# **Quiet Listening Prayer Exercise**

* Ask if anyone in the group needs prayer (**Don’t tell us what you need prayer for!**)
* ***Ask this person to sit in the center of the group*** and have everyone around them. (Hand’s on is not needed, but if you get permission from the prayer recipient, you can place your hands *appropriately* on the person)
* Instruct the group to take a moment to ***quietly ask the Lord*** to bring to mind how they can pray for this person. (Remember, the recipient hasn’t told you anything.) Tell the group you will ***remain quiet for about 1 minute*** while we wait on the Lord. No talking or praying yet! Listen for how to pray for them.
* After about a minute of asking the Lord how to pray for this person, ask everyone to ***pray in their head at the same time***. The room is still silent.
* ***Ask the recipient to listen quietly.*** What is this experience like for them? What are they thinking about? How do they feel as people pray for them? (No words are being spoken.)
* ***After a few minutes of silent praying, say, “Amen.”***
* ***Ask the recipient what this was like for them.*** Thoughts? Feelings? Did God impress anything upon their hearts?
* Then, ***ask the group*** if they are willing ***to share what they felt led to pray for***. People do not have to share what they prayed if they don’t want to or if it is too personal.

Outcomes can vary, but don’t be surprised if people are led to pray for exactly what is needed. People may have pictures, songs, etc., come to mind during this exercise. The recipient will most likely feel incredibly blessed. Pray for multiple people this way.