



# *POPCORN Prayer Guide*

## **Points & Plusses of Popcorn Prayer**

- Simplifies prayer
- Removes pressure of praying with eloquence or long elaborate prayers
- More comfortable for beginners of spoken prayer
- Incorporates contributions of entire group
- Relies on prompting of Holy Spirit in each individual
- Every person's prayer contribution is equally valuable

## **Guidelines**

- Prayer is limited to a 1-7 words (or one short sentence) each time.
- No predetermined turn taking or going around the circle, each person simply prays each time her heart or mind is prompted and then yields prayer to another person, there is no particular order, each person can pray as many times as she chooses.
- One voice at a time, no praying over one another.
- Pray over one prayer principle until prayer ceases coming forward and silence prompts the move to the next principle.
- Prayer time begins with a brief period of silent preparation and opens with Adoration, then progresses to Confession, Thanksgiving, and Supplication.
- Prayer ends with a brief period of silent listening.
- Every prayer should be in the one preferred language of the group so everyone can understand and agree in united prayer, this is not an appropriate setting for speaking in tongues.

## **Adoration**

Adore and praise God for who He is, His character, Who He has revealed Himself to be in scripture, His mighty works and acts...

Example prayers: "You God are Creator of all things seen and unseen"; "I praise You for Your unfailing love"; "Your mercies are new every morning"; "You are a Wonderful Counselor"; "Everlasting Father"; "Prince of Peace"; "Nothing is too difficult for You" "I praise You, You are the God Who Sees"

## **Confession**

Acknowledging where we are failing to meet the standard God has set for us in His Word. Maybe consider the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Or other virtues such as truthfulness, courage, mercy, justice, discernment, perseverance... If there is anything to confess that is between you and another person, now is not the time. Names should not be used in this confession time. This time of personal confession can be done silently. Example prayers: "Forgive me Father for being impatient"; "I have not been faithful in hugging my kids every day"; "I too often forget the joy you have set before me"; "forgive me when I worry"; "I didn't listen yesterday when I should have"; "forgive me for not doing what You asked."

Example of inappropriate spoken confessions for the purposes of this group prayer time: "Forgive me for cheating on my spouse"; "[someone's name] lied to me and I can't forgive her/him"; "Forgive me for judging the way [someone's name] allows her daughter to..."





## Thanksgiving

Thank God for all He has done both for you personally and in the world generally. Thank Him for His promises, provision, blessings, and favor.

Example prayers: "Thank You for Your forgiveness"; "Thank You Father for my new job"; "Thank you for the beautiful spring flowers" ; "the stars I saw last night" ; "Thank You for my wonderful husband and children"; "Thank You for hearing our prayers".

## Supplication

This is the asking part of prayer, both for yourself and on behalf of others. Ask specifically or generally. Ask big or small. Have a wonderful time making requests of a Father Who loves and cares for you and Who has infinite resources, power, and strength. Remember to keep the requests brief and to the point.

## Listening

Spend a few moments quietly listening in His presence.

## Preparation For Leaders

- Organize a lunch or themed snacks before prayer time.
- There should be ample places for groups to breakout for prayer so they can hear one another and not be talking over the other groups.
- Groups should be 4-6 persons, with one leader in each group, and group sitting in a circle.
- While standing is okay, sitting tends to work best here. Kneeling is not a great option for this as some ladies can struggle to kneel for longer periods of time.
- Have the leader for each group review guidelines prior to prayer and to determine during prayer when the group should move onto the next principle of prayer.
- Prayer time should be 30-60 minutes
- Have a box of tissues within easy reach – just in case.

## Why Pray?

Prayer is about you and God – your relationship, discovering and accomplishing what He wants to do in your life and through your life. Prayer is the single most powerful advantage we have been given to overcome and experience victory and freedom. May we grab a hold with both hands and watch God bring victory in every trial; give us direction and purpose; and transform our lives as we turn to Him in prayer.

God says in His Word that "the prayers of a righteous man are powerful and effective." God wants our lives to be profoundly effective. He wants us to be powerful. God always gives us the means to accomplish the purposes He has for us. He has given prayer to everyone of us. It is not a gift given only to a few but to all.

## Why Spoken Prayer?

- There is power in the spoken word (God spoke creation into being, He did not silently think it into being).
- Scripture emphasizes spoken word in prayer. ("If you confess with your mouth that Jesus is LORD and believe in your heart that God raised Him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved" Romans 10:9-10).
- We see Jesus, prophets, apostles, and disciples all praying audibly in scripture.
- Spoken prayer enables us to pray with and for others in a uniquely personal and encouraging way.
- Spoken prayer connects us corporately in ways that silent prayer cannot.