

# CONVERSATIONAL PRAYER

February Focus  
A Year of Passionate Prayer

Conversational Prayer is perhaps the easiest and the most spontaneous style of prayer because it speaks from our hearts. Conversational Prayer is like sharing your story with a dear friend. It is both talking and listening to God through the hearts of those gathered. Conversational Prayer is a way to learn, bond and connect while surrendering to God.

The Discipleship Council would love to hear from you as you use Conversational Prayer this month. Send them an email at [discipleship@spdl.org](mailto:discipleship@spdl.org) and share your experiences!

## GENERAL GUIDELINES

- Conversational Prayer occurs when two or more people gather (virtually or in person) specifically to pray. This space is about hearing from those who feel led by the Holy Spirit to pray and share prayer requests.
- One of the most important parts of Conversational Prayer is listening—listening for God’s voice and to the prayers of others.
- As your group shares prayer needs, make mental notes or jot them down in a notebook.
- Conversational Prayer is not about praying in a monologue but rather giving voice to your desires.
- Use everyday language as you would when meeting friends. Expressions such as ‘amen’ or ‘please, Lord’ are passionate prayers.
- Ask someone to begin and end the shared prayer experience. What happens in between can be random (“popcorn prayer”).
- Remember and honor the “prayed here, stays here” promise. This conversation is just for this encounter alone. Do not discuss these prayers without permission.
- When praying for the church, include some of the following: pastors, staff, financial health, a welcome to all who come to worship, Sunday School, Deacons, church councils, outreach to seniors, young adults and families, a spiritual awakening in Atlanta and across the nation. Don’t limit yourself to just items on this list.
- Silence all phones and other noise. If it is helpful, invite participants to light a candle.

CONTINUED ON THE BACK

## PRAYER

- Gather together with two or more, in person or virtually.
- Invite the Holy Spirit to pray in and through you (Romans 8:26).
- Adoration is a perfect place to begin. Praise and honor rise up in our hearts when we consciously think about God. See samples below.
- Always express gratitude.
- Pray about specific needs relating to our church (see bullet on previous page).

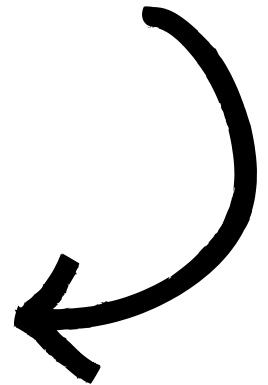
### PRAYERS OF ADORATION

Ever living God, whose will it is that all should come to You through Your Son Jesus Christ: Inspire our witness to Him, that all may know the power of His forgiveness and the hope of His resurrection; Who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen. (The Book of Common Prayer).

O God, You have bound us together in a common life. Help us in the midst of our struggles for justice and truth, to confront one another without hatred or bitterness, and to work together with mutual forbearance and respect; through Jesus Christ our Lord. Amen. (The Book of Common Prayer).

“Holy, holy, holy is the Lord Almighty; the whole earth is full of his glory” (Isaiah 6:3).

“You are worthy, our Lord and God, to receive glory and honor and power, for You created all things, and by Your will they were created and have their being” (Revelations 6:11).



Want to learn more?

Read Rosalind Rinker, Learning Conversational Prayer Collegeville: Liturgical Press, 1992.

Lawrence, Brother. Practice of the Presence of God, Washington: ICS Publications, 1994.



SECOND-PONCE  
DE LEON BAPTIST CHURCH