

THE
C O D E **III**

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MY DEFENSES

Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." - (Luke 11:1)

INTRODUCTION:

In the days that we are living there are many diseases that are attacking people due to low temperatures, such as influenza and the flu. People get sick because they have low defenses. Linking this with prayer, prayer is our "defense" before everything we face every day. The only way that humans can connect with God is through prayer.

1. WHY IS PRAYER IMPORTANT?

The disciples of Jesus did not know how to pray, but they heard how beautiful Jesus prayed to the Heavenly Father, and Peter told Jesus to teach them to pray and we now have a model of prayer. (Matthew 6: 9-13)

- God's children are known because we pray, that is why prayer is important. It is the only way to connect with our Father in heaven. It is the way to receive an answer from God; through it we get to know our Heavenly Father, we know mysteries, we receive strength, we are guided when it comes to decisions we have to make, etc. It is a powerful tool. (Matthew 7: 7-8)
- Everyone prays. Some pray to different idols or gods and people in their despair put their faith in things that have no life. Inside us, God put a part that only He can fill be-

cause He does have life, and with the coming of our Lord Jesus Christ He gave us access to the Father.

- We pray because only He has the supernatural power to give us the answer to what we are in need of. He is the only one who can bless us, through prayer we obtain divine protection on this earth.
- Prayer is like an incense that rises up to His throne. Every prayer that we make, God puts them in a deposit and keeps them, and in due time He answers us. (Revelation 5: 6-8)

2. WHY DO PEOPLE PRAY AND ARE NOT HEARD?

- Because they pray to a dead god, not to a living God (Psalm 135: 15-20) It is not possible to say that we are children of God if we do not pray. God is the Father for His children.

3. HOW DOES GOD CONNECT WITH HIS CHILDREN?

- He could not present himself to the People of Israel because of his great power and glory, because the people were not ready. In past times, God assigned angels as voices for a territory, for a prophet, for a leader, etc. because they were not prepared and used to make idols

of everything.

- We are spirit, and we are a soul that lives in a body: The spirit is what God put in humans to connect with Him.

That is the part that hungers for God and desires to do good. The soul is what does what we say or want: “I do not want to pray” and then the soul answers: “Well, let’s not pray”.

The soul only obeys the order that I give it. The spirit is always willing, but the flesh is weak. (Matthew 26:41)

- Humans can be happy only if they stay connected with the part that God has given us to have an intimate relationship with Him. If that spiritual part is not filled with the love of God, all the achievements that we obtain won’t matter. Without God we will never be happy, we will feel empty, discontented and dissatisfied because only God can fill that part.

4. PRACTICAL TIPS FOR PRAYING

- Find a still place, when the children have already gone to school, or to sleep, or before going to work; at the time that suits you, but without bustle, because your prayer must be in the secret closed the door. (Matthew 6: 6)
- Turn off your phone so nothing will distract you.

CONCLUSION:

If you had not received a response from God, today is an opportunity for you to experience it through prayer.

We can have many things that God has for our lives, but you need to execute a plan and start it to begin receiving your blessings.

What you have to do first is give your life to Christ so that you are not only God’s creation, but his son.

SALVATION PRAYER:

Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and I ask for forgiveness. I give you my life and my heart so that you may be my personal Lord and Savior, amen.

Interactive Questions: Are you praying? Do you really know God? Have you had fellowship with your Heavenly Father? Are you resting in God in the difficult moments you face in life? Are you receiving all the blessings that God created for you since your mother’s womb?

Practical Application:

- In the end, have people pray for each other, for their requests or personal statements declaring the Word of God.
- If you do not have a habit of praying, ask someone you trust in your group to wake you up during the week at a certain time to pray, and you can even pray together for 10 minutes over the phone.
- Pray in the group so that God will give them hunger for knowing God, hunger for prayer, that will give them a need to pray more and spend more time with the Lord.

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THE THREE D'S TO DEVELOP AN EFFECTIVE PRAYER LIFESTYLE

Pray without ceasing. (1 Thessalonians 5:17)

ILLUSTRATION:

Then Jesus told his disciples a parable to show them that they should always pray and not give up. 2 He said: "In a certain town there was a judge who neither feared God nor cared what people thought. 3 And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.' 4 "For some time he refused. But finally, he said to himself, 'Even though I don't fear God or care what people think, 5 yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually come and attack me!'" 6 And the Lord said, "Listen to what the unjust judge says. 7 And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? 8 I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on the earth?" (Luke 18:1-8)

INTRODUCTION:

You can ask yourself: How can I pray without giving up if I can barely pray two minutes before running out of words? In this illustration we see how the widow decided to go before the judge and insist, even though she knew he was unjust and didn't care what people thought. He wasn't interested in people's approvals or vows, and the widow did not have many possibilities to be heard, but she decided to do it anyway. That is why we will be learning the **three D's to develop an effective prayer lifestyle:**

1. DECISION. Deciding is to define to do something, commit to fulfill a project, whether its in school, your marriage, university, or deciding to

develop the habit of prayer.

- First, we must decide to pray, we must decide to develop a prayer lifestyle.
- Decide to seek Gods direction in everything you do, in all you undertake, then you will succeed.
- Who are the first ones that must decide to pray?
- Men should be the first ones to pray and be an example for their families. The prayer of a man as the priest of his home has power, authority, and great supernatural results. Therefore, decide to begin and commit to pray. They must be the first to serve in church, to give offerings, to sing, to pray, and to inspire the rest of their family.

2. DISCIPLINE. The widow had to discipline herself. Discipline speaks about forming habits, it speaks about focusing our strengths in life for a specific activity. It speaks about molding our behavior to achieve a goal. John Maxwell said, "discipline means to do the right things, at the right time for the right reasons" and prayer must be a discipline we all do at the right time and for the right reasons."

- Discipline in prayer. It is essential, important, and necessary to have discipline in

prayer. It is the foundation of success in ministry, the foundation of being able to reach the purpose and will of God for our spiritual, family, social, and financial life.

- Every person that has been successful in any area needed discipline. Example: an opera singer must be disciplined in what he drinks, he can't give himself the luxury of drinking cold drinks or eating ice cream, etc. They must discipline themselves to take care of their throat. An athlete can't go to bed at whatever time he wants nor eat what he wants, champions decide to develop discipline.
- Discipline yourself to pray at a specific time. Even if you start with little time but every day make an appointment with God to meet him at the same time and place of preference to develop a discipline.

3. DETERMINATION. In this story we see the determination in the life of the widow, she was not going to stop insisting the judge until he responded. It would be great if we all developed that determination to pray. Just as you are committed to watching a movie till the end, or to do something you like, if we would have that same determination to go with God daily, I assure you that the spiritual, family, social and financial results would be something else.

- There is an effect when we go to pray with God daily. God is not bothered like the mean judge in the story (Luke 18:5) when we go before Him to ask for an important petition rather, he says: "call to me and I will answer you and tell you great things you do not know" (Jeremiah 33:3). Determine yourself to pray daily, to develop an effective prayer lifestyle.

- Self-control is needed for important things in life. You need self-control to not give up on your marriage, your university career, in prayer, in order to continue going forward, to obtain what we desire, to persist to not fall into temptation, to not give up when things are tough in life, to insist just like the widow did.

CONCLUSION: There is no greater power than the power in prayer, being able to see the miracles and healings God has done in our church continuously, the temple we were able to build during the worst financial crises in the country was birthed in prayer, by people who learned how to pray, discipline is needed in prayer. Decide to start with little but start now.

Start by giving your life to Jesus to help you achieve an efficient prayer lifestyle.

SALVATION PRAYER: Lord Jesus I recognize that I have sinned, that you died for me. Today I repent and ask you for forgiveness. I give you my heart and my life so you can be my Lord and personal savior.

INTERACTIVE QUESTIONS: What miracles are you waiting on God that you might need to persist in prayer like the widow? What can you do to be more disciplined in prayer? What has been an obstacle for you to have an effective prayer lifestyle? Why do you think prayer is important to be successful in all you do?

PRACTICAL APPLICATION:

Talk amongst each other of ways you and help each other develop an effective prayer lifestyle.

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PRAYER

Pray without ceasing. (1 Thessalonians 5:17 NKJV)

INTRODUCTION: Prayer should not be boring, religious or tedious, but sometimes it happens when the habit of having a daily appointment with God has not been developed. We need to learn like children. Often times we have not been taught or we don't practice daily prayer, so we do not know how to do it. That is why we will talk about prayer and how to develop a prayer life that is practical.

1. GRATITUDE (Psalm 100: 4) We approach God by first giving Him thanks.

- Give thanks to God in everything. (1 Thessalonians 5:18) Remembering all those things for which we are grateful, both material and spiritual things. Something happens when we give thanks. "Thank you for one more day of life, for my job, for my health because I am not in a hospital like some, for my family, wife (or), for my children, for our church, etc."

- When we give thanks to God something happens. Stress goes away and the presence of the Lord becomes more tangible while I am praying and giving thanks to God.

2. SURRENDER. (Proverbs 16: 3) One day we accept Christ as our Lord and Savior, but now we have to surrender our lives every day.

- Surrender your plans every morning. Maybe you

are very organized and you have everything you want to do planned for the day because you want to be productive. Jesus will honor you, but take those plans to God, see if he approves or disapproves of them, or if you need to modify something.

- To surrender is to say to the Lord: "Thy will be done". (Matthew 6:10) Many of us are familiar with this prayer. If in heaven everything is done according to His will, let it also be done here on earth. Say: "I surrender, I surrender my family, my finances, my time, my courage, frustrations, etc. Life is difficult and we have to surrender every situation or problem. Something happens when one begins to surrender.

- You need silence to listen to God. After surrendering your plans, you need to listen to Him to see if He puts peace in your heart confirming to you whether or not it is okay to continue with them.

3. FORGIVE. (Matthew 6:12) The first thing we learn when coming to church is to ask for forgiveness. Asking for forgiveness of our sins is not just a one time thing, we must keep with an attitude of continuous forgiveness.

- Ask for forgiveness for our sins. Begin to reflect on your prayer, the things that you have failed God in, not placing a burden of guilt because Jesus has already forgiven us of all our past sins (1 Cor. 5:17). Is it not true that while we walk we get our feet dirty? Our heart

is like that as well. When we walk in life, our hearts get dirty, our feelings, thoughts arrive, things that provoke us to anger, rage, etc. It is necessary to ask for forgiveness of our sins daily, because sometimes we have bad attitudes, use harsh words against someone, etc.

- Forgive others. In prayer we must forgive those who have offended and hurt us. Maybe there were people who hurt you in your childhood, youth, or in your adulthood and who steal your peace by remembering them. If peace is stolen from you, perhaps there is no complete forgiveness and perhaps there is still pain. Therefore, it is necessary that you declare and extend forgiveness for those people by name every day. That will bring liberation to your heart.

- Benefits of asking for forgiveness:
 - o It helps us be aware of our areas of weakness.
 - o It keeps us alert so we don't approach the fire, but rather to overcome those weaknesses.
 - o It teaches us to depend more on God. We recognize that we cannot succeed in our own strength.
 - o It keeps us humble, patient, noble and more considerate of other people.
 - o It is necessary to extend forgiveness to other people because I must remember that the Lord forgave me in the past. The Lord forgives me today and I will most likely need forgiveness in the future.

4. WORSHIP. Maybe this point is a bit more difficult for men who are not very emotional. The key is to remember how you were when trying to win over your wife. You looked her in the eyes, and ask

questions to know her more and listened to her. We cultivate romanticism, and give each other compliments. Our life should be an act of worship to the Lord.

- Take time to worship Him. Remember all the good things He has done and when your faith is failing and you feel weak, remember that He is almighty. He opened the sea and the people passed through on dry land. Remember that the stars are the work of His hands, and remember all the creative miracles He has done in the church. Then, praise him for His greatness.

- Read Psalm 103. If you do not know how to worship Him or if your worship does not flow, you can read Psalms as a guide.

CONCLUSION: Let your prayer time be as natural as if you were talking to your best friend. No matter where you do it, but start now, it does not matter if you start with 5 minutes. First give your life to Jesus so that you begin to have a relationship with Him as your Heavenly Father.

SALVATION PRAYER: Lord Jesus, I acknowledge that I have sinned and that you died for me. Today I repent and I ask for forgiveness. I give you my life and my heart so that you may be my personal Lord and Savior, amen.

INTERACTIVE QUESTIONS: What did you learn? Which of the four areas is the most difficult to practice for you?

PRACTICAL APPLICATION: Discuss amongst yourselves the benefits you have recently received, for which you are grateful to God. Practice these steps in your prayer.

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THE 7 OBSTACLES OF PRAYER

The effective prayer of the righteous, can accomplish much. (James 5: 16b)

INTRODUCTION: Prayer is sometimes not effective because there are obstacles. What things hinder us in prayer? Why do we pray and pray and see no response from God? There are several factors, but today we will talk about seven.

1. DOUBT. (James 1: 6) When we are pray we must definitely ask in faith, because if we are doubt, we receive nothing. To doubt is to have negative faith. Negative faith is when you put your faith in what is not going to happen. Some people find it hard to develop their faith. There must be a breakthrough where faith suddenly grows. When you pray without doubting, the Lord answers your prayer.

- Peter had momentary faith. (Matthew 14:28) At first Peter had faith and began to walk on water but doubt entered his thoughts as he saw what he was doing, and he began to sink. For whatever you are praying, just remove the doubt and make sure it is biblical and believe that God is going to answer your prayer.

2. DISOBEDIENCE. (James 1:22)

It is like a father who has an obedient son, and another who is a rebel. Which son will receive their answer faster? We must put the Word of God into action, not just hear it.

3. ASK INCORRECTLY. (James 4: 2)

Ask for something that goes against His Word. Example: "Lord, cover the eyes of the police officer so he doesn't see that I'm going 20 miles over the

speed limit". "Lord, give me more money so I can have 2 women", etc.

- Others do not receive because they do not ask. Some do not ask because they think that God is a punishing God who will not give them anything.

4.PROBLEMS IN RELATIONSHIPS WITH OTHERS. (James 5:16) It is a sin to have a lack of forgiveness towards another, and that is why it is an obstacle to prayer.

Where there is anger against someone, or a desire for revenge, resentment, which then turns into bitterness, these are all obstacles to prayer.

- If you have something against someone, forgive him. (Mark 11: 24-25) If you come to pray and you know that you are angry with someone, God does not listen.

We are experts at pretending that we are good, but how are we really inside?

There are people who prefer not to talk to each other, to settle the matter and forgive each other. We all get angry, but we should not let the sun go down on our anger. There are people who say: "I'm going, but if you do not invite so-and-so", "I'll do the work for you if you do not put me to work with him." You can pray long and in the Spirit, but if these obstacles are present, then there is a huge wall that does not allow the prayers to transcend to heaven.

5. MENTAL SIN. (Psalm 66:18) (Philippians 4: 8)

We must examine ourselves, we cannot be praying in faith when our mind is busy thinking of sin.

Sin is not only an act, but also a thought.

God longs for us to be holy and to have fear of Him in our hearts.

The mind occupies so much space for sexual sin, bitterness, lack of forgiveness, etc.

What thoughts are in your mind?

6. A BAD MARRIAGE RELATIONSHIP.

(1 Peter 3: 7) We cannot function even at work, if we have something unresolved in marriage.

We cannot allow ourselves this kind of situation and give free rein to our emotions, because it robs you of peace; your spirit makes you sick and your emotions hurt.

Often where we see unresolved problems in marriage, one member may go to look for another person or do things that they never would have done, because they are going through a marriage crisis.

We can all have differences and we all have problems, but we must resolve them. (Ephesians 4: 26-27)

Not only do these problems ruin marriages, but if we do not practice these passages of the Bible, they ruin prayer.

It affects your relationship with the Father and your

prayer does not reach Him, because he does not receive it.

NOTE:

The first six obstacles have nothing to do with the devil.

Everything has to do with us; because sometimes we blame him for everything for not receiving an answer to our prayers.

7. SPIRITUAL OPPOSITION.

(Daniel 10: 12-13) Our struggle is not against flesh and blood, we have spiritual struggles.

CONCLUSION:

We must remove the obstacles of prayer so that our prayer is effective and we can receive the answer.

PRAYER OF SALVATION:

Lord Jesus, I recognize that I have sinned and that you died on the cross for me. Today, I repent and I ask for forgiveness.

I give you my life enter my heart so that you may become my personal Lord and Savior, amen.

INTERACTIVE QUESTIONS:

Which of these 7 obstacles are the most common for our prayer to be effective?

PRACTICAL APPLICATION:

Pray to remove any opposition that is affecting the response to your prayers in families.

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PRAYER: A LIFESTYLE

“And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. (Matthew 6:5)

INTRODUCTION: We will learn how not to pray like the “hypocrites” and how prayer must be a lifestyle. The word “hypocrite” comes from a Greek word that in those times referred to the actors that used a mask when they would act in the theater. Was Jesus against them praying in public?

Not necessarily, He did not condemn the place they prayed at but rather the attitude with which they prayed.

In fact, Jesus prayed in the temple, on the streets, within the multitudes, with a few people, in the houses, etc. He did not have a problem with public prayer, He was referring to the attitude of the heart. Here are some recommendations for prayer:

1. PRAYER MUST BE NATURAL. It doesn't have to be a drama, like when you speak to a friend, with your father, your spouse, its simply natural. You don't fake your voice like if you were in a soap opera or a play. God wants to have a friendship with us, He wants to be our friend. (John 15:15)

2. TAKE IT AS A PRIVILEGE AND NOT AS AN OBLIGATION. “Oh God, I'm going to hell if I don't pray”, “If I don't pray my mentor or parents will bug me about it” It is not an obligation.

There are people that pay or do anything to get an interview with a famous person, people would rejoice if they had a date with an artist or a president of any country. What would you feel? Would you consider it a privilege or an obligation? You would

consider it a privilege, right?

When you pray you are having a date with the creator of the universe. It is a privilege to be able to pray with God!

3. LET'S MAKE PRAYER A LIFESTYLE. NOT ONLY AN EVENT. An event is only an occasion where we dress properly for such event, but prayer must be a lifestyle. Our Lord desired to have communion all the time with Adam and Eve.

When God created them, they had that daily communion with Him. In this time, it should be the same, even though we set some time apart to pray we can also talk to Him while driving or doing other things. (1 Thessalonians 5:17) (1 Timothy 2:8)

- How can I pray anywhere? There are times to pray in the spirit, in tongues, but if we pray anywhere and at anytime the best way to do so is by thinking of Him.

4. GIVE MORE IMPORTANCE TO THE CORRECT ATTITUDE THAN THE CORRECT QUANTITY. There are people that might be praying for an hour, but they are doing vain repetitions, their mind is not involved in their prayer, some are even on their phones. You might be praying for an hour without having communion with God.

- Remember there are different types of prayer: emergency prayers and daily prayers. For example, its not the same thing to pray for your food than to

pray for a family member that is in the hospital due to an accident.

The quality of the prayer would change, the time and quality would change because you would pray until God responds. (Luke 23:42)

The thief did a very short prayer but it was a quality prayer because he did it wholeheartedly; he didn't have time to pray all night, he was about to die.

- Let's pray more every day. Because if there is a correct attitude, we will also increase our prayer time.

Begin with little but increase daily and that way you will develop a precious prayer lifestyle.

5. THREE REASONS WHY ITS BENEFICIAL FOR US TO MAKE PRAYER A LIFESTYLE:

- Prayer helps us overcome temptation. (Mark 14:38) in this world we will encounter temptations every day.

When we see people that are constantly falling into temptation, we can assume that their prayer life is not a lifestyle maybe they just pray occasionally.

- Prayer gives us courage to confront difficult situations in life. We will all experience fear, uncertainty, anxiety due to our children, the pain of having a sick family member, or having an alcoholic father, the loss of an employment, family problems, a bankruptcy, etc. It is

in prayer that every morning we are strengthened.

Jesus was strengthened in Prayer. (Mark 14:41-42)

- Prayer is the only resource to maintain our peace in this difficult world (John 14:27). We can face life with peace in our hearts even though we live in a world of full of difficulties, challenges, and storms through prayer.

CONCLUSION: Removing all myths about prayer, Jesus said to not pray like the "Hypocrites" but with the correct attitude and to make it a lifestyle.

To start a relationship with God you must give Him your heart first, you can do that by saying the following prayer:

SALVATION PRAYER: Lord Jesus I recognize that I have sinned, that you died for me. Today I repent, and I ask you for forgiveness.

I give you my life and my heart, so you may be my Lord and personal savior. Amen.

INTERACTIVE QUESTIONS: According to the points, what do you need to do to make prayer a lifestyle?

Which benefit caught your attention the most?

PRACTICAL APPLICATION: Decide to start making prayer a lifestyle by practicing it daily before leaving your house, talk to God while you are getting ready, while you drive, once you get home or even before sleeping.

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HOW TO MAINTAIN OUR DEFENSE?

Is any among you afflicted? let him pray. Is any merry? let him sing psalms.

14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord. (James 5:12-14 KJV)

Introduction: Prayer is important, because it is the key to success. Prayer is the answer to many of our needs, and it's the way where God responds to everything we face in life.

There will be crisis in life, and the only way we can overcome it is through prayer. Prayer is the human beings key to connect with our Heavenly Father.

1. Why do we pray? Human beings will face emotional problems because we are on this earth. We pray because:

- **Family needs us.** Husbands need a wife who prays for them, wives need a husband who prays as well.

Parents need prayer to cover their children, the church needs to be alert praying for the entire nation and for everything people go through; we need to pray for the whole world.

- Jesus taught us that prayer is the key to everything we may need. It doesn't matter what we ask for, God responds, as long as it isn't a complaint. Jesus taught us to pray through every difficult circumstance in life.

Maybe you married your prince charming, but he turned out not to be so charming, we need to seek God so he can give us direction,

guidance, and training so we can live life. People live in complete immorality, without direction, they don't take wise decisions, and they don't know where they are going.

Their children are the same, they don't know what to study or what to do in life.

The only way to find all the resources to live a good life is through praying to our Heavenly Father. We need to pray more.

- We all have petitions. What do you need? Strength, a husband or wife, children, a job, a raise, house or car?

We need to claim all those things through prayer, because they are already in heaven. We just need to remind our promises to God. (Juan 14:13)

2. BENEFITS OF PRAYER:

- God gives us immediate responses. Have you ever gotten lost while driving and you ask God for help and He responds?

Or when you lose something and you ask Him for help to find it, etc. What experiences have you had?

- God's power manifests through prayer. (Luke

1:37) When you find yourself in crisis make a prayer because He doesn't sleep, He is with you permanently.

The disciples encountered an unexpected crisis; that's why its important that we are prepared to confront them through prayer.

The same way when the disciples were fishing all night with out catching anything suddenly Jesus tells them cast the nets and as they obeyed their nets were ripping.

What miracle are you needing? What situation are you encountering? There is nothing impossible for God. God is your strength in a time of Crisis.

- Thorough prayer we maintain our joy and peace. Are you anxious for something? Are you trying to run away from a problem?

When the disciples thought that Jesus was dead, they suffered a crisis and wanted to go back to their place of origin but when Jesus finds them along the way the first thing, he tells them is "peace unto you, go back with your brothers"

Do not make any crazy decisions in times of a crisis, if you fell, get up! There's still hope and remember, there is a prayer that can save your life.

3. GOD NEEDS US.

- God needs you as the priest in your home, husband. God needs men and women to stand and pray for everything that is happening.

Let's pray for our homes, for our children, so

they will not rebel but be fearful of God. God needs us to intercede for each other just as Jesus interceded for his disciples. (John 17)

- Let's pray for the peace of Israel. (Psalm 122:6-9) We need rest for this land, within the walls of Las Vegas?

We need peace and rest for our nation with everything we are hearing?

You need rest in your home? Through prayer we seek the wellbeing of our nation.

CONCLUSION:

In prayer we find the responses you have been looking for, remember there is nothing impossible for God.

Salvation Prayer:

Lord Jesus, I recognize that I have sinned and that you died for me. Today I repent and I ask for forgiveness. I give you my life and my heart so you can be my Lord and my personal savior. Amen.

Interactive Questions:

What do you need? Are you in need of a divine intervention?

Practical Application:

Make prayer pairs in the group so they can pray for each other's requests.

Also make a list of 3 prayer requests and share them with somebody else in the group so they can pray for them in their time of prayer.