*This is a summary of the training from September 8 and 10. We missed you! I would be happy to talk through anything about the year of prayer to insure that you as the LifeGroup leader have everything that you need! Please email Carole Hughes if you’d like to make a phone or in-person appointment with me (Megan Hackman):* *chughes@chapelhillpc.org* *or 253-853-0274.*

*You are under-shepherds—leading God’s people under the one, Good Shepherd, Jesus. Thank you for taking your role leading your LifeGroup seriously. I am prayerful for you as you work together as a LifeGroup to present everyone mature in Christ.*

**Chapel Hill Mission Statement: *Working together to present everyone mature in Christ.***

*We are committing this year to the Lord to teach us how to grow in prayer. Here are some of the ways we intend to do that as a congregation:*

**[2016 Year of Prayer](http://www.chapelhillpc.org/resources/year-of-prayer-resources/)**

**TEACHING THE WORD THROUGH** [**SERMONS**](http://www.chapelhillpc.org/resources/sermons/series/lord-teach-us-to-pray/)

Fall: Lord’s Prayer

Advent: Prayers of Christmas

Winter: Prayerless Q (like Fearless Q)

Lent: Prayers of Jesus in Luke

Spring: Ephesians, The Prayer Life of the church

**FUNNEL, INC. SPIRITUAL DEAD AND INFANTS**

* [Prayer Journal](http://8cdd4371935a6b0285e0-b0d31e7e5eaefd7e649775364cfdbead.r9.cf2.rackcdn.com/uploaded/p/0e5439201_1473889730_prayerjournal.pdf)
* Congregational Night of Prayer Tuesday, Oct 25

**SPIRITUAL CHILDREN**

* LifeGroup guide (in prayer journal)

**SPIRITUAL YOUNG ADULTS**

* [Advent 24/7 Prayer](http://www.24-7prayer.com/signup/83494e)
* Boiler Room of Prayer

**SPIRITUAL PARENTS**

* Prayer Team Monday nights
* [Leader Bible Study](http://www.chapelhillpc.org/event/854411-2016-09-22-lifegroup-leader-bible-study/) (Thursdays and online)

*Then we did just a fun exercise to warm up our minds to the idea of how to set goals for our LifeGroups for prayer. It follows the concept of a Couch-to-5k plan, which is a running plan to turn a couch potato into a runner who can run 3.1 miles in just 6 weeks. Similarly, how might the Holy Spirit train us up in prayer? So here’s some elements of a traditional running plan and how they might correspond to elements to think about in terms of how to be trained up as people of prayer.*

**Prayer Training Plan**

Elements of a Running Plan

1. Run
2. Route
3. Hydrate
4. Diet
5. Cross-train
6. Group Run
7. Select a Race
8. Gear
9. Stretch/Recovery
10. Running Log
11. “getting in the zone”
12. Coach

Corresponding Prayer Plan

1. Pray
2. Lord’s Prayer
3. Presence of Jesus
4. Bible Study – Storying, Precept, RAP
5. Service, Reading about Prayer
6. LifeGroup
7. Prayer Goals
8. Prayer Disciplines, Time, Ephesians 6
9. Rest, Sabbath
10. Journal (remember! Track progress)
11. Mindset
12. Mentor, encourager

*Then we took a half hour to meet with a coach and to work through deciding on some group prayer goals. For instance, one we have for our LifeGroup is that everyone has prayed out loud by the end of the Fall. Others are deciding how much time they want to spend in prayer, turning the time for prayer requests into a time of directly praying, etc.*

**What’s our group’s plan going to be?**

* Prayer goals for the whole group
* Outline for each LifeGroup meeting
	+ \_\_\_\_ min fellowship
	+ \_\_\_\_ min post-sermon discussion
	+ \_\_\_\_ min Bible Study AND how do we want to do Bible Study? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ \_\_\_\_ min prayer discipline practice
	+ \_\_\_\_ min close in prayer
	+ anything else? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Who could lead different parts of your meeting? (Calling up spiritual young adults and parents)

**Take-aways from hearing about the leadership in others’ LifeGroups:**

*Then I spent time teaching on the first passage for “Our Father who art in heaven,” the baptism of Jesus in Matthew 3. I used the Precept model of teaching, which walks through a study of the text by asking, “Who, what, when, where, why and how?”*

*Finally, we closed by practicing the first prayer exercise together, praising God through the Psalms.*