



# Exploring Christian Healing

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LEADER'S NOTES

## Session 4

# Beginning to pray with each other

### AIM OF THIS SESSION

To begin to move from theory to practice and begin the wonderful journey of praying for one another.

90 MINUTES



A SPACE TO MEET WITH THE LIVING GOD FOR  
RELATIONSHIP • HEALING • TRANSFORMATION

### Introduction

Welcome and opening prayer.

Explain that over the next two sessions you are going to try praying for each other, using the three elements that we looked at in the last session – Father, Son and Holy Spirit. One of the practical benefits of this approach is that it is easy to remember. If we think of the Trinity, it is unlikely that someone will remember the first two elements and forget the third!

**Unlike all the other sessions, please circulate the Notes for Participants – Session 4 – at the beginning of the meeting rather than at the end. This is because some of the notes and Bible references may prove helpful as they begin to pray for one another.**

### Finding the Father's love



#### Video 4.1

**Play (or screen share) Video 4.1**  
(Meditation after 4 minutes)



#### Group discussion

- Invite people to share what they experienced in that time together.
- How do people react to this notion of creating a suitable atmosphere?



#### Prayerful exercise

Divide everyone into groups of three (either in person or in online breakout rooms) to bring a sense of the Father's love to each other. Stress that this is all that is needed at this stage and there is no need to discuss concerns or prayer requests as this comes later.



Suggest that one person volunteers to receive, another to lead and the third to observe.

(The role of the observer is helpful for two reasons: first, if someone knows they are being observed they are more likely to stick to the instructions, and secondly, it allows those who are lacking in confidence to take part in a non-threatening way.)

Some ideas that might help with this can be found on the participants' notes, so allow some time for people to read through these. Allow time for each person to have a go in each of the roles if they wish.



### Group discussion



- How did things go? Did the group find it easy to pray in this way without praying for anything specific, or were there any particular challenges?

## The Presence of Jesus



### Video 4.2

**Play (or screen share) Video 4.2**  
(Meditation starts at 4:18)



### Group discussion



After watching the video and being a part of this time of Encounter Prayer, encourage the participants to reflect on their experience:

- Did they sense an awareness of the presence of Jesus? If so, how?
- What difference do they think this approach might make to prayer ministry?



### Prayerful exercise



As before, encourage people to try this out with one another. Divide them into groups of three again (although perhaps different groups from last time) with the same three roles – receiving, leading and observing. Stress that giving space for the presence of Jesus is all they need to do at this stage as praying about concerns comes later.

As before, the first step is to worship Father God for his love for the person for whom they are praying, and then to move on to encourage them to focus on the presence of Jesus with them. They will have been told many times over the years that he is with them, and it is the experience of this truth that we are seeking to bring to them. Sometimes gently asking this question can help them to reflect: *“Where is Jesus for you right now?”*

As before, helpful points can be found on the participants’ notes so allow a few minutes to read through them before beginning the exercise.



### Feedback



After they have swapped roles, reconvene as one group to share experiences:

- Did people sense the presence of Jesus? If so, was this the same or different to how they experienced his presence during the Encounter Prayer in the video?
- How did they feel when they were ministering to each other?
- Were there any difficulties?

### Closing Prayer



Use the closing prayer as an opportunity to give thanks for the wonder of God, and for the individual glimpses of the Father’s love and the presence of Jesus that the group have perceived in this time together.



### Homework

Encourage everyone to practise resting in the Father’s love and finding the presence of Jesus on their own at home. The more they do this, the more natural it will become.