

## **Instructions for Finding Your Prayer Partner**

### **What You Might Do with Such A Person**

1. Talk about concerns or struggles that are going on in your life, and pray together about those concerns and struggles. Also pray about your successes as well.
2. Share with him the standards that you have developed with God, It's important for your accountability partner to know your weaknesses are so that it can guide how to pray for you. His prayers for you can give you strength to overcome those weaknesses.
3. Encourage each other and celebrate successes.
4. Help each other when mourning for the losses in your life, whether it's grief or maybe a loss of a job or a loved one.

### **Guidelines You Should Follow**

1. Pray to God for the right person. If you are a male, you should select another male. He needs to be a practicing Christian. Remember that a non-believer does not have the Spirit of God in them and doesn't understand spiritual matters. This is illustrated in 1 Corinthians 2:14- the "Natural Man" as listed in the disciple's personalities.
2. This person should be a champion for others and for you.
3. Do not choose someone who is negative or a "Debbie Downer."
4. Do not choose someone who is so busy that they cannot be consistent. If you choose this kind of person, you'll likely be disappointed.
5. This relationship should be bi-directional, meaning that it's not all about you or about the other person. You should both grow in this relationship.
6. Choose someone other than family member. You might get a skewed perspective if you are married and having difficulties, family members take sides. You need sound and godly advice with directions to walk through reconciliation and forgiveness.

7. Avoid anyone who gossips or cannot keep what you share confidential. Finally don't be afraid to step out of your comfort zone. God will honor the process. Remember, the person God leads you to will not be perfect. They are not God, but they are godly—they live daily in the Word, pray in faith, fellowship with believers, and witness to the world.

In James 4:16 it says, "therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."

The first video you saw was my first pray partner Jonathan. What you saw is that he didn't look like me or have all the same interests as me. Where I was weak he was strong where he was weak I was strong.

Let me give you a couple examples of what I mean. Jonathan was not good with using tools, you know like a hammer, screwdriver, etc. Before his first child was born he was trying to put a crib together. In the middle of the project, He got frustrated then he called me, and I came and helped him finish the job and there were no extra pieces left. ha ha ha.

The strength that Jonathan brought to the table was his technology. When Penny and I started Inverse ministries we needed help putting together PowerPoints, written material so that we could minister to couples in need. Jonathan had written several technical books for several universities across the nation.

It took him no time at all to help us construct our ministry website and develop meaningful materials for the couples. It would've taken me weeks what he did in a couple hours. That is what I call a bi-directional relationship.

I've had about six prayer partners since 2003. I've moved a lot. I've met with my prayer partners at coffee shops at restaurants for breakfast or lunches. We meet at our homes we always share a prayer request with each other and then we pray right there on the spot and we take each other's request to our daily quiet times with Christ.

We have double dated with our wives. We even watch the Super Bowl together. Depending on our schedules, we try to meet once a week. Some of my prayer partners and I would meet on the first and third Thursdays of the month. Find a time and a place where to meet put it on your schedule or you will forget. There

is something special that happens when you are intentional and are proactive when you implement into your life.

### **Accountability Agreements You Can Use :**

1. I will seek the Lord each day by spending time alone with Him.
2. I will maintain confidentiality
3. I will approach conflict with prayer and compassion.
4. I will ensure it is safe for you to be honest.
5. I will not use anything you say against you.
6. I will pray for you regularly.
7. I will listen and not interrupt when you share your feelings.
8. I will ask difficult questions and remain honest when you ask those questions of me.
9. I will meet you regularly.
10. I will be accountable to you.

You will have to be the one to initiate finding your prayer partner because quite frankly very few will reach out to you.

in the Bible, Moses had Jethro that's in Exodus 18:12, 17-27.

David had Jonathan you can find that in 1 Samuel 18:1 and 1 Samuel 20.

Daniel had Hananiah, Michelle and Azariah and that's in Daniel 1:6-20.

The accounts of all those men show that God had favored towards them. Every one of us can experience that same favor and proverbs says,"Plans fail for lack of council but with many advisors, they succeed" that's Proverbs 15:22.

Lastly, you should start to search for your prayer partner while you are healthy and without being in the middle of trials and tribulations because, when you are in the middle of the battle, you are not always thinking clearly and you could wind up picking someone who could do more damage than good. Be proactive and not reactive.

My prayer is that you will begin your journey to find your accountability/prayer partner.

Blessings to you