

Teach Us to Pray

Session 3 Leader's Guide

God has uniquely shaped the prayer life of every believer. In this session, we'll learn the acronym SHAPE, which is adapted from a concept developed at Saddleback Church. It stands for:

Spiritual Gifts **H**earth passions **A**ssignment(s) **P**ersonality **E**xperiences

Knowing how God made you to pray with purpose makes prayer enjoyable and effective. And we see others grow in prayer when we help them discover their shape too.

In the first group discussion time, we'll talk about heart passions. We tend to pray for what we're passionate about and also gain a heart for what we pray into. Expect to see people come alive as they share!

The second discussion is about key life experiences and people who most impacted our prayer life. This is a time to go deeper in understanding each other and seeing God at work. You'll want to be affirming and encouraging about what people share.

Personality Profile

Many people have taken the Myers-Briggs personality assessment and know their type. If they haven't and would like to, you can refer them to www.myersbriggs.org.

Preparing for Session 4

The next session is pivotal. Please encourage everyone to complete the homework, which is to write down their:

- Top two or three spiritual gifts
- Top two or three heart passions
- Most important prayer assignment(s) in this season
- Personality profile from Myers-Briggs (if known):

Introverted or Extroverted

Sensory or Intuitive

Thinker or Feeler

Perceiver (more spontaneous) or

Judger (more scheduled)

- Main life experience(s) or key influencer who shaped their growth in Christ/prayer life.

