



Webster's Dictionary of Theological Terms defines prayer as "Human approach to God and addressing God in praise and adoration, confession, thanksgiving, supplication, and intercession. A consciousness of God's presence, love, direction, and grace may be experienced."

### **Personal Prayer**

Prayer is an act of communication with God that we participate in consciously and perhaps sometimes subconsciously. It can be private and public. There are many means, expressions, and postures of prayer, and we need to become increasingly accepting of one another as we find ourselves among people who pray differently than us. Prayer is our primary means of connecting with God. It is the most powerful tool God has given us and is perhaps the most intimate relationship we can have with God. The logistics of how each of us prays is not so important. We just need to "talk" to God daily and trust Him as we bring our lives to Him.

### **So What Is a Prayer Ministry?**

A prayer ministry is an organized, planned prayer effort within a church that is strategic in its purpose and intent. It is not just assuming that prayer will get done, but making sure there are ample means and opportunities for people to pray individually, together, for others, and as special groups.

In addition to having your personal prayer life, there are many opportunities to become a part of the Prayer Ministry of Gray United Methodist Church, either as a giver or receiver:

### **Prayer at the Altar**

At each service, there is an opportunity to come forward and kneel or stand at the altar and pray. If you need someone to pray with you for any reason, just raise your hand at the altar and our pastors or other prayer leaders will pray with you.

## **Healing Services**

On a regular basis, part of the service is set aside for persons to come forward and be anointed and prayed over for healing.

## **Congregational / Organizational Prayer**

We believe in prayer and take it seriously. Pastors and other worship / group leaders make prayer an integral part of every ministry program, including worship services, Sunday school classes, children's church, youth meetings, children's group meetings, music ministry gatherings, and church group business meetings.

## **Prayer Groups**

There are groups of faithful prayers who gather on a regular basis to pray for various concerns in the life of our congregation. One group meets before each service to pray with our pastors for effectiveness as God's word goes out. Another meets every Saturday night to pray at every pew and worship station in our sanctuary before each Sunday service. *Interested persons should contact the church office.*

## **Sanctuary Prayer**

The sanctuary is open every Monday through Friday from 9:00am until 2:00pm and is available for persons to come and pray.

## **Special Prayer Vigils**

As needed, special signup sheets are made available for persons to sign up to pray in a particular time slot as part of a continuous prayer vigil for special ministries, such as some mission trips, for the Kairos Prison Ministry Weekends, and others.

## **Prayer Requests**

When making a prayer request of any kind, please include the name of the person to be prayed for, any important relationship information, and a very brief reason for the prayer. There are several ways to submit requests:

**Prayer Box**—Prayer requests may be dropped in the prayer box located at the back of the sanctuary or you may call the church office (423.477.3792) or you may email the request to [dawnrambo@grayumc.org](mailto:dawnrambo@grayumc.org).

These requests are typed and included on the **Prayer Request List** that is included in the bulletin each Sunday. Requests received during the service are added to the list and copies are available for pickup next to the prayer box after the service. Other than ongoing prayer needs, names remain on the list for two weeks. If a request is removed that needs to stay on the list, please contact the church office.

This list is updated as any new requests are received, and it is posted on our church web page ([grayumc.org](http://grayumc.org)). You may also request that the list be emailed or faxed to you by contacting the church office.

**Confidential Prayer Requests**—If you have a confidential prayer request, please contact Rev. Torres. You may call the church office and be connected to his phone where you may talk to him privately if he is available or you may leave a secure message for him on his private message mailbox.

**Prayer Chain Requests**---This ministry is designed to provide prayer quickly as needed in the event of a crisis or emergency in the lives of Gray UMC members or their loved ones and friends. To submit a request, call the church office at 423.477.3792 from 9:00am to 2:00pm Monday through Friday. You may also submit the request via email to [dawnrambo@grayumc.org](mailto:dawnrambo@grayumc.org). At other times, call 423.477.3792 and leave your request on the prayer chain mailbox (32). Be sure to make it clear that the request is for the Prayer Chain. Dawn or someone who checks the mailbox will initiate one call to our VOIP messaging service (voice over internet protocol). That service then quickly and inexpensively calls all of our prayer warriors on the prayer chain list. Every person on the list receives exactly the same message and is ready to begin praying quickly. The request will also be sent via email to prayer warriors with email addresses. *Requests submitted for the Prayer Chain are automatically added to the printed Prayer Request List. Persons interested in becoming prayer warriors on the prayer chain should contact the church office. Please note that in emergencies you may also call Rev. Torres on his cell phone 423.946.0584.*