

## 🕒 How to Use This Guide:

Grab your Grow Group (or if you aren't in one grab a few friends) and work through this Practice together.

If you are a larger group (more than 8 people) we recommend breaking up into smaller groups (3-4 people) and designate a leader within that group. For this practice put away your phones or any other distractions, and get comfortable.

Read through this Practice *before* you meet.

What you'll need:

- 3x5 cards for each person and extras
  - (available at Point of Grace or downloadable on the web at <https://www.pog.church/3x5-praying>)
- Something to write with
- A copy of this guide for everyone
- A place free from distractions

## Why are we 3x5 Praying?

### 🔥 Things to know before you go!

Evangelistic 3x5 prayer is intercessory prayer.

Intercession is a word that often gets lost in translation. Most think it's merely about giving our desires, wishes, or sympathies to God. In reality, though, it is so much more.

This form of prayer finds its home in our desperation and desire to see God radically move – to change both lives and circumstances around us. *Simply put, intercession is the place where we join with Jesus in praying for God's will to be done in the lives and circumstances of those we love "on earth as it is in heaven."*

- *Discuss:* **When have you seen God "radically" move either in your own life or in someone else's life as a result of prayer?**

In this Practice you are bringing people before God, and then waiting. *Yes, waiting.* We wait on the Holy Spirit to show us how to pray in order that we would be able to pray God's will. We ask the Spirit to quiet our perspective and desires, since they are much smaller than God's, and we allow Jesus to love and lead, and use us *to love and lead real people into the meaningful life that He intends.* It's in this space of waiting that we boldly pray, **"Your will be done"** (Matt. 6:10)

This Practice isn't easy because it requires faith, persistence, and boldness. It will demand that we pray from a place of confidence in God and His ability to work. But, it's through this type of prayer that we see miracles happen, freedom given, and real people led into the meaningful life they can only experience with Jesus.

## 🕒 This feels like I am turning my friends into projects...what should I do?

Good question! Our prayers come out from a heart of wanting the best for people. We cannot force anyone to become friends with Jesus. But we do have a living God who deeply desires to be friends with them. ***And the truth is our prayers matter.***

We can pray for Jesus to make Himself known to our friends, and to use us as *friends in the middle* as we BLESS people through Listening, Eating, Serving and Sharing our Story.

### Filling Out My 3x5 Card

#### What is a 3x5 card?

A 3x5 card is a simple tool we use at Point of Grace to help us remember to pray for **3 people, 5 times per week**. We get to be a *friend in the middle* to these people and through BLESSing them we get to introduce them to the best Friend ever - Jesus!

#### What three people?

Ideally these three people are people who we know and our lives intersect on a regular basis. This can be because of our relationship with them (friends, family), physical proximity (neighbors, co-workers, employees at the store next door) or our habits that cause us to regularly intersect (hairdresser, gym coach, barista). These people may have walked away from the faith or have just drifted. And as friends in the middle we get to introduce them to the guy who has life, and life to the full for them...Jesus.

For some, filling out a 3x5 prayer card can be incredibly easy. For others it can be incredibly difficult for a variety of reasons. And that's okay!

- *Discuss:* **What could make this Practice difficult?**


In both circumstances we want to first ask that the Holy Spirit would guide our thoughts and reveal to us the people that He would have us pray for.

The people on the 3x5 list can change! So don't worry too much about finding *just* the right people for the list. You can also have more than 3 people, and you can certainly pray for them more than 5 times per week. This is just to help us practice praying God's Kingdom into the world.

Let this Practice be a helpful guide to build off of, and not a heavy burden. Praying for others can and should be fun!

## The Practice

- Invite the Holy Spirit to come and teach you to pray and to lead your minds to who He would like you to pray for...
- Spend just a minute or two in silence as a group.
  - Let your mind calm down.
  - Slow your breathing.
  - Spend a few moments "being with" God.
- Spend a few minutes making your 3x5 prayer card on your own. Pay attention to specific people or situations that God brings to mind and write them down.
  - *If you are having a hard time finding people to pray for think through family, friends and people whose life intersects with your life on a regular basis. This could be neighbors, hairstylist, favorite barista or bartender, coworkers.*
- Once everyone has spent a few minutes on their own writing, share your experience! Hearing from others can spark creativity, boldness, and excitement!
  - Who came to mind? Who did you put on your cards? Why did you put them there? Is there anyone who came to mind but you didn't put on your list? Why?
- After sharing, you may want to spend some time adjusting your card, do so now.
- Take a moment now together to pray through your 3x5 card.
  - Use the 3x5 Prayer on the back of the 3x5 Card to start your prayers.
- Additionally, pray for opportunities to:
  - listen to them
  - share a meal with them
  - sacrificially serve them
  - share your story with them
- Spend some time in silence, just listening to God.
- Close in a prayer of gratitude and expectation. Thanking God for these three realities:
  - God is your "Father." He has good intentions toward you, your grow group, and the people on your 3x5 card. He cares about *everything* in your lives - small and large.
  - Jesus is "on earth" - here, now, as close as the air up against your skin. He is active and on the move!
  - Your prayers really do make a difference.

 Now that you have made your cards together and prayed over them for the first time, here is a Practice to do together each time you meet.


**Practice as a Group: Spend 10 minutes in prayer & conversation using the guide below**

- **Begin with Prayer:** How has praying for your 3x5 list gone this week? What challenges did you face? How can you overcome them?
- **Listen:** What stories have I listened to since we met last?
- **Eat:** Who have I shared a meal, or coffee with that is on my 3x5 card?
- **Serve:** What good could I/We do for the people on our 3x5 card?
- **Share:** How has God been showing up in my story since we last met?

**Close in prayer over your cards**

**As you close, discuss together how your group can keep each other Graciously Accountable. Here are just a few ideas to get conversation flowing!**

- **Make two lists!**
  - Have one to keep with you to remind you to pray on your own (kept in your wallet or a place you see regularly like a bathroom mirror) **and** a list to keep at your Grow Group Leader's house! They should be the same list, but leaving one at your Grow Group's regular meeting place could help remind the group to pray regularly together for the people on the list
- **As a group, set an alarm each day that reminds you to pray for your 3x5 list**
  - One time you might use is 3:50 (for 3x5 cards)
  - Make sure to pick a time that works for everyone so the whole group can pray at the same time, even while apart.

 **Want more?**

Go to <https://www.pog.church/3x5-praying> for more resources