

PRAY

FOR



When it comes to sharing our faith, everything has to be underpinned in prayer and 'Pray for 5' is a concept that has been used by churches and missions around the globe as a simple way to help Christians intentionally pray for their friends to come to know Jesus.

Paul writes to the church in Ephesus:

"I PRAY THAT OUT OF HIS GLORIOUS RICHES HE MAY STRENGTHEN YOU WITH POWER THROUGH HIS SPIRIT IN YOUR INNER BEING, SO THAT CHRIST MAY DWELL IN YOUR HEARTS THROUGH FAITH. AND I PRAY THAT YOU, BEING ROOTED AND ESTABLISHED IN LOVE, MAY HAVE POWER, TOGETHER WITH ALL THE LORD'S HOLY PEOPLE, TO GRASP HOW WIDE AND LONG AND HIGH AND DEEP IS THE LOVE OF CHRIST, AND TO KNOW THIS LOVE THAT SURPASSES KNOWLEDGE—THAT YOU MAY BE FILLED TO THE MEASURE OF ALL THE FULLNESS OF GOD."

EPHESIANS 3:18-19

Paul prays for Jesus to dwell in people's hearts, that they would know the power of the Spirit and the overwhelming, all-surpassing love of God for them. It is an astonishing prayer. Paul has found in Jesus something truly life-changing, and he is on his knees crying out to God for others to experience the life-changing power of Jesus too.

We are not praying for people to become a cookie cutter of ourselves, adopting

everything we believe and do but we are praying that they would discover that truth and the good news of Jesus.

HOW DO WE PRAY FOR 5?

Praying for 5 is a simple idea. Write down the names of five people that you would like to come to know Jesus for themselves. These people could be neighbours, family members, work colleagues or friends. Commit to regularly praying for them. That's it. Simple!

There is no set way of praying for your five. You can pray for them out loud, or in your head or with others. Perhaps you and a couple of friends from church could get together and pray for each other's 5 each week?

There is also no set time; you might pray for 30 second bursts or for 5 minutes or for much longer! Whatever works for you.

But in order to keep it regular, try to develop the commitment into a habit. You might find it helpful to use existing habits and build the prayers in, like praying for your 5 each morning with your first coffee of the day or as you brush your teeth at night. You could leave this prayer card in a memorable place (such as on your mirror or stuck on the inside of your wardrobe) so you see every day to remind you.



When it comes to what we pray, here are three helpful ways:

1. MAKE IT PERSONAL

Praying Ephesians 3:18-19 over each of your 5 by naming them individually can be particularly powerful and helpful. You might even like to write this out as a prayer to pray.

"I pray for [fill in the name] to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge."

2. MAKE IT RELEVANT:

Sometimes I bring the person before God in my mind and for 30 seconds to two minutes, I think about that person, about their situation, their workplace, their home and their family and I pray that God would bless them and meet with them. I also pray that God might put other Christians in their path.

3. MAKE IT INTERACTIVE:

I also like to pray interactive prayers with God. In Luke 10:2, Jesus encourages his followers to pray for workers and in the very next verse they are sent out. Interactive prayers are about opening ourselves up to be used by God.

So as you're praying for one of your 5, you ask God how you could be a better friend to that person. You ask for an opportunity to arise where you can talk about your faith. And you ask God if there is something you could give them (such as a book or a video to watch) or something to invite them to, such as church service. Once you've done this its always good to ask God to give you courage and wisdom to step into the opportunity!

Andy Frost

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"I PRAY FOR

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