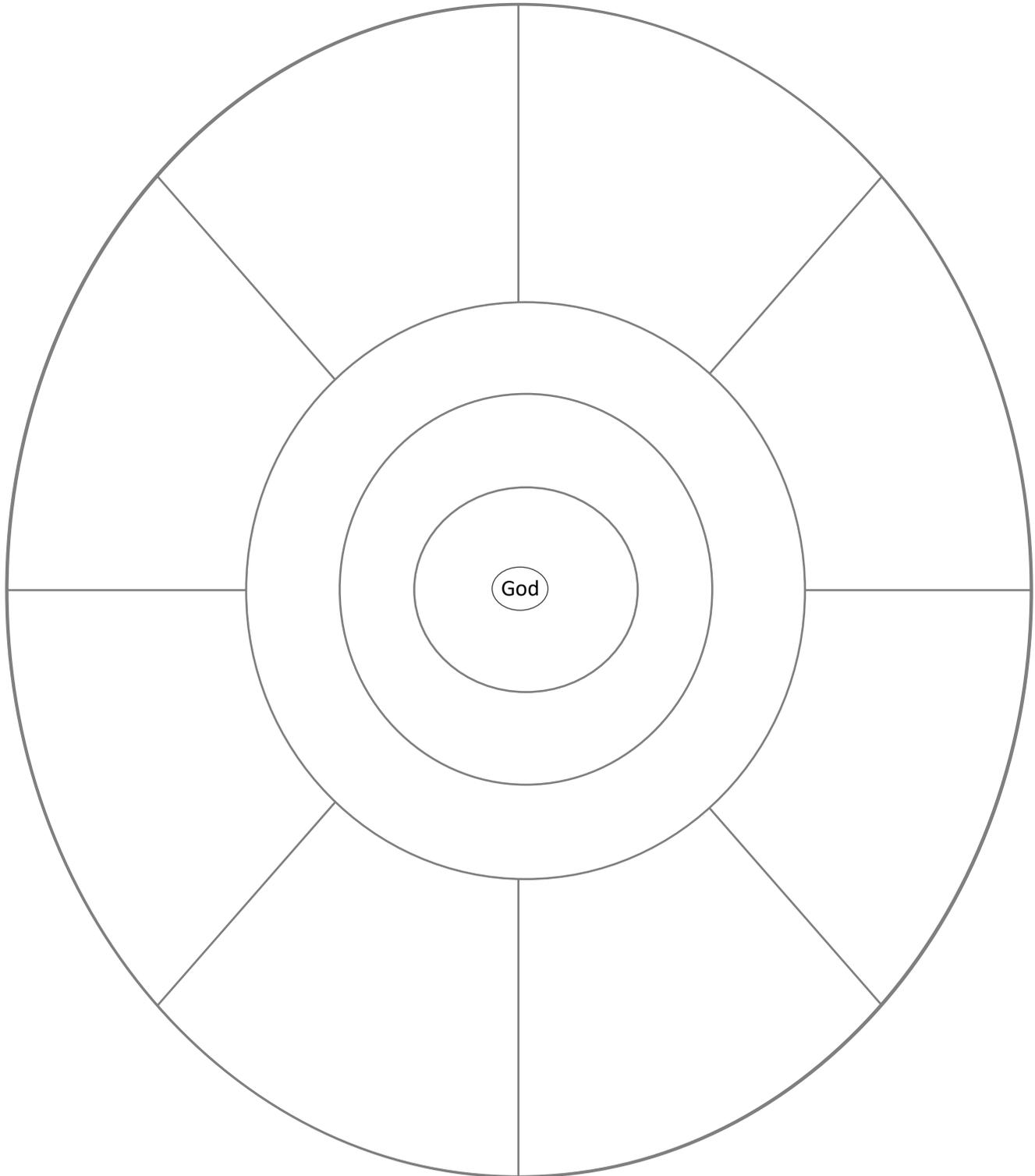




## Prayer Arena



## How to Use the Prayer Arena

The Prayer Arena is designed to be a visual way to pray for a lot of people on a regular basis in a short amount of time. There are a variety of ways to consistently pray for people. This has been the way that has worked best for me. I have found that when I started praying scripture for people daily, I was able to stay consistent and not get bogged down in tracking requests.

Below is a sample of how you may want to use the arena to group the people for whom you pray. I started by praying for myself and my immediate family (center circle), then my parents, grown siblings and their families (next circle out), then my dearest friends (third circle). The outermost oval is divided into segments to make it easier to pray for people in groups. Since I pray for all of my clients, I use one segment for each company, and then list the individual names of the people for whom I pray. I also pray for federal, state and local officials (my senators, congresspersons, supreme court justices, etc.). Feel free to organize your arena in any way that works best for you.

I try to name every person in my arena every day. When I pause to speak someone's name, I picture their face in my mind, and I feel appreciation for them. Additionally, I have noticed how frequently the Bible talks about names. Great importance is placed on names throughout scripture. So, I encourage you to name each person on your list.

I then pray scripture over all of them. I pray Ephesians 3:14-21 and put on the full armor of God (Ephesians 6:10-17). You may want to choose other scriptures as the Spirit leads you. Some scriptures to consider:

- Ephesians 1:15-23 (wisdom)
- Ephesians 3:14-21 (love)
- Ephesians 6:10-17 (spiritual armor)
- Psalm 90:17 (Establish the work of our hands)
- Numbers 6:24-26 (May the Lord bless you)
- Philippians 4:4-7 (Rejoice)

I hope this is a helpful tool for you. May the peace of Christ dwell in you richly as you pray for others in this way!

