



Transforming Prayer Coaching

A GUIDED JOURNEY IN SCRIPTURE-FED, SPIRIT-LED, WORSHIP-BASED PRAYER

Course Description: Each cohort will learn the practical dynamics of applying worship-based prayer within all areas of life. By feeding on Scripture and prayerful reflection within the context of community, participants will discover how the Lord is inviting them to mature in their relationships with God, family, their calling, and themselves. They will also assess the health and vitality of their lives, leadership, and primary relationships. Lastly, each person will be guided to develop a plan of action for health and wholeness so they might better engage the world through deeper intimacy with God.

Course Objectives: Healthy life and ministry always begin at the roots (relationship with Christ), rather than the fruits. Therefore, we will explore and identify key elements of a healthy, deepening relationship with God. After this course, participants will be equipped in the following objectives:

1. Develop a deeper conviction about the role of prayer in their lives and in their community.
2. Identify and apply the marks of an authentic commitment to a life of prayer.
3. Acquire the skills to lead life-giving prayer experiences.
4. Construct a plan for worship-based prayer to become contagious within their spheres of influence.

Readings and Resources: Each week, there will be a required reading from *Transforming Prayer* along with supplemental videos and/or articles. To maximize the benefit of our weekly meetings, please complete all readings and viewing of resources before each session.

Additionally, participants will read 1 Psalm per day (along with its accompanying devotional), beginning with Psalm 1 from *Praying the Psalms, Volume 1*. Also, a copy of our Scripture Prayer Journal will be provided and used specifically during the second half of the coaching journey.

SESSION ONE: INTRODUCTION AND OVERVIEW

- How would you define prayer?
- What have been some of the best and worst experiences of prayer, and how did those experiences shape the way you view God?

In your current life of prayer...

- Where are you now? Current prayer disciplines/activities/events?
- What's working? Why
- What's not? Why not?
- What are your hopes and/or expectations that you seek in this coaching experience?

Before SESSION 1:

- **Complete** The Four Stages to Effective Prayer Leadership Survey
- **Read** "Worship-based Prayer"
<https://63discipleship.com/worshipbasedprayer/>
- **Read** "5 Stages to Effective Prayer Leadership"
<https://www.strategicrenewal.com/five-stages-for-effective-prayer-leadership/>

SESSION TWO: A Vision for Your Transformed Life

ANALYZE: Growing in Conviction

After completing the reading and reviewing the articles, please reflect on these questions in preparation for the group discussion.

- *Transforming Prayer* Discussion: What has your experience been with request-based versus worship-based prayer?
- Why is worship-based prayer crucial to your spiritual life? For the life of the church? How do you hope to more intently seek God's face in your prayer experience?

Before SESSION TWO:

- **Read** *Transforming Prayer*, Introduction and Part One (Chapters 1-5)
- **Answer** "30 Questions That Lead to Personal Revival" and share with the group ahead of time.
<https://www.strategicrenewal.com/30-questions-that-lead-to-personal-revival/>
***You are encouraged to write out your responses to these questions to help aid in the discussion*
- **Read** "When God is Silent"
<https://www.strategicrenewal.com/when-god-is-silent/>



SESSION THREE: Best and Biblical Practices for Praying

STRATEGIZE: Growing in Commitment

Reflection Questions for Group Discussion:

- How can I learn to practice Scripture-fed, Spirit-led, worship-based prayer?
- How can this enhance my personal prayer life?
- How can I strengthen prayer in my home?

Before SESSION 3:

- **Read** *Transforming Prayer*, Chapters 6-11)
- **Read** 'Keeping Your Fire and Passion Hot in Ministry' (Parts 1 and 2)
<https://www.strategicrenewal.com/keeping-your-fire-and-passion-hot-in-ministry-part-1/>
<https://www.strategicrenewal.com/keeping-your-fire-and-passion-hot-in-ministry-part-2/>
- **Read** *A Life of Achieving vs. Receiving*
<https://www.strategicrenewal.com/a-life-of-achieving-vs-receiving/>
- **Read** *The Beautiful Music of United Prayer*
<https://www.strategicrenewal.com/the-beautiful-music-of-united-prayer/>

SESSION FOUR: Cultivating Daily Rhythms of Renewal

ACTUALIZE: Growing in Competency

Reflection Questions for Group Discussion:

- How have you begun to integrate the 2/2 and 4/4 patterns for personal and communal life-giving times of prayer?
- How can you build "prayer sidewalks" along the common footpaths of life?
- How do we eliminate hurry in order to cultivate intimacy?
- How does transforming prayer equip you to put your "being" before your "doing?" In other words, how can prayer help us live in such a way that our doing flows from our being?

Before SESSION 4:

- **Read** *Transforming Prayer*, Chapters 12-15)
- **Watch** "Do We Really Believe in Prayer?"
<https://www.strategicrenewal.com/really-believe-prayer/>
- **Download** the Strategic Renewal App [HERE](#) and read "Worship-Based Prayer" under the PRAY>RESOURCES tab.
- **Review** the Daily Office PDF Guide.



SESSION FIVE: Developing a Trajectory for ongoing Transformation

CONCRETIZE: Growing in Contagion

Reflection Questions for Group Discussion:

- How have you viewed the role of the spiritual disciplines in your life and how have you engaged in them?
- What will derail the long-term fruitfulness of prayer in my life?
- What daily, weekly, monthly, quarterly, and annual prayer rhythms will you commit to?
- How can we reproduce what we have received from this coaching journey?

Before SESSION 5:

- **Read** *Transforming Prayer*, Chapters 16-17
Utilizing the *Scripture Prayer Journal*, **pick three Scripture passages** of your choice and work through the 4/4 pattern in a time of individual prayer. Next, choose one of the three passages and craft a 4/4 prayer guide with 2-3 prayer prompts for each of the four sections. ****Email your prayer guide to Justin before our meeting at: justinj@strategicrenewal.com**
- **Read** the excerpt on *Rule for Life*. Next, apply this practice to develop a “plumb line of prayer” in your life by writing out what weekly, monthly, quarterly, and annual prayer rhythms you will commit to. Think both individually and corporately.

SESSION SIX: Final Application and Steps for Church Implementation

Reflection Questions for Group Discussion:

- How will your coaching experience translate into your service in the local church?
- How do you view your role in partnership with your pastor in leading a prayer culture at your church?
- After looking back over *The Four Stages to Effective Prayer Leadership Survey*, how would you answer differently? What areas have you seen the most growth in?

Before SESSION 6:

- **Read** *Transforming Prayer*, Appendices 1-5
- **Read** “What is an Acts 6:3 Disciple?”
<https://63discipleship.com/what-is-an-acts-63-disciple/>
- **Read** *The Enduring Motivation for Prayer*
<https://www.strategicrenewal.com/the-enduring-motivation-for-prayer/>

