

## 5 Benefits of Praying with a Prayer Partner

### **#1: Someone to pray for you**

Sometimes we need someone else to pray on our behalf. We may not have the words to pray and need someone else to stand in the gap and pray for us. Hearing our needs prayed by someone else can help to refocus our own prayers. Jesus taught that prayer is more powerful when prayed by more than just ourselves.

### **#2: Keeps your prayers from being too self-focused**

Praying for someone else keeps your prayers from becoming too self-focused. You spend time focused on the needs of someone else, pouring out your heart to God on their behalf. It'll help bring your own prayers into better perspective, too.

### **#3: Someone to help you with discernment**

Discernment is listening to God through prayer to get an answer to a question, guidance on a decision, or clarity on God's call for your life. Discernment needs confirmation through others. It cannot be done in isolation. So, praying with a prayer partner or a small group can help you with discernment.

### **#4: Creates a deep connection with someone else**

Forming an ongoing prayer partner relationship will create a deep connection between you. You'll have someone to open up and share deeply with, someone to celebrate and share blessings with, someone to care for and pray over.

### **#5: Provides accountability for prayer**

Committing to pray with a prayer partner will provide accountability for your prayer life. You're committing to pray for someone else and meeting with them regularly to pray. The prayer partner relationship will provide that added accountability to not skip your prayer time, but instead make it a priority.

<https://www.prayerandpossibilities.com/praying-with-a-prayer-partner>

## Prayer Partner Ideas

Set aside time to pray with your prayer partner. Conversational prayer may be best-suited for praying with a prayer partner.

Here are some ideas for praying together:

Take turns praying your requests out loud.

Pray one request at a time, allowing your prayer partner to respond or add to your prayer.

Keep prayers brief and give each other time to pray.

As your prayer partner prays for you, just listen. Listen for God's response through your prayer partner's words.

This prayer time is a conversation between you, your prayer partner, and God. Listen for the Holy Spirit and follow His guidance in your prayer.

**Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.**

**(Ecclesiastes 4:9-12 NLT)**

Do you ever pray one-on-one with someone else? Do you pray with someone designated as a prayer partner at church or do you have a prayer partner with whom you meet and pray regularly? What is your experience praying with someone else?

**PRAY DEEP CHALLENGE:** Who can you pray with this week? Seek out a prayer partner and pray together.