



Transforming Prayer Coaching Syllabus/Women

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

Course Description: Each participant 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. Each person will be guided to develop a plan of action to integrate praying biblically, as Jesus did, into their personal lives and ministry. The course is very interactive, allowing participants to share and engage. We will supply materials to enhance your experience and we encourage you to read as much of it as you can.

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 your life and in your 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 your sphere of influence.
5. We encourage you to take notes. We will provide opportunities for questions and input as we move through the course.

Readings and Resources: Each week, there will be suggested readings from *Transforming Prayer* along with supplemental videos and/or articles. To maximize the benefit of our weekly meetings, please complete the readings from *Transforming Prayer*. Other readings and videos are helpful. Additionally, we encourage each participant to read/pray at least 3 Psalms per week (along with its accompanying devotional and prayer journal).

SESSION ONE: INTRODUCTION AND OVERVIEW:

- We will look at why we should even consider adjusting the way we pray. Do we really need to go beyond the prayer list?
- Look at what can happen when we are willing to go deeper.
- Tell us what your hopes and/or expectations are for this coaching experience?

Before SESSION ONE:

ASSIGNED READINGS

- **Read** *Transforming Prayer*, Introduction and Chapters 1 - 2
- **Read** Psalms 1 - 3 using *Praying the Psalms Journal and Devotional*

SUGGESTED READING/ACTIVITIES

- “5 Stages to Effective Prayer Leadership”
<https://www.strategicrenewal.com/five-stages-for-effective-prayer-leadership/>
- [Complete The Four Stages to Effective Prayer Leadership Survey on bottom of coaching landing page](#)

SESSION TWO:

A VISION FOR YOUR TRANSFORMED LIFE

- Why seeking God’s face is a game changer
- What is blocking you from getting breakthrough in prayer
- The way that Jesus taught about prayer (4/4 Pattern)

Before SESSION TWO:

ASSIGNED READINGS

- **Read** *Transforming Prayer*, (Chapters 3-5)
- **Read** Psalms 4 - 6 using *Praying the Psalms Journal and Devotional*
- “Worship-based Prayer”
<https://63discipleship.com/worshipbasedprayer/>

SUGGESTED READING/ACTIVITIES

- **Answer** “30 Questions That Lead to Personal Revival”
<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

- What happened to my prayer list?
- How things change when we fix our heart on Him.

Before SESSION THREE:

ASSIGNED READINGS

- **Read** *Transforming Prayer*, Chapters 6-8)
- **Read** Psalms 7 - 9 using Praying the Psalms Journal and Devotional

SUGGESTED READING/ACTIVITIES

- **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 v. 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

- How to bring this model into your daily life and how to cultivate intimacy with God.
- 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?
- All of the above flows out of...
 - praying with an open Bible allowing the Holy Spirit to guide
 - Praying in His name (we will see what that REALLY means)
 - Responding, not just talking

Before SESSION FOUR:

ASSIGNED READINGS

- **Read** *Transforming Prayer*, Chapters 9-12
- **Read** Psalms 10 - 12 using Praying the Psalms Journal and Devotional

Suggested Reading/Activities

- **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.
<https://www.strategicrenewal.com/wp-content/uploads/2025/12/Daily-Office-Guide-Mobile05.pdf>



SESSION FIVE: Developing a Trajectory for Ongoing Transformation. Taking This to Your Church Body

- Don't keep this all to yourself. The value of Worship Based in Corporate Prayer gatherings.
- How to take this coaching experience and translate it into your service in the local church.
- Best practices for drawing your pastor in.

Before SESSION FIVE:

ASSIGNED READINGS

- **Read** *Transforming Prayer*, Chapters 13-17
- **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 Lori before our meeting at: Lori@strategicrenewal.com**

SUGGESTED READING/ACTIVITIES

- **Tips** for Small Group Facilitation
<https://www.strategicrenewal.com/wp-content/uploads/2025/12/TIPS-FOR-FACILITATOR-REV-10.24.pdf>
- **Facilitating** Worship Based Prayer
<https://www.strategicrenewal.com/wp-content/uploads/2025/12/TIPS-FOR-FACILITATOR-REV-10.24.pdf>

SESSION SIX: Final Application

- Caught not taught. Let's practice
- 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 SIX:

ASSIGNED READINGS

- **Read** *Transforming Prayer*, Appendices 1-5

SUGGESTED READING/ACTIVITIES

- **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/>

