

## **Prayer Cycle in 3/3rds Trainer's Guide**

### **Looking Back [10 minutes]**

You'll want to move folks quickly through the first third. Skip the care question and go right to the check-up. Move everyone along quickly and apologize for doing so by saying we're going to be doing a special training tonight. Then simply state the vision for the group.

### **Prayer Cycle Introduction [10 minutes]**

Introduce the prayer cycle by reading through the "Prayer Cycle Introduction" handout together out loud. You can read or have others in the group read parts of the handout. After reading, break apart for practice.

### **Practice [65 min]**

Spend the next 60 minutes in prayer by individually working through the exercises in the Prayer Cycle. Set a time for the group to return and reconnect. Be sure to allow a few extra minutes for everyone to find a quiet place to pray and to make their way back to the group.

### **Looking forward [5-10 minutes]**

Everyone pray and ask how they can obey what the Lord has put in their heart.