

Prayer Partners: from *Pray Up Your Life Self-Exploration Companion Workbook*, Charline E. Manuel

We support each other in uplifting, affirmative prayer.

Prayer Practice Suggestion

There are many ways to pray with a partner. Try this practice, or create your own.

1. Select a prayer partner who will pray affirmatively with you. Commit to praying together, on the phone or in person, for seven consecutive days.
2. Open the prayer by reciting The Lord's Prayer aloud together.
3. Take turns sharing with your partner three things you are grateful for today. ("Today, I am grateful for1....2....3.")
4. One of the partners may share an inspirational reading (alternate this step daily), such as the *Daily Word*.
5. Take turns stating your prayer desire, in positive words as if it is already done. Examples:
 - a. I am healthy in mind and body.
 - b. I enjoy great success in my work.
 - c. I have money to use and enjoy.
 - d. I am happy in my fulfilling relationship.
6. Take turns responding to your partner's prayer desire. Examples:
 - a. _____ (Name), I see you healthy in mind and body.
 - b. _____ (Name), I believe with you that great success is yours.
7. Together, recite the prayer anchor from Matthew 18:20: "For where two or three are gathered together in My name, I am there in the midst of them."
8. Thank your partner and share your appreciation.
9. End with: And so it is! Amen!

Write your own positive statement, incorporating the principle of “Prayer Partners.” See how many of the words from the Word Search (below) you can include.

Word Search:

Find and circle the hidden words within the lettering below:

APPEARANCE

GOODNESS

LIKEMINDED

PARTNER

POTENTIAL

POWER

PRAYER

STRENGTH

SUPPORT

TRANSFORM

E	R	L	A	I	T	N	E	T	O	P	B
T	R	O	P	P	U	S	U	U	L	B	U
R	P	R	P	D	S	K	L	S	I	O	F
A	L	R	E	K	I	M	G	T	K	K	C
N	Y	L	A	W	P	O	Y	R	E	L	X
S	Y	P	R	Y	O	K	G	E	M	J	B
F	Y	Q	A	D	E	P	Y	N	I	M	X
O	K	R	N	R	F	R	W	G	N	O	W
R	S	E	C	R	T	V	S	T	D	L	X
M	S	D	E	G	Z	N	M	H	E	E	Z
S	J	M	I	G	V	R	E	D	D	N	K
M	Y	Q	N	Z	W	Z	J	R	B	O	B

Sources: *Pray Up Your Life* and *Pray Up Your Life Self-Exploration Companion Workbook*, Charline E. Manuel