



PRAY FOR ONE ANOTHER

God Is Moving — Pray for One Another

Big Idea

Prayer is one of the most powerful ways we carry each other through life. God never intended us to walk through burdens alone — He invites us to step into one another's struggles, lift each other up, and bring people before Him in prayer. When we pray for one another, we join in the work God is already doing in people's lives.

Warm Up

When someone tells you, "I'm praying for you," how does that make you feel? Have you ever had a moment when someone prayed for you at just the right time?

View Message

[Watch the message from this week](#)

Video Notes

Discuss

Carry Each Other's Burdens

Read Together: *Galatians 6:2* — Carry each other's burdens, and in this way you will fulfill the law of Christ.

- What do you think it means to truly carry someone else's burden?
- Why do people often try to carry heavy things alone?
- When have you experienced someone helping carry a burden for you?
- How can prayer become a practical way to support people in difficult seasons?

Prayer Is More Than Asking

Read Together: *Matthew 6:6* — When you pray, go into your room, close the door and pray to your Father, who is unseen.

- How would you describe prayer in your own words?
- Why does prayer sometimes feel complicated or intimidating?
- What does it mean for prayer to be an exchange of desires?
- How might prayer change if you approached it as a conversation rather than a task?

Pray Immediately, Specifically, and Consistently

Read Together: *1 Timothy 2:1* — Petitions, prayers, intercession and thanksgiving be made for all people.

- Why does it matter to pray for people right away instead of waiting?
- What makes specific prayer feel more meaningful than general prayer?
- Who is someone you feel prompted to pray for consistently?
- What habits could help you become more intentional in prayer?



Practical Steps

- When someone shares a struggle, pause and pray for them immediately.
- Set a daily reminder to pray for one specific person this week.
- Pray Scripture over a friend or family member.
- Spend a few quiet minutes each day talking honestly with God.

What is one simple step you can take this week to become more intentional in prayer?

Apply It

Reflection Moment: One person I feel God inviting me to pray for more consistently is _____.

Action Step: Choose one person to intentionally pray for every day this week.

Pray Together: Ask God to help you become someone who notices others, carries burdens, and responds with prayer.

Leader Reminder

Keep this conversation centered on encouragement, not pressure. Create a safe environment where honesty is welcomed.