

**PRAYING FOR THE JOURNEY**  
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**AN UPPER ROOM EXPERIENCE**

## Session #1

### WELCOME

- ❖ Greet each other and if there are guests or new members, introduce them to the group and write their names, addresses and telephone numbers on your Ohana Members List.
- ❖ Briefly share with each other a childhood experience of waiting for a special event, gift, reward, etc.

### WORD

Before He ascended to heaven, Jesus told His disciples to wait in Jerusalem for the gift of the Holy Spirit. What did they do during that waiting time?

- ❖ Read the following texts and jot down and discuss *how the disciples felt* and *what they did* during the ten-day interval between the Ascension and Pentecost.

1. Luke 24:50-53

2. Acts 1:12-14

3. Acts 1:22-26

4. Acts 2:1-4

- ❖ Have four people read one each of the following paragraphs while the rest of the group underlines and numbers the various activities of the disciples.

1. As the disciples waited for the fulfillment of the promise, they humbled their hearts in true repentance and confessed their unbelief. As they called to remembrance the words that Christ had spoken to them . . . they understood more fully their meaning . . . and these they repeated to one another.

2. As they meditated upon His (Christ's) pure, holy life they felt that no toil would be too hard, no sacrifice too great, if only they could bear witness in their lives to the loveliness of Christ's character.

3. The disciples prayed with intense earnestness for a fitness to meet men and in their daily intercourse to speak words that would lead sinners to Christ. Putting away all differences, all desire for the supremacy, they came close together in Christian fellowship. They drew nearer and nearer to God.

4. These days of preparation were days of deep heart searching. The disciples felt their spiritual need and cried to the Lord for the holy unction that was to fit them for the work of soul saving. They did not ask for a blessing for themselves merely. They were weighted with the burden of the salvation of souls. . . They claimed the power that Christ had promised. . . The disciples offered their supplications for this gift (of the Holy Spirit).

---*Acts of the Apostles*, pp. 36,37

- ❖ How many activities did you find? Discuss together what the disciples did while waiting for ten days in the upper room.
- ❖ Personally and privately, let each person review their notes from the scripture texts and the paragraphs. Ask yourself: *Which of these things do I need to give more attention to in my life right now?* (Jot them down in the space below) *If you prioritize these spiritual needs, which one is on the top of the list?*

## WORSHIP

- ❖ Get together with your prayer partner. If you are new to the group, the group leader will guide you to a prayer partner or invite you to join him/her.
- ❖ If you feel comfortable doing so, share with each other the top spiritual need you each just identified and pray for each other about this specific need. If you feel this is too private to share with another person, simply pray that God will make each of you willing to be changed by Him.
- ❖ In the large group, sing a few songs of consecration, such as "Open Our Eyes, Lord," "Change My Heart, O God," "Humble Yourself in the Sight of the Lord," "Turn Your Eyes Upon Jesus," "All to Jesus I Surrender," "Just As I Am."

## WITNESS

- ❖ Review the plans made for starting new Ohana groups in various neighborhoods.
  1. Have some new groups started yet? If so, what's happening? How is it going? Encourage and strengthen each other.
  2. What are the tentative launching dates for other new groups? And who are the leaders? (Pray for them!)
  
- ❖ Update The Blessing List, adding new names, finding out what is happening in people's lives.
  
- ❖ Pray for the people on the blessing list. (One way to do this would be to assign one or two of the names on the list to each person in the group. This way, no names will be missed and the prayer time will not be too long.)
  
- ❖ **This next week**
  - Pray for Ohana members and their names on the blessing list.
  - Contact your prayer partner.



Remember, **praising God is always God-focused!**  
It is getting a glimpse of what God is like  
And telling Him what we love about Him.

**Praising God is not the time to talk about ourselves—**  
Our needs, shortcomings, or desires.  
It is not the time to ask Him to do something for us—  
Our family, friends or others.

**Praising God is taking time to adore Him!**

❖ In groups of three or four, read the following scripture passages and jot down how the Bible says people can praise God.

Psalm 147:1

Psalm 149:1

Psalm 150:1-6

Acts 3:2-9

Hebrews 13:15,16

**Note:** “It is working together with Christ that is *true worship*.” (Testimonies for the Church, Vol. 2, p. 24 by Ellen White)

The Bible indicates that praising God involves all our senses and all our abilities. It also says that we should praise Him to the best of our abilities. Psalm 33:3 uses the word *skillfully* to describe how musical praise should be offered to God.

❖ Individually, take a few minutes to think and jot down some ways you could personally praise God using the following avenues:

Speaking:

Writing:

Music:

Art:

Deeds:

Other:

❖ Share your ideas with your small group.

❖ Application:

- Pick one of your ideas and use it this week in your personal time of praise to God.
- **ACTS** is not only the name of the book of the Bible from which we get the blueprint for the Ohana church, it is also an acronym for an excellent outline for prayer:

**A** DORATION

**C** ONFESSION

**T** HANKSGIVING

**S** UPPLICATION

- Apply these elements to your prayer-life this week, especially the **Adoration** part, and see if your time with God doesn't take on a new dimension. In future sessions, we'll look at the other three parts.
- ❖ Return to the larger group for a time of worship and adoration of God.

## WORSHIP

- ❖ Invite someone in the group to call out various letters of the alphabet and see how many characteristics of God the group can mention for that letter. Example: “A”=Awesome, Almighty; “L”=Love, Longsuffering, etc.
- ❖ Sing together songs of praise such as “Blessed Be the Lord God Almighty,” “Thou Art Worthy,” “Oh, the Glory of Your Presence,” “I Love You, Lord,” (All of these are found in Maranatha Praise, 3<sup>rd</sup> edition, pp. 6, 208, 81, 21)
- ❖ In unison, repeat the prayer of Psalm 72:18-20:

Blessed be the Lord God, the God of Israel,  
Who only does wondrous things!  
And blessed be His glorious name forever!  
And let the whole earth be filled with His glory.  
Amen and Amen.

- ❖ Close with a time when anyone who wishes to, may pray. Be sure to remember the names on “Our Blessing List.”
- ❖ **This next week:**
  - In your personal devotional time, use one of the creative ideas for praising God that you discovered in this session.
  - Pray for your Ohana friends.
  - Contact your prayer partner. Plan a brief social time together, such as meeting for lunch, taking a walk, sharing a hobby or recreational pursuit.



## “WITH ONE ACCORD”

### Session #3

#### WELCOME

- ❖ Greet each other and introduce any guests or new members. Be sure to write their names into your Ohana Member List.
- ❖ Find out who has the next birthday in the group and ask them to have the opening prayer.

#### WORSHIP

- ❖ Inquire as to whether anyone tried any new ways of praising God during their daily prayer-time this past week. Let them share with the group.
- ❖ Sing together three or four songs of praise to God.
- ❖ Pray short prayers by each person saying “I adore You, God because . . .”

#### WITNESS

- ❖ Review “Our Blessing List” and get updates on what’s happening. Add any new names.
- ❖ Get with your prayer partner and pray for each other and for the people listed under each other’s names on the blessing list.

#### WORD

- ❖ In small groups of three or four, take turns reading the following scriptures from the New King James Version. As one person reads, have the rest of the group underline the phrase “with one accord.” (“With one accord” means to “persevere with one mind.” –SDA Commentary, Vol, 6, p. 127)

##### Before Pentecost:

- *These all continued with one accord in prayer and supplication, with the women and Mary the mother of Jesus, and with His brothers.* Acts 1:14

##### On the Day of Pentecost:

- *Now when the Day of Pentecost had fully come, they were all with one accord in one place.* Acts 2:1

##### After Pentecost:

- *So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart.* Acts 2:46

Compare the disciples’ actions before the crucifixion and after:

- *And when the hour had come, He sat down, and the twelve apostles with Him. Then He said to them, “With fervent desire I have desired to eat this Passover with you before I suffer”. . . But there was also rivalry among them, as to which of them should be considered the greatest.*  
Luke 22:14,15,24

❖ What brought the squabbling disciples before the cross into “one accord” with each other after the cross?

❖ Again, take turns reading the following scriptures from the New International Version:

- *Let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.”* 1 John 4:7,8
- *Since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.* 1 John 4:11,12
- *If anyone says, “I love God,” yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God, whom he has not seen. And he has given us this command: Whoever loves God must also love his brother.”* 1 John 4:20,21

❖ What would you say makes the difference between unity and disunity among Christians? \_\_\_\_\_

❖ Take turns reading the following paragraphs:

- *You cannot be in true fellowship with God and be out of fellowship with your fellow Christians.*
- *Broken fellowship with a brother or sister in Christ indicates a broken relationship with God. You always ought to begin by looking at your own relationship to the Lord. The break begins in your relationship with God. It does not start with your relationship to another person. If your fellowship with God is broken, you cannot continue in fellowship with Him or with your Christian brothers and sisters. You must first allow God to bring you back into right relationship with Himself.*
- *Sometimes broken fellowship with a brother or sister in Christ may be due to the other person’s sin and broken fellowship with God. In that case you would want to pray for him or her and do everything you can to help the person return to the Lord.*

(Experiencing God by Henry T. Blackaby and Claude V. King, pp. 193, 203.)

- ❖ It all comes back to our individual relationship with God. What does the Bible say can break that relationship? Read Isaiah 59:2 and write down the Bible answer:
- ❖ This brings us to the second letter in our acronym:

**A** DORATION

**C** ONFESSION

**I** HANKSGIVING

**S** UPPLICATION

In our first session of “Praying For the Journey,” we read the following about the disciples in the upper room before Pentecost:

*As the disciples waited for the fulfillment of the promise, they humbled their hearts in true repentance and confessed their unbelief. . . Putting away all differences, all desire for the supremacy, they came close together in Christian fellowship. They drew nearer and nearer to God.*

—Acts of the Apostles, pp. 35,36

We, too, must spend time individually, and as a group, confessing and repenting of any sins that separate us from a close relationship with God and with each other. Next week, we will look further into the topic of confession.

- ❖ In your small group of three or four, pray for each other to be in “one accord” with God and with His people.
- ❖ In the large group, form a circle, join hands and sing “Blest Be the Tie That Binds” or “Bind Us Together.”
- ❖ Have one or two members offer closing prayers.
- ❖ **This next week**
  - Pray for your Ohana friends.
  - Contact your prayer partner.

## “WITH ONE ACCORD” THROUGH CONFESSION

### Session #4

#### WELCOME

- ❖ Introduce any guests or new members and write their names into your Ohana Member List.
- ❖ Greet each other and find out what’s happening in the lives of each person in the group.
- ❖ Find out who came from the largest family and ask them to have the opening prayer.

#### WORSHIP

- ❖ Focus on the holiness of God by having three people each read one of the following scriptures:
  1. Now Moses was tending the flock of Jethro his father-in-law . . . and he led the flock to the far side of the desert and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in flames of fire from within a bush. . . God called to him from within the bush, “Moses! Moses!” And Moses said, “Here I am.”

“Do not come any closer,” God said. “Take off your sandals, for the place where you are standing is holy ground.” Then he said, “I am the God of your father the God of Abraham, the God of Isaac and the God of Jacob.” At this, Moses hid his face, because he was afraid to look at God.” (Exodus 3:1-6)
  - ❖ Sing together: “Holy Ground” (Maranatha Praise book, 3<sup>rd</sup> edition: pp. 147) or “Tread Softly.” (SDA hymnal, p. 479)
    2. In bitterness of soul Hannah wept much and prayed to the Lord. And she made a vow, saying, “O Lord Almighty, if you will only look upon your servant’s misery and . . . not forget your servant but give her a son, then I will give him to the Lord . . .

So in the course of time Hannah conceived and gave birth to a son. She named him Samuel, saying, “Because I asked the Lord for him” . . . Then Hannah prayed and said: “My heart rejoices in the Lord. . . There is none holy like the Lord; there is no one besides you; there is no Rock like our God.” (1 Samuel 10,11,20; 2:1,2)
    - ❖ Sing together: “There Is None Holy as the Lord” (Maranatha Praise book, 3<sup>rd</sup> edition, p. 67 or “The Lord Is In His Holy Temple.” (SDA Hymnal, p. 692)
      3. In the year that king Uzziah died, Isaiah saw the Lord seated on a throne, high and exalted, and the train of his robe filled the temple. Above him were seraphs, each with six wings . . . And they were calling to one

another: “Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory.” At the sound of their voices the doorposts and thresholds shook and the temple was filled with smoke.

“Woe is me!” I cried. “I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the Lord Almighty.” (Isaiah 6:1-5)

❖ Sing together: “Holy, Holy, Holy” (SDA Hymnal, p. 73)

❖ Pray together by bowing your heads and repeating Hannah’s prayer in unison:

“My heart rejoices in the Lord . . . There is none holy like the Lord; there is no one besides you; there is no Rock like our God.”

## WORD

❖ When people encounter the holy God they see their own sinfulness. Re-read the following portions of the scriptures we read earlier:

At this, Moses hid his face, because he was afraid to look at God.”  
(Exodus 3:6)

“Woe is me!” I cried. “I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the Lord Almighty.” (Isaiah 6:5)

❖ What is the solution for sinful people?

“Then one of the seraphs flew to me with a live coal in his hand, which he had taken with tongs from the altar. With it he touched my mouth and said, “See, this has touched your lips; your guilt is taken away and your sin atoned for.” (Isaiah 6:6,7)

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)

❖ In small groups of three or four take turns reading the following parts of David’s prayer of confession in Psalm 51.

- Reader 1--Psalm 51:1,2:  
**David’s desire** was that God would have m\_\_\_\_\_ on him, that God would w\_\_\_\_\_ him and c\_\_\_\_\_ him.
- Reader 2--Psalm 51:3,4:

**David's honesty** before God is revealed in his statement "I \_\_\_\_\_ my transgression."

- Reader 3--Psalm 51:7-9:  
**David's longing for change** is shown in his words: "\_\_\_\_\_ me with hyssop, and I will be \_\_\_\_\_. W\_\_\_\_\_ me, and I will be \_\_\_\_\_."
- Reader 4--Psalm 51:10-12:  
**God rebuilds David's life**
  - (a) by c\_\_\_\_\_ a \_\_\_\_\_ heart (vs. 10)
  - (b) by *not* \_\_\_\_\_ David from His Presence or taking the Holy \_\_\_\_\_ from him, (vs. 11)
  - (c) by \_\_\_\_\_ him to the joy of salvation. (vs. 12)
- Reader 1--Psalm 51:13:  
**The glorious result** is that David is fitted for ministry again! "Then I will t\_\_\_\_\_ transgressors your ways, and s\_\_\_\_\_ will turn back to You."

- ❖ Individually, check which of the following would be true of you:
  - Confessing my sins to God is very difficult.
  - Confessing my sins to God is easy.
  - I always pray "forgive me for my sins," but lots of times I'm just saying the words without thinking much about what they mean.
  - Confessing my sins to God is hard to do, but makes me feel better.
  - I always pray "forgive me for my sins," but most the time I don't mention any specific sins.
  - I'm so grateful for God's forgiveness and cleansing!
  - I don't mind confessing to God, but I hate to confess to people whom I have wronged.
  - Whenever God shows me I have hurt someone, I am eager to make things right with them.
- ❖ If you feel comfortable about it, you can share what you just checked with your small group, but you are not obligated to do so.
- ❖ Pray together by praying for the person on your right and putting their name into the prayer that David prayed:  
"Create in *(name)* a pure heart, O God, and renew a steadfast spirit within *(her or him)*. Restore to *(name)* the joy of your salvation and grant *(her or him)* a willing spirit, to sustain *(her or him)*."

- ❖ In the large group: Invite someone to read the following statement:

Confession is opening the heart to the cleansing power  
and grace of the Almighty.

. It is allowing the Spirit to point out sin.

It is acknowledging sin and asking for forgiveness and healing.

Confession opens the clogged channels of our lives  
*so God's grace can flow through us to heal others.*

(Sharing From Experience—The Soulwinner's Spiritual Disciplines,  
by Mark Finley, p. 15)

- ❖ **Notice** that confession prepares us for ministry and witness. Read Psalm 51:13 again and the last, italicized sentence in the quotation above.

## WITNESS

- ❖ Review "Our Blessing List." Get an update on what's happening in people's lives. Add new names if necessary.

- ❖ **This next week**

- Remember our acronym for things to include in your prayer-time:

**A** DORATION

**C** ONFESSION

**T** HANKSGIVING

**S** UPPLICATION

- During your quiet times with God, take time for **confession**.
- Pray for your Ohana friends and their needs.
- Pray for new Ohana groups.
- Contact your prayer partner.

## “WITH ONE ACCORD” IN THANKSGIVING

### Session #5

#### WELCOME

- ❖ Greet each other and introduce any guests or new members. Be sure to write their names into your Ohana Member List.
- ❖ Greet each other and find out what’s happening in the lives of each person in the group.
- ❖ Ask the person who traveled the farthest to attend the Ohana group to have the opening prayer.

#### WORSHIP

- ❖ Sing together some of your group’s favorite songs of praise.
- ❖ Spend time in prayer, adoring and praising God for who He is.

#### WORD

- ❖ Ask someone to conduct the following brief review:
  - Session one talked about the upper room experience. What are some things we learned that the disciples did while they waited for the gift of the Holy Spirit?
  - Session two revealed that the disciples spent a lot of time praising God. We were given an acronym, **ACTS**, which we can use as an aid in our private prayer times. What do the letters **ACTS** stand for? Has anyone tried any new ways of adoring God in the last two or three weeks which you would like to share?
  - In session three we noticed the phrase “with one accord” is used several times in the first two chapters of Acts. Fill in the blanks in this statement: “You cannot be in true f\_\_\_\_\_ with God and be o\_\_\_\_\_ of f\_\_\_\_\_ with your fellow C\_\_\_\_\_.” (Blackaby, *Experiencing God*, p. 193)
  - Session four was about the second letter of the **ACTS** acronym. What does the “**C**” stand for?
  - Today’s session is about the third letter of the acronym, “**T**”, which stands for **thanksgiving**.



- ❖ Form into small groups of three or four to read and discuss the following: (You could each take one section to read and to lead out in the discussion)

1. Notice the instructions Paul gave to the Ohana groups in Ephesus:

*Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. Ephesians 5:19,20 NIV*

- On a scale of 1 to 10 (1 being “not at all” and 10 being “all the time”) how well would you say our Ohana group is doing at giving thanks during our meetings? (Circle one:) 1 2 3 4 5 6 7 8 9 10

2. *Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:16-18 NKJV*

- What does it mean “*in everything give thanks*”? Compare with the NIV version: *Be joyful always; pray continually; give thanks in all circumstances, for this is God’s will for you in Christ Jesus.*
- Take a minute, individually, to ask yourselves, “How well am I doing at giving thanks in all circumstances? Check one of the following. You do not need to share your responses with your group unless you want to.
  - I’m doing well. Give me an “A”
  - When circumstances are good, I thank God.
  - I usually grumble when circumstances are not good.
  - I can’t imagine how I could ever thank God in the midst of bad circumstances.
  - I want to cultivate a thankful attitude. I’m praying for a more grateful heart.

3. *I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone. 1 Timothy 2:1 NIV*

- How can you give thanks for *everyone*?

4. *Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings—as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father’s house? Ellen White, Ministry of Healing, p. 251.*

- The prescription for depression is praise and thanksgiving. One way to become a more thankful person is to daily list ten things for which you are thankful. Let's take time right now, to each make such a list:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

- Pray together by going around the circle and each thanking God for the *top two items* on your lists.

### **WITNESS**

- ❖ In the large group, review "Our Blessing List," adding additional information and names as necessary.
- ❖ Discuss how "thanksgiving can be made" for the people whose names are on "Our Blessing List."
- ❖ Have prayer partners get together to pray for each other's names on the Blessing List. In your prayers, give thanks in some way for each person. You could thank God for what's He's doing in their lives even though you do not see it. You could thank God for the person's unique personality. You could thank God for inviting you to join Him in His work of reaching these persons for Christ.

❖ **This next week:**

- Continue to use the acronym, **ACTS**, in your prayer-time. Focus especially on thanksgiving. For at least two days this coming week, make a list of ten things for which you are thankful and tell God how grateful you are for each of them.

**A** DORATION

**C** ONFESSION

**T** HANKSGIVING

**S** UPPLICATION

- Pray for your Ohana friends.
- Pray for new Ohana groups.
- Contact your prayer partner.

## “WITH ONE ACCORD” IN SUPPLICATION

Session #6

### WELCOME

- ❖ Greet each other and introduce any guests or new members. Be sure to write their names into your Ohana Member List.
- ❖ Ask the person who has been a Christian the longest and the person who is the newest Christian to have the opening prayers.

### WORSHIP

- ❖ Find out who wrote a list of ten things to be thankful for during the past week and let them share their experiences.
- ❖ Sing together some of your group’s favorite songs of praise and thanks.
- ❖ Pray together by having each person tell God one thing they are thankful for today.

### WORD

- ❖ Review what the acronym, **ACTS**, stands for:

**A** = \_\_\_\_\_

**C** = \_\_\_\_\_

**T** = \_\_\_\_\_

**S** = \_\_\_\_\_

- ❖ *Supplication* means a “humble request, a prayer, a petition.” When we have taken time to adore God, to confess our sins to Him and to thank Him for His blessings, then we are ready to make our requests to Him. This is where we ask Him for whatever we need for that day. The Bible says to “cast all our cares on Him.”

*Keep your wants, your joys, your sorrows, your cares, and your fears, before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children . . . Take to Him everything that perplexes the mind. Nothing is too great for Him to bear . . . Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel.*

---Ellen White, *Steps to Christ*, p. 100

- ❖ *Supplication* also includes praying for other people. Sometimes this is called *intercessory prayer*. To *intercede* for someone is to plead or make a request to God in behalf of that person. The people we pray for may not be praying to God themselves or know that they need His help, that is why we need to pray *for* them.
- ❖ In small groups of three or four, read the following verses and notice Paul's habit of praying for people:
  - Colossians 1:3
  - Romans 1:9
  - Ephesians 1:16
  - Philippians 1:4
- ❖ Jesus was a powerful intercessor. Read Luke 22:31, 32 and find out who He prayed for by name. \_\_\_\_\_
- ❖ Jesus is still a powerful intercessor. Read Hebrews 7:25.
- ❖ Jesus invites us to join Him in His work of intercession. Read 1 Timothy 2:1.
- ❖ Invite someone to read the following:

### **Getting Organized for Intercession**

Get a notebook or index cards and start a prayer list. You need to leave plenty of space by each name for additional information, such as the person's specific needs, date of requests and date of answers so you can remember to praise God!

In a later session, we will look at Bible promises for the people on your prayer list. You will want to write these verses beside the names. This is why many people like to use index cards. They find them more flexible and expandable. If you prefer a notebook, you may want to devote a whole page to each name.

Some folk paste pictures of the people they are praying for on the index cards or in their notebook. Addresses, phone numbers, birthdays, other family members' names, are all things that can be added.

This way, as you pray for people, you will have information at your fingertips if the Lord prompts you to call them, write them or contact them.

Another option for keeping track of a prayer list, is to use a computer.

No matter what method you follow, the important thing is that  
**you pray for people!**

- ❖ As you conclude your time together in the small group, please do the following:
  - Go to the Ohana Group Member List and look up the name of each person in your small group.
  - Do they have names of people for whom they have requested prayer?
  - Do they have names of people to add?
  - Do they have some personal prayer requests to share with your group; i.e., job, family or physical challenges, etc.?
  - Write these down. (By the way, you should transfer information from the large Blessing List to your member list each week so you have it at home to pray over.)
  - Pray for each other by specifically mentioning:
    - a. Personal requests
    - b. Names of individuals needing intercessory prayer
  
- ❖ Return to the larger group.

## **WITNESS**

- ❖ Share what's happening in the new Ohana groups. Take time to appreciate, encourage and instruct leaders.
- ❖ Discuss plans for starting other Ohana groups.
- ❖ Update "Our Blessing List," being sure to transfer information from it to your individual Member List.

**Before you dismiss**, have someone read the following:

*O what a scene of rejoicing it will be when the Lamb of God shall place upon the heads of the redeemed the victor's crown . . . You will see the King in His beauty. And those whom you have helped heavenward will meet you there. They will throw their arms about you and acknowledge what you have done for them. "You watched over me," they will say; "you prayed for me; you helped me to gain heaven."*

---Ellen White, In Heavenly Places, p. 280

- ❖ Form a circle and ask the two persons who offered prayer at the beginning of the meeting, to have the closing prayers.
  
- ❖ **This next week**
  - Pray for your Ohana friends and for new Ohana groups.
  - Contact your prayer partner.

## PRAYING GOD'S PROMISES

### Session #7

#### WELCOME

- ❖ Greet each other and introduce any guests or new members. Be sure to write their names into your Ohana Member List.
- ❖ Find out who speaks the most languages in your group and invite them to have the opening prayer, first in a language of their choosing and then in English.

#### WITNESS

- ❖ Get an update on the various Ohana groups being sponsored by members of your group.
- ❖ Review "Our Blessing List," adding any additional names or information.
- ❖ Pray for the people on the blessing list by assigning one or two names to each person in your Ohana group. Then go around the circle and let each person pray a brief prayer for the names assigned to them.

#### WORSHIP

- ❖ Invite three people to read the following scripture, concluding with the entire group reading the last verse:

**Reader 1:** Your attitude should be the same as that of Christ Jesus:  
Who, being in very nature God,  
did not consider equality with God something to be grasped,  
but made himself nothing,  
taking the very nature of a servant,  
being made in human likeness.

**Reader 2:** And being found in appearance as a man,  
he humbled himself  
and became obedient to death ---  
even death on a cross!

**Reader 3:** Therefore God exalted him to the highest place  
and gave him the name that is above every name,  
that at the name of Jesus every knee should bow,  
in heaven and on earth and under the earth,

**All:** and every tongue confess that Jesus Christ is Lord,  
to the glory of God the Father.  
---Philippians 2:5-11 NIV

- ❖ Sing together songs of praise about Jesus, such as “Jesus, Name Above All Names,” “Thou Art Worthy,” “Fairest Lord Jesus,” etc.

## WORD

- ❖ Review what the acronym, **ACTS**, stands for:

**A** = \_\_\_\_\_

**C** = \_\_\_\_\_

**T** = \_\_\_\_\_

**S** = \_\_\_\_\_

- ❖ Inquire among the group and see if anyone started a prayer list for the first time during the last week; or if some have improved their intercessory prayer time as a result of what we learned during our last meeting.
- ❖ This week we will open God’s Word and find out how His promises can be used in praying for people.
- ❖ Get into groups of three or four and read the following scripture passage:

*His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust. (2 Peter 1:2-4 NKJV)*

- ❖ In the verse above, circle the words “power,” “all,” “promises” and “partakers.” Underline the words “escape,” “corruption” and “lust.”
- ❖ This is a powerful formula to enable people to win over sin. Contemplate it as you fill in the blanks:

- First, it is God’s p\_\_\_\_\_ that gives us a \_\_\_\_\_ things to help us live a victorious life. Secondly, His power is available to us through His great and precious p\_\_\_\_\_. (Circle the word “promises.”)
- Through His powerful promises, we can be p\_\_\_\_\_ of His divine nature. (Circle the word “partakers.”)
- Through His powerful promises, we can escape the c\_\_\_\_\_ that is in the world through l\_\_\_\_\_. (Underline the word “escape” and circle the words “corruption” and “lust.”)



God's **power** in His **promises** can make people **partakers** of His divine nature!

- ❖ Read Hebrews 4:12 to discover how powerful the Word of God is.

It is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- ❖ Let's use the power of God's Word in our own lives and in the lives of others! Here's how: (Invite someone to read the following four points)

1. Read your Bible daily. As you find promises that are applicable to you, write them down on 3 x 5 cards that you can carry with you to read throughout the day. Start memorizing them, too. It is wonderful to recall Bible promises if you waken in the night and can't go to sleep or if you're waiting for an appointment or driving on the highway.
2. Look for Bible promises that apply to the people on your prayer list and write them beside their names. (If you are using 3 x 5 cards for a prayer list, this will be easy to do)
3. Need additional help finding Bible promises? Go to a Christian bookstore and buy a Bible promise book. Most of them are pocket size and organized by topic.
4. As you pray, quote and claim God's promises and thank Him for how He will fulfill His Word in your life and in the lives of others.

- ❖ Take turns reading the following samples of Bible promises. As you read them, perhaps someone's name will pop into your mind. Write the name beside the Bible promise.

#### **Samples of Bible promises to pray for others:**

An elderly parent: Isaiah 46:3,4 (NIV) "Listen to me, O house of Jacob, all you who remain of the house of Israel, you whom I have upheld since you were conceived, and have carried since your birth. Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you."

A friend struggling with temptation: 1 Corinthians 10:13 (NIV) "God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it."

An Ohana group member who has names of people on Our Blessing List: Colossians 4:3,4 (NIV) "And pray for us, too, that God may open a door for our message, so that

we may proclaim the mystery of Christ. . . Pray that I may proclaim it clearly, as I should.”

A discouraged and hopeless friend: Jeremiah 29:11 (NIV) “‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

A fearful or timid friend: 1 Timothy 1:7 (NKJV) “For God has not given us a spirit of fear, but of power and of love and of a sound mind.” The NIV says “For God has not given us a spirit of timidity . . .” 1 John 4:8 & 18 (NKJ) “God is love. . . . There is no fear in love; but perfect love casts out fear.”

Unsaved children: Isaiah 49:25, last part (NKJV) “I will contend with him who contends with you, and I will save your children.” Jeremiah 31:16,17 (NKJ) “For your work shall be rewarded, says the Lord, and they shall come back from the land of the enemy. There is hope in your future, says the Lord, that your children shall come back to their own border.”

For grandchildren: Psalm 103:17 (NIV) “But from everlasting to everlasting the Lord’s love is with those who fear him, and his righteousness with their children’s children.

❖ **Share and pray together:**

1. Pick out one text from above where you wrote someone’s name.
2. Share the name and the text with your small group.
3. Pray for each other’s name by reading the text, personalizing it and claiming it for that person.

Example: “Dear God, we claim your promise found in 1 Corinthians 10:13 for Tom who is struggling with temptation. We praise you that you are a God who is faithful, who will not let Tom be tempted beyond what he can bear. But when he is tempted, You will also provide a way out so that Tom can stand up under it. We thank you for fulfilling your promise to Tom this week.”

❖ **In the large group,** form a circle while the Ohana group leader has a closing prayer.

❖ **This next week**

- Go over your personal prayer list and try to find appropriate Bible promises to write out and claim for each person.
- Contact your prayer partner.
- Pray for your Ohana friends
- Pray for new Ohana groups.

## PRAYING FROM GOD'S WORD

Session #8

### WELCOME

- ❖ Greet each other and introduce any guests or new members. Be sure to write their names into your Ohana Member List.
- ❖ Find the person in your group who most recently bought a Bible and ask him/her to have the opening prayer.

### WORSHIP

- ❖ Sing together a song or two that expresses praise to God. (*Adoration*)
- ❖ Invite someone to read the following scriptures:

*The heart is deceitful above all things,  
And desperately wicked;  
Who can know it?  
I, the Lord, search the heart,  
I test the mind.*

---Jeremiah 17:10 NKJV

*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 NKJV

- ❖ In individual silent prayer, ask God to search your heart. Confess to Him your sins and ask Him to cleanse and forgive you. (*Confession*)
- ❖ Go around the circle having each person express in a single sentence one thing for which he/she is thankful. (*Thanksgiving*)
- ❖ Get with your prayer partner and pray for each other. (*Supplication*)

### WORD

- ❖ Last week we talked about claiming God's promises for ourselves and for people on our prayer lists. This week we want to continue to look at the importance of God's Word in the daily prayer life of the Christian.
- ❖ Invite someone to read the following paragraph:

*While we are to labor earnestly for the salvation of the lost we must also take time for meditation, for prayer, and for the study of the Word of God. Only the work accomplished with much prayer and sanctified by the merit of Christ will in the end prove to have been efficient for good.*

--Ellen White, *Desire of Ages*, p. 362

- ❖ Underline the words *meditation, prayer, study of the Word of God* and *much prayer* in the above quotation. These are the secrets of a successful Christian life. These are the things that made the disciples powerful witnesses for Jesus. These are the things that will make us powerful as individuals and as an Ohana group.
- ❖ Take turns reading the following paragraphs about how to include the Bible in daily quiet time with God.
- ❖ The **first** way to get into the Bible is to simply read it from cover to cover.
- ❖ The **second** way to get into the Bible is to study it; and there are two ways to study the Bible: (1) by topic or (2) by passage.
  - 1) Studying by topic is kind of like writing a research paper in school. You go to the library and find as much information as possible from various sources on one subject such as “butterflies.” When you study the Bible by topic, you go to the 66 books in the Bible “library” and look for information on a certain topic such as “angels,” “second coming,” etc. From these many texts, you find what the Bible has to say about a topic.
  - 2) Studying by passage means you stay within a paragraph, chapter or book of the Bible and learn as much as you can about it. It would be like looking at one butterfly to learn all you can about it. You still might compare other texts in the Bible with the passage you are in, but you stay focused on that one passage and try to get as much as possible from it.
- ❖ A **third** way to use the Bible in devotional time is to do what Joshua 1:8 tells us to do. Have someone read the verse and then fill in the blank. We are to “\_\_\_\_\_ in it day and night.”
- “*Meditate*” means “*to think about, contemplate.*”
- One of the most effective ways to meditate is to quietly contemplate the life of Jesus especially His love revealed at the cross. For your personal reference, here are six chapters on the death of Christ that you can meditate upon:

Psalm 22 • Isaiah 53 • Matthew 26/27 • Mark 13 • Luke 23 • John 19
- To help you differentiate between genuine biblical meditation and eastern mysticism, please take time during the week to read the extra page at the end of today’s material.

❖ A fourth way to get into God's Word is to read it a paragraph or a story at a time and do the following:

- **Visualize it** – As you read the stories of the Bible, attempt to picture each scene in the narrative. Visualize the man stricken with palsy shaking from head to toe as Jesus approaches. Picture the crowded marketplace in Jerusalem. Look through Jesus' eyes at the hungry multitude seated on the grassy slope near Lake Galilee. Instead of hurrying through a passage to get to the point, pause for a moment to observe these important scenes.
- **Identify with it** – Try to imagine that you are the woman caught in adultery, the thief on the cross, or the Roman centurion crucifying Christ. Get inside these characters. What was going through Joseph's mind when he was sold into slavery by his very own brothers? What if you were Daniel unjustly condemned and thrown into a lions' den? Analyze the thoughts and feelings of Bible characters; put yourself in their places. Weep as they weep. Rejoice when they rejoice. Let yourself identify with their failures as well as their triumphs.

(Mark Finley, Sharing From Experience – The Soulwinner's Spiritual Disciplines, p. 9)

❖ Get into small groups of three or four to experience visualization and identification.

❖ Read John 2:1-11 and do the following:

- Visualize this wedding reception. What sights, sounds, smells might you experience?
- Identify with the people at the wedding reception in Cana. Which character in the story do you most identify with and why?
  - 1) The master of the banquet
  - 2) Jesus' mother
  - 3) The servants
  - 4) The disciples

❖ In the larger group, read the following paragraph:

❖ Another way to incorporate the Bible into prayer time is to use Bible phrases and passages in prayer. This is what we do when we claim Bible promises; but we can also do it with any bit of scripture. In Bible times, it was apparently a common practice to speak Bible phrases and passages when in prayer. Jonah's prayer from the belly of the whale, recorded in Jonah 2, included several expressions from the Psalms. Mary's 10-verse prayer in Luke 1:46-55 includes thoughts from eighteen

Old Testament passages. Nehemiah's prayer in chapter 1 of his book has many similarities to Daniel's prayer in Daniel 9 which suggests that he may have had a copy of Daniel's prayer open before him as he prayed.

- ❖ Here are some Bible prayers to read and use in your personal quiet time with God. You can use these Bible prayers in praying for others, too.  
1 Chronicles 29:10-13 • 2 Chronicles 20:6 • Psalm 4:1 • Psalm 5:1-3  
Psalm 9:1,2 • Psalm 72:18,19 • Daniel 9:19 • Matthew 6:9-13  
Ephesians 3:14-19 • Colossians 1:9-12

## **WITNESS**

- ❖ Review and update Our Blessing List.
- ❖ Pray for the people on Our Blessing List by kneeling and repeating together the prayer in Ephesians 3:14-21:

**For this reason we bow our knees  
to the Father of our Lord Jesus Christ,  
that He would grant the people on Our Blessing List,  
according to the riches of His glory,  
to be strengthened with might through His Spirit  
in their inner persons,  
that Christ may dwell in their hearts through faith;  
that they, being rooted and grounded in love,  
may be able to comprehend with all the saints  
what is the width and length and depth and height—  
to know the love of Christ which passes knowledge;  
that they may be filled with all the fullness of God.**

**Now to Him who is able to do exceedingly abundantly above all  
that we ask or think, according to the power that works in us,  
To Him be glory in the church by Christ Jesus throughout all ages,  
world without end. Amen.**

### ❖ This next week:

- In your quiet time with God this week, experiment with one of the ways of getting into God's Word; i.e., studying a topic or passage, meditating on a passage, visualizing and identifying with a passage, praying a Bible prayer.
- Contact your prayer partner.
- Pray for your Ohana friends.
- Pray for the people on the Blessing List.

Extra reading material for Session #8—

**DISTINGUISHING BETWEEN GENUINE BIBLICAL MEDITATION  
AND EASTERN MYSTICIM'S NOT SO SUBTLE COUNTERFEIT**

	<b><u>Genuine</u></b>	<b><u>Counterfeit</u></b>
<b>Object:</b>	The personal, all-powerful, all-knowing God of the universe	The god within you
<b>Methods:</b>	Scripture, nature, providence	Mantra, code word, inner light
<b>Mental state:</b>	Mind filled	Mind empty
<b>Goal:</b>	Intimacy with God	Tap into inner consciousness
<b>Elements:</b>	Praise, adoration, prayer, repentance, surrender, commitment	A state of tranquility, in touch with feelings, at peace with oneself

(From Mark Finley, "The Soulwinner's Spiritual Disciplines," pp. 7,8)

## PRAYING WITH AUTHORITY

Session #9

### WELCOME

- ❖ Greet each other and introduce any guests or new members and write their names into your Ohana Member List.
- ❖ How many persons in your group are the youngest children in their families? Ask them to have the opening prayers.

### WORSHIP

- ❖ Invite someone to read the following:

For thus says the Lord, who created the heavens, who is God,  
Who formed the earth and made it, who has established it,  
Who did not create it in vain, who formed it to be inhabited:

“I am the Lord, and there is no other.

I have not spoken in secret . . .

I, the Lord, speak righteousness, I declare things that are right.

Assemble yourselves and come; Draw near together . . .

Look to Me, and be saved, all you ends of the earth!

For I am God, and there is no other . . . to Me every knee shall bow,

Every tongue shall . . . say

“Surely in the Lord I have righteousness and strength.”

---Selected verses from Isaiah 45:18-24 NKJV

- ❖ Sing together some of your group’s favorite songs of praise to God.
- ❖ Pray sentence prayers telling God how He has been like “no other” in your life.

### WORD

- ❖ In small groups of three or four, look up the following texts containing the word “authority” and answer the questions.

- John 5:26,27  
Who has authority?

To whom is authority given and what kind of authority?



- Mark 1:22 and 27  
Who has authority?

What kind of authority?

- Luke 9:1,2  
Who has authority?

To whom is authority given?

What kind of authority is given?

❖ Discuss together: Does Jesus give the same kind of power and authority to His followers today as He did to the disciples long ago?

❖ Read 2 Corinthians 10:3-5 and Ephesians 6:10-18 and find out why we need power and authority.

- 2 Corinthians 10:3-5 tells us we are in a w\_\_\_\_\_. We need spiritual w\_\_\_\_\_ to pull down s\_\_\_\_\_. These s\_\_\_\_\_ are in the mind where we are tempted to exalt ourselves against God. We need power and authority to bring every t\_\_\_\_\_ into captivity to Christ.

- Personal application: (You need not share this with anyone) Do I have some strongholds in my mind that are still under the enemy's control? Do I have emotions, attitudes and/or habits that I have not brought under the control of Christ yet? Resolve to bring these to God in prayer.

- Ephesians 6:10-18 also tells us we are in a war and that we need the whole a\_\_\_\_\_ of God.  
The war is against p\_\_\_\_\_, p\_\_\_\_\_,  
Against r\_\_\_\_\_ of d\_\_\_\_\_, against  
s\_\_\_\_\_ hosts of w\_\_\_\_\_.

Our weapons are:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_

According to verse 18, we need to p\_\_\_\_\_ and be  
w\_\_\_\_\_.

- Personal application: (You need not share this with anyone) Has Satan attacked me lately? In what ways? What happened? Was I armed and ready to withstand his attacks or unprepared and vulnerable? Did I stand or fall? Resolve to pray every day for God's powerful armor.
- ❖ Pray together claiming God's power and authority for each other so that you can each be winners in the battle against evil.
- ❖ In the larger group, share what you learned about power and authority. How do we claim God's power and authority in our personal lives? How do we claim it for other people? What are "strongholds"? How do we bring them down? How do we know whether some trouble we encounter is an attack of Satan or simply a difficulty in life? (The extra reading material for today's session has some helpful insights. If you have time, read it now; otherwise, read it individually during the week.)

## WITNESS

- ❖ Review Our Blessing List. Pick three or four names from the list to study and ask: "Do these persons have strongholds in their lives? If so, what are they? Is Satan attacking them? How?"
- ❖ As you identify the specific war plans of the enemy for certain people, you can be more aggressive and powerful in praying for these people with the authority Jesus has given you!

- ❖ Get an update on the various Ohana groups being sponsored by your group. Analyze what is happening in the groups. Is Satan making attacks which we need to meet with specific warfare prayer?
- ❖ Conclude by praying with power and authority over the specific issues that may have been raised as you reviewed the blessing list and the progress of other Ohana groups.
  
- ❖ **This next week:**
  - Pray with power and authority for yourself so God can bring down any strongholds in your life and defeat the enemy's attacks against you.
  - Look over your personal prayer list to identify specific ways the enemy may be attacking the people for whom you are praying. With these insights in mind, you can pray more specifically for them with the power and authority Jesus has given you.
  - Read the extra material on the next page.
  - Contact your prayer partner. You could talk about the reading material and how putting the principle of praying with authority is going for each of you.

## EXTRA READING MATERIAL FOR SESSION NINE

Here are some facts Satan does not want you to know:

**Fact one: The devil cannot penetrate the barrier of the blood of Jesus.** Prayer applies the blood of Jesus to us. That blood works for us now just as the sacrificial lamb's blood worked for Israel at the first Passover. (Exodus 14:23) The lamb's blood on the doorpost kept the enemy—death—from the believer's home. The blood of the Lamb of God has the same effect on Satan today.

**Fact two: The devil cannot penetrate the armor of God.** (Ephesians 6:10,11) Don't leave your home without the armor. Don't go out into the world without the armor. Don't turn on the television without the armor. Don't talk without the armor. Prayer power puts the armor of God on us.

**Fact three: The devil cannot read your mind.** God is everywhere and all-powerful and all-knowing, but Satan is limited in what he knows. He knows what you say, but he does not know what you think. For that reason, keep praises to God on your lips, and Satan will be bound by your praise. When Christians praise, the enemy flees.

The Bible reveals that Satan has two basic forms of attack:

**Satan uses oppression.** Oppression is from *without*. It is *external*. Satan makes destructive uses of life circumstances and situations. He can send calamity—illness, accidents, financial problems, family conflict, and others. These afflictions are designed to discourage and defeat you.

**Satan uses suggestion.** This attack is from within. It is focused on the mind and emotions, not the body. Here are some samples of his suggestions: "*Just this once. It can't hurt to do it just once.*" "*It's alright, everyone is doing it.*" "*Demand your rights.*" "*Go ahead and do it—no one will know.*" One of Satan's chief methods is to get Christians to focus on their inadequacies. As we struggle to grow more like Jesus, we find weak places in our characters, old patterns that keep repeating themselves, areas with which we wrestle repeatedly. Satan utilizes these, and during times of fatigue and illness, floods us with feelings of condemnation such as "*How dare you feel God will answer your prayer when you keep doing . . . ?*" "*No one with the weaknesses and failures you have is worthy to pray.*" "*How can anyone as weak as you hope to overcome the power of Satan?*"

During times of discouragement, we must remember that *our right and authority to pray does not depend on us*. The right to pray is a gift of grace—a gift given to us because of who Jesus is and not because of what we are. Your right to act as a Prayer Warrior was given to you when you accepted Jesus as Savior and Lord.

There is only one weapon against satanic oppression and suggestion—*PRAYER!*

(Ron Halvorsen, *Prayer Warriors*, HART Research Center; Fallbrook, California; pp. 9, 32,33,66.)

## PRAYING GLOBALLY

Session #10

### WELCOME

- ❖ Greet each other and introduce any guests or new members. Be sure to write their names into your Ohana Member List.
- ❖ Identify the persons in the group who grew up in countries other than the one where we live and ask them to have the opening prayers.

### WORSHIP

- ❖ Sing together some of your group's favorite songs of praise to God.
- ❖ Pray the Lord's Prayer together:

**Our Father in heaven,  
Hallowed be Your name.  
Your kingdom come.  
Your will be done on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our debts,  
As we forgive our debtors.  
And do not lead us into temptation,  
But deliver us from the evil one.  
For Yours is the kingdom and the power  
and the glory forever. Amen.**

---Matthew 6:9-13 NKJV

### WORD

- ❖ Invite someone to read 1 Timothy 2:1-4:

Therefore, I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth.

- ❖ Discuss together:
  - How many people are we asked to pray for? How many people does God want to be saved? Circle the word *all* whenever it appears in this passage.
  - Why are Christians asked to pray for “kings” and people “in authority”?

- Notice there are two reasons to pray for people in authority:
  - a. “that we may lead a \_\_\_\_\_ and \_\_\_\_\_ life.”
  - b. Because God desires all men to be \_\_\_\_\_ and to come to the \_\_\_\_\_ of the \_\_\_\_\_.

❖ See how many government and civic leaders your Ohana group can name:

Police Chief:

Fire Chief:

Board of Education Members:

City Council Members:

Mayor:

Governor:

Legislators:

President of the country:

President of an adjacent country:

❖ If we are to pray for government leaders, shouldn't we know their names? What a challenge to begin to pray for people outside of our circle of friends, family and acquaintances!

❖ Invite someone to read the following story of a woman who expanded the horizons of her prayer life:

“God began to show me His heart for people I didn't know and never thought of praying for. I was impressed to pray for the Pope. Surprised, I told God He'd have to teach me what to pray.

A new thought for me was to realize he was a child of God who was caught in the system he'd grown up in. I was surprised at how my heart and attitude began to change. I have prayed and wept over him to see God's glory, His light of truth.

Next I was impressed to pray for all of the pastors in our area. The only way I could think of was to pray over the names in the phone book. I tried, but told God

that this was boring. The thought came to me to call them and pray over the phone. Now, that was scary! But God kept urging me.

When I finally started calling, the responses were positive. Prayer breaks down prejudice. I tell them who I am and that I want to pray with them for what God has put on their hearts to give to His people. While we are praying together, I am praying silently that the Spirit will come to lead them into all truth.

Then there are those telemarketers! I used to hang up on them. But one day God let me know that it was His child I just hung up on. When I asked Him what He wanted me to do with 'His child,' He put on my heart to ask them about their prayer needs. I have been amazed at their responses. Requests have been from 'Pray for my dog, he ran away' to "My sick father, mother, friend, or whoever is sick.' Some requests are very personal like 'I do not know God, please pray that I will get to know Him' or 'Pray for my marriage.' One even handed the phone to her calling partner to be prayed with too."

--Virginia Collins, "Father, Show Me Your Glory!" *The Recorder*, July 2000, p. 39

❖ Invite someone to read the following article:

#### The 10/40 Window

During the month of October, 1999 nearly 40,000,000 Christians worldwide committed to pray daily for the 10/40 Window. Thousands traveled there during October to pray for that vast, dark place of earth.

This troubled area stretches from West Africa, through the Middle East to East Asia. More than 60 countries fall within the boundaries of 10 and 40 degrees latitude north of the equator. These are the most spiritually-impoverished countries, which include the majority of Muslims, Hindus, and Buddhists in the world.

The 10/40 Window is a place that has been, for centuries, one of the greatest challenges to all the Christian world. Sixty-two countries are in or touched by the 10/40 Window, and of the 6 billion people on earth, 4 billion live there.

This is where the poorest of the poor labor endlessly just to scratch out a meager existence. This is where famine has not only desecrated the land, but the minds, bodies, and spirits of the people. It is the seat where Satan has great power, and it has been called hell on earth.

How can we reach our arms around the world? How can the peoples of the 10/40 Window be reached? How can other countries, the sleeping countries of Europe and Gospel-hardened North America be awakened?

The answer is prayer.

---Ruthie Jacobsen, *Kneeling on the Promises*, NAD Prayer Ministries, p. 7.

## WITNESS

- ❖ Discuss together: How can we pray in a meaningful way, individually and as a group, for the 10/40 Window? Jot down ideas:
  
- ❖ Do some planning as a group to gather names of government leaders in the next week or two. Perhaps you could assign different Ohana members to do various parts of the research and bring their findings to the group.
  
- ❖ Are you wondering how to find time to “pray globally” when you already have a full prayer list? Talk together and write down suggestions that come from the group on how to make time to “pray globally.”
  
- ❖ Review Our Blessing List
  
- ❖ Get an update on Ohana groups being sponsored by your group.
  
- ❖ **This next week:**
  - Pick a suggestion gleaned from the group discussion or the reading material and begin to “pray globally.”
  - Do some research on finding names of government leaders.
  - Contact your prayer partner. You could discuss “praying globally” and how to do it.
  - Pray for Ohana members and the people on the blessing list.



## FROM THE UPPER ROOM TO THE STREETS

Session #11

### WELCOME

- ❖ Greet each other and if there are guests or new members, introduce them to the group and write their names, addresses and telephone numbers on your Ohana Members List.
- ❖ Find the person who has lived in the largest city of anyone in your group and invite this person to have opening prayer.

### WORSHIP

- ❖ Sing together some of your group's favorite songs.
- ❖ When Jesus entered the largest city in His country for the last time, what was His reaction? Read in unison:

**Now as He drew near, He saw the city and wept over it.**

---Luke 19:41

- ❖ Pray together asking God to give you a heart like Jesus had for the cities, towns and people of our world.

### WORD

- ❖ Let someone read aloud the following summary of the first four chapters of the book of Acts:
  - Jesus told the disciples to wait in Jerusalem for the gift of the Holy Spirit. **An upper room experience.** (Acts 1:4)
  - Jesus commissioned them to take the gospel **into the streets** of the world. (Acts 1:8)
  - The disciples spent ten days together in prayer, fellowship and preparation. **An upper room experience.** (1:12-2:1)
  - The Holy Spirit was poured out upon them **in the upper room** and they spoke to the crowd that gathered **in the streets.** (2:2-14)
  - Peter preached to the people **in the streets** and 3,000 were converted in a day. (2:14-41)
  - The new believers devoted themselves to prayer, teaching, fellowship and breaking of bread; (2:42-47) and the Lord added to their number. **From the upper room experiences of Ohana groups and Hosanna gatherings, the gospel continued to go into the streets.**
  - Out **in the streets**, the disciples continued to preach and to heal. (3:1-26)
  - The temple authorities arrested the disciples, jailed them, interrogated them and commanded them to stop preaching about Jesus. (4:1-23)

**What did the disciples do when confronted by this crisis?**

- ❖ Read Acts 4:23-31 and fill in the blanks:

Peter and John reported to their people what had happened and they all \_\_\_\_\_.

Their prayer began with praise to God as the Creator. “You are God, who made \_\_\_\_\_ and \_\_\_\_\_ and the \_\_\_\_\_ and \_\_\_\_\_ that is in them.”

They identified their situation with the scriptures and with what had happened to Jesus. (vs. 25-28)

They asked God for \_\_\_\_\_ to speak \_\_\_\_\_ (vs. 29)

They also asked God to \_\_\_\_\_ and to do \_\_\_\_\_ through the name of \_\_\_\_\_.

God answered their prayer. The place where they were meeting was \_\_\_\_\_ and “they were all filled with the \_\_\_\_\_ and they \_\_\_\_\_ the word of God \_\_\_\_\_”

## WITNESS

- ❖ Talk about the concept of having **an upper room experience** that takes our Ohana group **into the streets**. What was the secret of the disciples’ boldness? How can we be bold in our witness? How can we take the gospel of Jesus “into the streets”?
- ❖ Invite someone to read the material on the next page about the vision for Ohana groups.
- ❖ Collect information from Ohana members who have found names of government leaders.
  
- ❖ **This next week** read the material about Prayerwalking included at the end of today’s session. We will discuss this material at our next meeting.
  - Contact your prayer partner
  - Pray for Ohana members and the people on Our Blessing List.
  - Pray for new Ohana groups.

## HAVE YOU TRIED PRAYERWALKING?

### What is prayerwalking?

1. Prayerwalking is simply *praying on-site with insight*. It is easier to care about another if you go where they are. One of the first steps in ministry is to go where people are. Christ mingled with people. He went where they were so that he could help them and meet their needs.
2. Prayerwalking is intentional and focuses on the specific neighborhoods, homes, people, businesses, and schools encountered while walking.
3. Prayerwalking is directed, intercessory praying for neighborhoods, homes and people encountered while walking. It also helps pray-ers learn how to pray for others by putting aside their own prayer requests and focusing on the needs of other people.
4. Prayerwalking is an offensive weapon in the battle against evil in our communities. By the power of the Holy Spirit, we enter enemy territory and claim lost people for God.
5. Prayerwalking can help you overcome your fear of witnessing to others.

*Why walk?* Walking puts you up close to the realities of your community. The sights, sounds and smells you encounter give you tangible things to pray about.

### How do you do prayerwalking?

1. Prayerwalking is simple to learn because it is as basic as caring for others and crying for help.
2. Prayerwalking may be hard to pursue because:
  - a. It is a spiritual battle. Prayer of any kind is a struggle. Satan does everything he can to keep us from praying; and especially when we go beyond the boundaries of our own homes. He and his evil forces consider prayerwalking as spiritual trespassing.
  - b. It requires patience. We are naturally impatient. We want immediate results and dramatic experiences. Most the time, however, prayerwalking is a quiet affair without a lot of hubbub and thrills. We need to be patient because God is “patient . . . not wanting anyone to perish.” (2 Peter 3:9 NIV)

- c. It can become routine. Determine, instead, to be free in the Spirit by continuing to look for new ways to pray for the neighborhood and to search the Scriptures for Bible promises, prayers and phrases to include in your prayerwalk.
3. Before the walk:
- a. Prepare your heart. There may be pressures weighing upon you, demanding your attention; leave them with God.
  - b. Prepare your team by putting aside any differences, forgiving one another and praying together for God's love. Visit with each other before you walk. Try to reserve the walk for prayer.
  - c. Brief the team as to
    - i. where they will walk. Designate areas, routes, sites. Provide maps if needed. Prayerwalkers do not walk all the time. Sometimes they pray while standing at select places. Elevated viewpoints are favorite prayerwalk spots. These could be bridges, mountains or top floors of buildings.
    - ii. when they will walk. Agree on timing, particularly when you will re-gather. Allow reasonable flex in the schedule to account for unfamiliar territory.
    - iii. What to pray about. Suggest Bible verses and prayers. Take small Bibles along or write out appropriate scriptures on cards. The bottom line: ***Make sure God is addressed and people are blessed.***
4. During the walk:
- a. Keep it simple by remembering you are walking with Jesus. He has known and loved the people in your neighborhood from the beginning of time! So walk where He walks; pray with His prayers. Incidentally, the Lord's Prayer (Matthew 6:9-13) is an excellent basis for prayerwalking.
  - b. Open your eyes. Notice the faces of the people you pass. Do they look happy, sad, fearful, despondent, joyful? Be sure to smile at people you meet and greet them with a friendly "Good morning, afternoon or evening" or a simple "hello." What might a "For Sale" sign on a house prompt you to pray about? What about the general appearance of the neighborhood? What does it tell you about the people living there and their needs that you can form into a prayer?
  - c. Open your mouth. God knows your thoughts, but your faith will grow as you pray out loud.
  - d. Pray together. Seek to consciously follow and reinforce prayers lifted by others in your prayer team.

- e. Pray with scripture. Open your Bible or refer to the scriptures you wrote out ahead of time and claim Bible promises for the people in the neighborhood.
  - f. Pray with relevance. Leave your personal prayer list at home; concentrate on the community and its needs. You may feel overwhelmed trying to care equally for every person you see. Extend your empathy unevenly, perhaps praying for only a few of the families or children you meet. As you pass homes, shops and schools, be creative in thinking how you can pray for people. What does God desire for them?
5. After the walk:
- a. Assemble together and share your experiences. Avoid creating the expectation that each prayerwalker will have a dramatic story to tell. Be ready for any who may return heavy-hearted or exultant. Be sure each of you writes down any specific prayer requests that come from the neighborhood.
  - b. Evaluate your prayerwalking session. How can you make changes that will enrich future prayerwalks?
  - c. Discuss how to follow up your prayerwalk. Will you return for another prayerwalk? If so, when? Will you leave a doorhanger or a note on the doors? What future contacts will you make and when will you make them?

(Adapted from material by Ruthie Jacobsen, *Kneeling on the Promises*, NAD Prayer Ministries)

## PRAYER IN ACTION

### Session #12

#### WELCOME

- ❖ Greet each other and if there are guests or new members, introduce them to the group and write their names, addresses and telephone numbers on your Ohana Members List.

#### WORSHIP

- ❖ Invite someone to read the following:

Now when they saw the boldness of Peter and John, and perceived that they were uneducated and untrained men, they marveled. And they realized that *they had been with Jesus*. Acts 4:13

- ❖ Sing together “Turn Your Eyes Upon Jesus.”
- ❖ Talk about the following:
  - Visualize Jesus walking into our room. How would we greet Him? (Let each person in the group share how he/she would greet Jesus)
  - Which chair would we offer Him?
  - What would we do first—invite Him to speak to us or us speak to Him?
  - We urge Him to stay and eat with us; and during the evening, each of us has an opportunity to speak with Him, personally. What would you want to talk over with Jesus? (If you feel comfortable sharing with the group what you would talk about with Jesus, please do so. If there are parts or all of your conversation with Jesus that you feel are too personal to share with the group, simply say, “personal matters,” and we will move to the next person in our circle.)
  - Would **adoration, confession, thanksgiving, supplication** be part of our conversation with Jesus?
- ❖ Jesus is here! We can spend time with Him! We can talk to Him! We can express our love, we can confess our shortcomings, we can thank Him for His blessings, we can “ask for anything in His name”!
- ❖ Sing together songs about Jesus such as “Worthy is the Lamb,” “There Is A Redeemer,” “Jesus, Name Above All Name,” etc.
- ❖ Stay in silent prayer for a few minutes, each person talking to Jesus, personally.
- ❖ Sing together quietly and without accompaniment, “I Love You, Lord.”

## WORD

- ❖ Invite someone to read the following paragraphs:

For the last several weeks, we have contemplated what the disciples did in the upper room while they waited for the gift of the Holy Spirit. Acts 1:14 says they “all continued with one accord in prayer and supplication.” Prayer was the foundation for everything that happened on the Day of Pentecost and thereafter.

Prayer must be the foundation of all we do. Prayer connects us and keeps us connected with Jesus.

**Abide in Me, and I in you.  
As the branch cannot bear fruit of itself, unless it abides in the vine,  
neither can you, unless you abide in Me.**

---John 15:5

The New Testament church was birthed in prayer. The last-day church will be victorious through prayer!

- ❖ Turn to the page about Prayerwalking and review the material by discussing the following questions:
  - What is prayerwalking?
  - The article said that prayerwalking was simple, but it was also hard to pursue. Explain what that means. What makes it hard?
  - What are some things to do before you go on a prayerwalk?
  - What are some things to do during a prayerwalk?
  - What are some things to do after a prayerwalk?

## WITNESS

- ❖ As a group, do some serious planning for prayerwalking the neighborhoods where Ohana groups meet. Suggestions:
  - Schedule the time and place in your calendars.
  - Prayerwalk as a group. It’s not so scary to go together. You could divide up the area, giving a block or two to pairs of Ohana members.
  - Before you go, meet in the host Ohana home and ask God’s blessing on the home and the Ohana group being sponsored there.

- Decide what kind of follow-up you will do (leave notes or doorhangers on doors at a later date, offer Bible correspondence lessons, visit briefly on the doorstep, etc.) and when.

❖ Our plan of action:

- Our first prayerwalk will be on this date: \_\_\_\_\_

At this location: \_\_\_\_\_

At this time: \_\_\_\_\_

- Personal commitment:

<p><i>I will join my Ohana friends for a prayerwalk</i></p> <p><i>On (date)_____</i></p> <p><i>At (place)_____</i></p> <p><i>At (time)_____</i></p> <p><i>I will also participate in planning and doing follow-up</i> <i>in this neighborhood with my Ohana friends.</i></p> <p>_____</p> <p>(Signature)</p>
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- ❖ Discuss how Ohana groups being sponsored by your group are going.
- ❖ What plans need to be made to start more Ohana groups?
- ❖ Review the blessing list.

**Remember, support is available!**

1. If you are starting a new Ohana group or thinking about it, talk about it with your Ohana group, your Ohana leader and your pastor.
2. Or you may contact the author of these materials with your questions and suggestions: Patricia Maxwell; 318 Rose View Place; Chula Vista, CA 91910. E-mail: [Patburtmaxwell@aol.com](mailto:Patburtmaxwell@aol.com).