

# Asking Someone To Pray for You

Anyone undertaking a difficult task like healing their soul and personality needs to be supplied by at least five people who pray regularly and perhaps even fast occasionally for them. You need to develop such a network if you do not have one already. They will be like a spiritual "blood supply" for your recovery needs.

Most of us have never asked anyone to pray for us although we often ask others to pray for an occasional prayer request. Many people have never been asked to pray for someone yet are quite willing to do so. Most people say they don't know what to pray about when they are asked. This list will help guide you as you discuss with them how they can pray for you. As you grow you will also pray for others. You can also use this guide to tell others how you will pray for them.

1. Pray for my **maturity**. Help me reach maturity in all aspects of my life such as: spiritual, emotional, physical, intellectual, relational, financial, social maturity.

A. In order to become mature, people must do hard work so pray that I will be **encouraged** and that you will find ways to encourage me.

B. Growing mature requires that my **needs** are met. I will keep you informed each week on what my current needs are as I discover them. Together we will ask and give thanks as they are met.

C. Maturity only develops in committed relationships. Pray that I will receive the necessary **divinely appointed relationships** in which I can receive and give life. Pray for spiritual mothers, fathers, brothers, sisters and children to adopt me into the spiritual family. Pray that I will be ready and open to these adoptions.

2. Pray for my **redemption**. Redemption's work must spread to my body, soul, mind, spirit, relationships and history until every way in which I have been injured by the enemy of our souls has been redeemed. This redemption includes my salvation, deliverance from evil, healing and restoration to full fellowship with God and His people.

A. Pray for my **protection** from evil. Pray that I will be delivered from all the power, dominion and effects of evil in my life and history. Pray that this work be completed both within and around me. Pray that I will be guided to those believers who are gifted in helping me win this battle.

B. Pray for the **healing** of my spirit, mind, soul and body.

C. Pray for the restoration of full **fellowship** and participation in my relationship to God and the people He gives me for my personal spiritual family.

D. Pray for God's **timing** in all of these ministries. Pray that he will reveal to you, to me and to those ministering *when* each type of ministry should be sought.

3. Pray for my **equipping**. Pray also for the equipping of my counselors, prayer ministers and spiritual family. Specifically ask God what he has given you to equip me with before prayer, healing, deliverance and counseling sessions. Help insure that I do not enter the challenges before me unprepared.

4. After each gift from God join with me in **testimony/praise/thanksgiving** for what God has done. Help me remember to celebrate and live fully the life God is giving to me.

## Community Support Checklist

### Personal Prayer Support for Counseling

List five people who are praying regularly for your growth and recovery. These people should be updated on your progress and needs each week.

1. \_\_\_\_\_ 2. \_\_\_\_\_
3. \_\_\_\_\_ 4. \_\_\_\_\_
5. \_\_\_\_\_

### The Care of Your Soul

Please list the two people who take personal responsibility for the care of your soul as though you were their own child. Who sees to it that you are prospering in your growth and are not hurt in your relationship to God and others?

Spiritual Mother \_\_\_\_\_

Spiritual Father \_\_\_\_\_

Others \_\_\_\_\_

### Your Sources for Prayer and Ministry

Where do you receive your corrective and restorative prayer ministry for each of the following?

**Healing:** Group \_\_\_\_\_

Contact person \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

**Deliverance/Spiritual warfare:**

Group \_\_\_\_\_

Contact person \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

**Fellowship:** Group \_\_\_\_\_

Contact person \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

**Crisis:** Group \_\_\_\_\_

Contact person \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_