoing practice of prayer.’ From the daily exercises, and the discussion, how well do you think this was achieved?”

B. Course Evaluation [15 MIN.]

1. Form Fireteams [1 min.]

Facilitator: “Turn in your Participant’s Guide to page 105, the Course Evaluation form. You should have completed this Evaluation before coming to today’s discussion. Take a minute now to reflect on your responses to items 10, 11, and 12, and then discuss them with your team.”

2. Fireteam discussion [7 min.]

Facilitator: When one minute remains say, “Take a minute to determine the insights and questions you want to raise with the Squad.”

3. Squad discussion [7 min.]

Facilitator: “What insights and questions do you want to raise with the whole group?”

4. Collect SWP GD Course Evaluation forms [1 min.]

Apprentice: Collect Evaluation forms.

C. Closing prayer [1 min.]

TIME

Lapsed: 60 min. / Remaining: 0 min.

After SWP GD Session Eight

Facilitator and apprentice:

- Review *A Simple Way to Pray* Group Discussion Evaluation forms and pray for participants.
- Send Email #8 to all participants.
- Prepare for Stage Two.

Prepare for Stage Two

Facilitator and apprentice:

1. Pray that all participants will use what they have learned to pray for their strategic targets.
2. Pray for the Holy Spirit's guidance in all the details necessary to build the Stage Two *A Simple Way to Pray* Group Discussion.
3. Plan for Stage Two by continuing to work through the planning questions. Include the new apprentice in the planning for Stage Two.

Email #8

Facilitator and apprentice:

This email should be sent within two days after Session Eight: "Looking Back, Around, and Ahead." It should be sent to all who attended any of the sessions.

Highlight, copy, and paste this email into a new document. Then insert the correct date, time, and place for the Stage Two *A Simple Way to Pray* Group Discussion, add any necessary personal comments, and insert your signatures.

Email addresses collected in the eighth session should be added to the database.

Subject: Follow-through Suggestions

Dear _____

This week for you we prayed: "Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen" (Hebrews 13:20).

In an old joke, a man asks pianist Arthur Rubinstein, "Pardon me, sir, but how do I get to Carnegie Hall?" Rubinstein replies, "Practice, practice, practice." Last week's exercises and Group Discussion sought to help you identify specific ways you can "practice" what you have learned during the last forty-two days to make your prayer more biblical, bold, powerful, and proactive, resulting in blessing for you, your family, your church, and the people in your circle of influence. You were urged to select about three follow-through suggestions and begin to do them. Practicing in this way will help you perfect what you have learned.

The Stage Two *A Simple Way to Pray* Group Discussion will begin on (insert beginning date) with "Two Keys to Improve Your Prayer Life," followed the next week by "Introducing *A Simple Way to Pray* Group Discussion." On (insert date here), we will discuss "Martin Luther, Man of Prayer."

You have participated in the *A Simple Way to Pray* Group Discussion, so you know the blessing God has provided through it. Please pray for the next Group Discussion. Ask God to put on your heart people you should encourage to participate. If you would like to participate again, feel free to do so.

If we can be of any further help, please let us know.

Additional recommended reading for facilitators

Helpful works on Christ's ministry of intercession are:

John Calvin, "The intercession of Christ," *Institutes of the Christian Religion*, Book III, Chapter 20, Sections 17–21.

C. S. Lewis, Appendix B, "On 'Special Providence,'" *Miracles: How God Intervenes in Nature and Human Affairs* (New York: Macmillan, 1947), 174–181.

William Milligan, *The Ascension and Heavenly Priesthood of Our Lord* (London: Macmillan, 1892).

Adolph Saphir, "Prayer as Revealed in Christ," in *Our Lord's Pattern for Prayer* (Grand Rapids, MI: Kregel, 1984), 11–46.

Lewis B. Smedes, *Union with Christ: A Biblical view of New Life In Christ* (Grand Rapids, MI: Eerdmans, 1970).

Henry Barclay Swete, *The Ascended Christ: A Study in the Earliest Christian Teaching* (London: Macmillan, 1910), 94–100.

Two very helpful works on Martin Luther are:

John Nicholas Lenker, *Luther's Two Catechisms: Explained by Himself in Six Classic Writings* (Minneapolis, MN: The Luther Press, 1908).

William R. Russell, *Praying for Reform: Luther and the Christian Life* (Minneapolis, MN: Augsburg Fortress, 2005).

A Lutheran scholar explores how prayer shaped Luther's life and informed his writing and teaching. From Luther's life of prayer emerges his emphasis on catechesis—teaching the basics of Christian faith and practice. Tracing Luther's writings on prayer from different stages of his life, the author shows how Luther's reflections on prayer flow from personal experience, and so can have practical applications for our lives today.

Two significant books on our current culture are:

Tom Hayes, *Jump Point: How Network Culture is Revolutionizing Business* (New York: McGraw Hill, 2008). See especially "The Attention Wars," 71–89.

Richard Saul Wurman, *Information Anxiety* (New York: Doubleday, 1989).

120³ Vision

To build a supercritical mass of
kingdom-focused prayer composed of
120 kingdom Intercessors in
120 churches in
120 cities and/or regions
throughout the world.



“Your people shall offer themselves as free-will offerings in the day of Your prowess, when You muster Your army for battle. And they shall come clad in holy garments, in priestly vestments, for Your soldiers are also priests; and as dew is born of its mother the morning, so Your army shall come to You numerous, fresh, and powerful.”

W. Graham Scroggie, Psalm 110:3 paraphrase, *The Psalms* (London: Pickering & Inglis, 1948). 85.



Mission Statement

To help believers participate with the Lord Jesus Christ
in His ministry of intercession by:

Igniting their passion for kingdom-focused prayer and
Equipping them to pray with kingdom
focus so they can victoriously

- Engage in spiritual warfare,
- Help to revitalize their local churches, and
- Prepare for revival



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