

Praying With Others

Praying with others is a great way to grow more comfortable with prayer, and to deepen your own spiritual practice. If you have never had a prayer partner, but want to try, these ideas may be helpful.

I recommend committing to pray together for a specific limited period of time, such as a month, and then re-evaluate how your prayer partnership is going. Adjust as needed, and remember there are many ways to pray with a partner!



that was easy.

My prayer partner: _____ (name)

Best way to pray together (circle):

In person at (location): _____

By phone: _____

By email: _____

By text: _____

Other: _____

Best frequency (circle): Daily Weekly (day): _____

Best time of day: _____

We commit to pray together until (date, recommend one month from your start date): _____

Note: Reevaluate after a few weeks, and decide consciously whether to continue.

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Unity teaches the following ideas for praying with others:

Prayer Partner:	Ideas that may be helpful:	Consider releasing:
Mindset:	<ul style="list-style-type: none"> • Know that prayer is powerful. You and your prayer partner can believe strongly for each other. • Trust the Christ Mind within to do the work. • Listen to your partner’s request, and see the problem as resolved. 	<ul style="list-style-type: none"> • Release focus on appearances. God is larger and more powerful than any situation or circumstance. • Release trying to solve problems, to counsel your prayer partner, or to offer advice. Let the Divine do the work!
Confidentiality:	Keep what is shared confidential.	Release asking your prayer partner for an “update.” When you wonder how they are doing, continue to hold them in prayer.
Timing:	<ul style="list-style-type: none"> • Keep it brief. When it is your turn to request prayer, share your prayer request with your partner in 30 seconds or less. • At the end of praying, say “Amen,” or “So it is,” or “It is so,” to close the prayer. 	<ul style="list-style-type: none"> • Release any thinking you have to tell your Prayer Partner the “whole story” to lead into your prayer request. God knows the background. ☺ • Release thinking you have to go on and on to pray effectively.
Flexibility:	<ul style="list-style-type: none"> • Adjust the format if needed – focus on intent. • Know and affirm that if your prayer partnership ends, it is all in divine order. 	Release thinking it has to be a certain way. If calling doesn’t work, try texting, email, etc. ☺

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Unity teaches the following ideas for praying with others:

Prayer Partner:	Ideas that may be helpful:	Consider releasing:
Seeking clarification	<ul style="list-style-type: none"> • If you are unsure, ask your partner what they want to affirm for the situation. For example, “Are we affirming love / wisdom / peace /?” • If your prayer partner asks for prayer about others, if you wish, ask for the first name(s) of the people included in your prayer. 	Release the need to ask for details about the condition (i.e., how long the person has been ill, what medical treatments they’ve tried, etc.)
Style:	<p>Pray affirmatively! This means using positive statements of good happening right now.</p> <p>Examples: If your Prayer Partner says, I want to pray for a better job, you could affirm:</p> <ul style="list-style-type: none"> • Divine Perfect Employment is yours right now. • Divine Wisdom is leading you to the perfect situation. • You are open and receptive to your good. 	<ul style="list-style-type: none"> • Release prayer that begs or bargains. Release ideas and words of lack, limitation or hopelessness. • Release using prayer time to visit – instead, keep social time separate! 😊
Expectations of yourself:	Know that having a loving intent is quite powerful. You are blessing your partner and yourself with your prayer partnership.	Release any attachment to perfectionist thinking, or having to pray the “right” way. Know that you are as beloved of God as you are of sunlight, and there are many ways to pray.

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Possible Prayer Partner formats:

These are provided as a sample, in case they are useful. Please adjust or create new formats based on what works for you and your partner!

Sample Format 1: Brief format (5 minutes total):

- 30 seconds for one partner to share prayer request
- 2 minutes for other partner to pray
- Switch and repeat
- Can be done in 5 minutes!

Example: Sample Format 1: Brief format:

Prayer Partner 1: I'm hoping you can please pray with me today for my son-in-law, who's having some health challenges. He's always been healthy, so he and my daughter are kind of worried.

Prayer Partner 2: So, we're affirming divine peace, vitality, life?

Prayer Partner 1: Yes, and wisdom and understanding.

Prayer Partner 2: Okay, and what's the first name of your son-in-law and daughter?

Prayer Partner 1: His name is Bob, and she's Jessica.

Prayer Partner 2: Okay, let's take this into prayer together. We breathe in and out into this now moment, knowing we are one with the Divine. We also know Bob and Jessica are one with the Divine, and we hold this awareness with each other and with them. We see the Divine active now as Life, Vitality, and Wholeness in Bob, in Jessica, and in all who love them. We let go of any worry, seeing Bob fully expressing Divine Life in each moment. We affirm every medical provider consulted in his care also expresses their Divine Wisdom and Understanding. All in this situation are blessed and have a true awareness of Peace, Wholeness and Life Itself. We affirm this or something better in the name of our Brother and Way-Shower, Jesus the Christ. And so it is. Amen.

(Then prayer partners repeat, with Prayer Partner 2 sharing their request, and Prayer Partner 1 saying a prayer.)

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Sample Format 2: Email format: Email prayer can be a great approach if folks are not as comfortable praying aloud. Plus, then the prayer recipient is blessed every time they read the email! 😊

- Share your prayer requests verbally, by phone, text or email. If sharing verbally, prayer partners may wish to jot them down in a notebook if that is helpful.
- Commit to sending an email of prayer support within a certain period of time (such as within 24 hours or later that same day)
- Send an email with only the prayer. If you need to email your partner about other things, put those other things in a separate email.
- When you receive your email, allow yourself time to read it and take it in fully. Read it as often as needed and enjoy!

Sample Format 3: Longer format (15 minutes total): *Note: For this format, prayer partners may find it helpful to use a notebook to write their own intentions and their partner's intentions.*

The Five Things I'm willing to be today are:

- First person shares. Second person affirms this for first person.
- Then second person shares, and first person affirms this for second person.

What I'm releasing today is:

- First person shares. Second person affirms this for first person.
- Then second person shares, and first person affirms this for second person.

My Divine Action today is:

- First person shares. Second person affirms this for first person.
- Then second person shares, and first person affirms this for second person.

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Example: Sample Format 3: Longer format:

First person:	Second person:
<p>The Five Things I'm willing to be today are:</p> <ul style="list-style-type: none"> • Wellbeing • Faith • Intention • Love • Prosperity 	<p>Yes, I see that you are One with Source and expressing who you truly are. Today you are Wellbeing, Faith, Intention, Love and Prosperity in each moment. This is your Truth and it is so.</p>
<p>Repeat, with the second person sharing the five things they are willing to be and the first person praying with them.</p>	
<p>What I'm releasing today is:</p> <ul style="list-style-type: none"> • Anxiety, and instead affirming Divine Faith, Power, and Imagination 	<p>All thoughts of anxiety float away like leaves carried off by the breeze. You easily remember today, in all circumstances, you are Faith, Power and Imagination. And so it is.</p>
<p>Repeat, with the second person sharing what they are releasing and what they are affirming in its place, and the first person praying with them.</p>	
<p>My Divine Action today is: To mail the present for my cousin's baby</p>	<p>I see you mailing your gift for your cousin's baby, and you, your cousin and the baby are blessed by your connection and love. Amen.</p>
<p>Repeat, with the second person sharing their divine action, and the first person praying with them.</p>	
<p>Close with affirmations and Amen, so it is.</p>	