

TOOL: Prayer Cards

Lift others in prayer • Daily



Introduction

Sometimes we struggle to build habits in our prayer lives, including a habit of praying for others. Often that's because our prayers seem random, reactive, and disconnected. In his book, *A Praying Life*, Paul Miller shares why prayer cards have been a helpful tool for him in intercession. "A prayer card focuses on one person or area of your life. It allows you to look at the person or situation from multiple perspectives. Over time, it helps you reflect on what God does in response to your prayers."

To build this habit, we'll practice intercession using the tool of prayer cards.

Practice

Before you begin, order some index cards. You can order just a simple set, or get a few colors, and even get ones that have a binder ring to keep them together. (This all depends on how much of a stationary geek you are!) Here are some options:

- [Basic white index cards](#)
- [Basic assorted colors](#)
- [Get fancy](#)

CREATE YOUR CARDS: Write a person's name at the top of each card, and add a few key areas you want to pray for them. These could be prayer requests they've made or specific scriptures/thoughts that come to mind.

Depending on how many you make, you could **group the cards** in colors. For example, family members could each be on a yellow card and coworkers could each have their own white card. On Mondays, you could pray through your 'yellow card' folks, and white cards could be for Tuesdays.

How you organize your cards is totally up to you, but here are some ideas you might want to include in your deck:

- Family members (one for each person)
- Friends (one for each person)
- Church leadership cards
- Individuals in your small group
- Cultural or world issues
- Co-workers

PRAY THROUGH YOUR CARDS: Each day, pick a few cards and flip through them, praying through what jumps out at you.

Debrief your experience

After practicing with this tool, debrief your experience with your Praxis Group. Below are some questions to process together:

- Check in on life. (Where are you experiencing Christ's presence this week? What burdens are you carrying?)
- What did you learn from this practice?
- Describe your experience with this practice. (What feelings came up, what went well, what got in the way? How has it impacted your relationship with God?)
- What is the next step for you?