

Praying ye One for Another - workbook

Dear Foundations7 Family,

Welcome to this focused study on the scriptural call to pray for one another. In our walk together, it is easy to default to general well-wishes or vague promises of "keeping someone in our prayers." However, the biblical pattern for the local body demands something much more deliberate, powerful, and structurally unified.

This study kit is designed to move us from casual prayer habits into a dedicated routine of strategic intercession. As we unpack these precise vocabulary terms, engage in honest small group discussions, and follow the 7-day personal devotional journey, our goal is to build a culture where we actively bear one another's real weights.

Use this material to anchor your personal quiet hours and to provoke deep, transparent fellowship during our group meetings. Let us stand in the gap for one another with alertness and unwavering persistence.

Grace and peace,

Tom at Foundations7.org

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1. Learning Objectives & Overview

This kit is designed to deepen individual and corporate prayer lives by anchoring intercessory routines directly in scriptural truths.

Core Objectives

- **Understand Mandates:** Grasp the scriptural command and structural baseline for mutual intercession within the local body of Christ.
- **Analyze Key Vocabulary:** Break down key prayer terms to construct more precise, effective scriptural prayers.
- **Implement Practical Routines:** Transition from generic prayers to an active, structured, outward-focused weekly prayer routine.

Fun Memorization Tip: The "S.A.I.N.T." Checklist

S - Supplication for Others: Shifting the focus entirely off of "my comfort" and onto the physical, emotional, and spiritual needs of those around us (Ephesians 6:18).

A - Aligning with God's Will: Moving away from the "name it and claim it" mindset by submitting our requests to His sovereign, perfect plans rather than demanding our own desires.

I - Interceding for the Lost: Praying intentionally for those who don't know Christ yet, asking for their hearts to be softened and for boldness to share the Gospel.

N - Noticing Needs: Actively keeping our eyes open during the week so our prayers are targeted at real, tangible burdens our friends, family, and coworkers are carrying.

T - Thanksgiving for His Sovereignty: Thanking God ahead of time for how He chooses to answer, trusting that He is good, regardless of whether the outcome matches our specific timeline or expectations.

2. Biblical Word Study (Glossary)

To build a solid scriptural foundation, we must examine the precise meanings of the words chosen by the biblical writers.

Key Term	Scriptural Context	Meaning & Practical Application
Effectual Fervent	James 5:16	Energetic, passionate, and working inwardly through a life rooted in righteousness. It is prayer that is purposeful rather than nonchalant.
Supplication	Ephesians 6:18	Heartfelt, humble, and deeply persistent requests tailored to specific, concrete needs.
Intercession	1 Timothy 2:1	The act of approaching God, standing in the gap, or acting as a buffer on behalf of others.
Utterance	Colossians 4:3	Divinely granted opportunities, clarity, and supernatural boldness to declare spiritual truths.

3. Small Group Discussion Guide

Use these open-ended, heart-level questions to foster deep conversation and mutual accountability during fellowship.

- **The Power of Transparency (James 5:16):** Why does the scripture directly link confessing faults to one another with praying for one another? In what ways does structural honesty within a fellowship pave the way for healing and answered prayer?
- **Shifting Priorities (Colossians 4:3):** Paul requests prayer for an open "door of utterance" while he is physically chained in prison. What does this teach us about prioritizing the free course of the gospel over our personal comfort or circumstances?
- **Spiritual Vigilance (Ephesians 6:18):** What does it mean practically to "watch thereunto with all perseverance" when praying for other saints? How can a group help its members overcome spiritual fatigue or distraction?
- **The Role of Gratitude (1 Timothy 2:1):** Paul places "giving of thanks" in the same sentence as supplications and intercessions. Why is thanking God for the believers in our lives essential before we begin asking for their needs to be met?
- **Carrying the Weight (Galatians 6:2):** How does active, focused intercessory prayer fulfill the "law of Christ" to bear each other's burdens? Where is the line between supporting a brother or sister in prayer and trying to "fix" or control their situation?

4. A 7-Day Personal Devotional Journey

A daily breakdown designed to focus outward, committing one verse and one specific action per day.

Day 1: James 5:16 *Confess your faults one to another and pray one for another.*

- Reach out to a trusted believer to share a current spiritual hurdle and spend time interceding for each other's restoration.

Day 2: Colossians 4:3 *withal praying also for us, that God would open unto us a door of utterance...*

- Intercede explicitly for your pastors, teachers, or local evangelists, asking God to open clear paths for them to declare the gospel boldly.

Day 3: Ephesians 6:18 *Praying always with all prayer and supplication in the Spirit.*

- Dedicate your prayer time today entirely to the spiritual protection, alertness, and perseverance of the families in your ministry.

Day 4: 1 Timothy 2:1 *supplications, prayers, intercessions, and giving of thanks, be made for all men;*

- Write down a list of three distinct qualities you appreciate about a fellow believer, express your thanks to God for them, and pray for their spiritual growth.

Day 5: 1 Thessalonians 5:25 *Brethren, pray for us.*

- Send a brief text message to a leader or friend in your circle asking:
"How can I specifically shoulder a weight or carry a need for you in prayer today?"

Day 6: 2 Thessalonians 3:1 *pray for us, that the word of the Lord may have free course, and be glorified*

- Pray targeted prayers for your local community, asking God to remove spiritual opposition so that His Word spreads rapidly and is honored.

Day 7: Galatians 6:2 *Bear ye one another's burdens and so fulfil the law of Christ.*

- Identify someone in your church experiencing an intense trial or moral battle and stand in the gap to lift that specific weight off their shoulders through prayer.

5. Weekly Prayer Calendar Worksheet

Print this grid out or use it digitally to record the specific names of individuals you are committed to lifting up each day alongside these scriptural focuses.

Day:	Scriptural Prayer Target:	Name(s) Interceding For:
Monday	Physical & Spiritual Healing (James 5:16)	
Tuesday	Divine Open Doors & Clarity (Colossians 4:3)	
Wednesday	Spiritual Protection & Endurance (Ephesians 6:18)	
Thursday	Leaders, Civil Authorities, & All Men (1 Tim. 2:1-2)	
Friday	Pastors, Ministers, & Ministry Support (1 Thess. 5:25)	
Saturday	Unhindered Spread of the Gospel (2 Thess. 3:1)	
Sunday	Burden Bearing Within the Local Body (Gal. 6:2)	