

# Preparing with Prayer

One important aspect of service experiences is prayer. One way many churches have had success in this is to develop prayer partners that would be praying for an individual on the trip as they are going. Below are some ideas on ways you as a trip leader can encourage each participant to invite someone to be praying for them.

**1. Invite someone to be your prayer partner while you are traveling.**

One of the most important things you can do for your trip is ask someone to walk with you through prayer. It is helpful to choose someone who will not be traveling with your team. This person needs to be someone you can confide in. You can certainly have multiple prayer partners, but make sure at least one person is taking time to pray for you daily and knows specific needs you have.

**2. Meet with your prayer partner.**

It's helpful to meet with your prayer partner prior to the trip. Share details of what will be happening, who else is going, and prayer requests or anxieties you may have about the trip.

**3. Send your prayer partner trip information.**

After meeting with the person, send them your schedule, the names of those on the trip, the name of the places you are visiting, etc. Give them physical reminders of so they can be reminded to pray for you. This can be done through hardcopies or emails, but these reminders are great as the prayer partner follows your journey.

**4. Invite your prayer partner to be at the commissioning for your team.**

If your church does a specific moment or service of commissioning for you, invite your prayer partner to participate. Give them the opportunity to be present and lay hands on you as you prepare to go.

**5. Meet with your prayer partner to discuss the trip.**

Once you have returned, set up a time to meet with your prayer partner. Share how the trip went, the positives and challenges. Make sure you share how the prayer requests you gave prior to the trip played out. It's also a great honor to bring a small gift back for your prayer partner to thank them for taking the time to make you a priority.

**6. NOTE TO THE LEADER: ask prayer partners to send encouraging notes to team members going on trip.**

As a trip leader, if you are able to find out the names and contact information for those who are acting as prayer partners for each person, contact them and encourage the prayer partner to send encouraging notes with the person traveling. Maybe a text on the day they depart and on the day they return. These gestures not only encourage the team member, but involves others in the important work you are engaging in.