

# How Do I Lead a Lydia Prayer Group?

Lydia Prayer is about standing in the gap for others as we pray for the King of kings to claim hearts, families, cultures, and generations.

## HOW

Ultimately, we need to be praying for God to fill us with His Spirit, help us and lead us in His will. Romans 8 says, <sup>26</sup> *in the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.* <sup>27</sup> *And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.*

## Here are some practical ideas for structure and focus:

- Begin with Scripture and lifting up God's name in praise then start by praying for the world, your country, your state/region, your community, and **end with** praying for your families.
- If you have a large group, split into pairs or threes at the end to pray for each other's families. This encourages those who don't like talking or praying in a large group as well as taking less time.
- Instead of sharing needs first, then praying, ask each woman to pray her concerns and then join in with her in prayer. (That way the time is spent in prayer, not just talking.)
- Use a timer and set a number of minutes to divide up the time in for praying your family, your community, your state/region, your country, and the world.
- Bring photos printed out to the group of family members who do not know Jesus personally and are not walking with Him. Pray over these photos regularly by name. (This way you are making sure to pray for the eternal needs rather than only immediate concerns and situations.)
- Use resources like videos (see [prayercast.com](http://prayercast.com)), prayer calendars, missionary prayer letters, websites, and apps. (Voice of the Martyrs' website, [operationworld.org](http://operationworld.org), USA prayer apps, and much more...)
- Choose one country or culture to pray for if you feel you don't know where to start with world prayer. (You could also use the *Lydia Prayer Journal* for a monthly focus.) Bring some information (see operation World) about the believers there, evangelism, and any missionaries you know, to focus your prayers.
- Bring maps, newspapers/magazines, and photos to help you focus on a specific part of the world; a generation, a people group, a culture, a religion, a ministry, or a specific bondage that draws people away from Jesus (e.g. addictions, internet, broken families etc.). You could even symbolically place them at a cross or on an altar or touch them as you pray. This helps us connect and focus so we begin to cry out with God's heart for Jesus to come and save in our communities, our state/region, our country, and the world.

- At times you may want to go in cars or a bus to the local places where you want to invite Jesus to break in. There is a power in praying over physical places and the people they represent. It also tunes our hearts to listen to how the Holy Spirit would guide us in prayer. Take your Bibles and read Scripture over those places. Sometimes you can just sit in the car and pray, other times you might want to stand in the actual location. For example: schools, prisons, youth detention centers, court house, Walmart, places where people meet in bars or congregate at another time with drugs, the place of a local problem or tragedy.
- Use the *Lydia Prayer Journal* to help you with a focus for your prayers each month (available from Titus Women).

If there is someone in the group with a huge, complicated need in their family make sure they know you want to pray with them. You could offer to pray with them after the Lydia Prayer Group is over, meet with them at another time or pray over the phone with them.