

A close-up, side-profile shot of a woman with dark skin and short dark hair, wearing a brown, long-sleeved dress. She is in a prayerful pose, with her hands clasped together in front of her face and her head bowed. The background is softly blurred, showing what appears to be an indoor setting with warm lighting.

GUIDE 5

HOW TO PRAY FOR SOMEONE?

*The prayer of a righteous
person is powerful and
effective.”*

— Jacques 5:16



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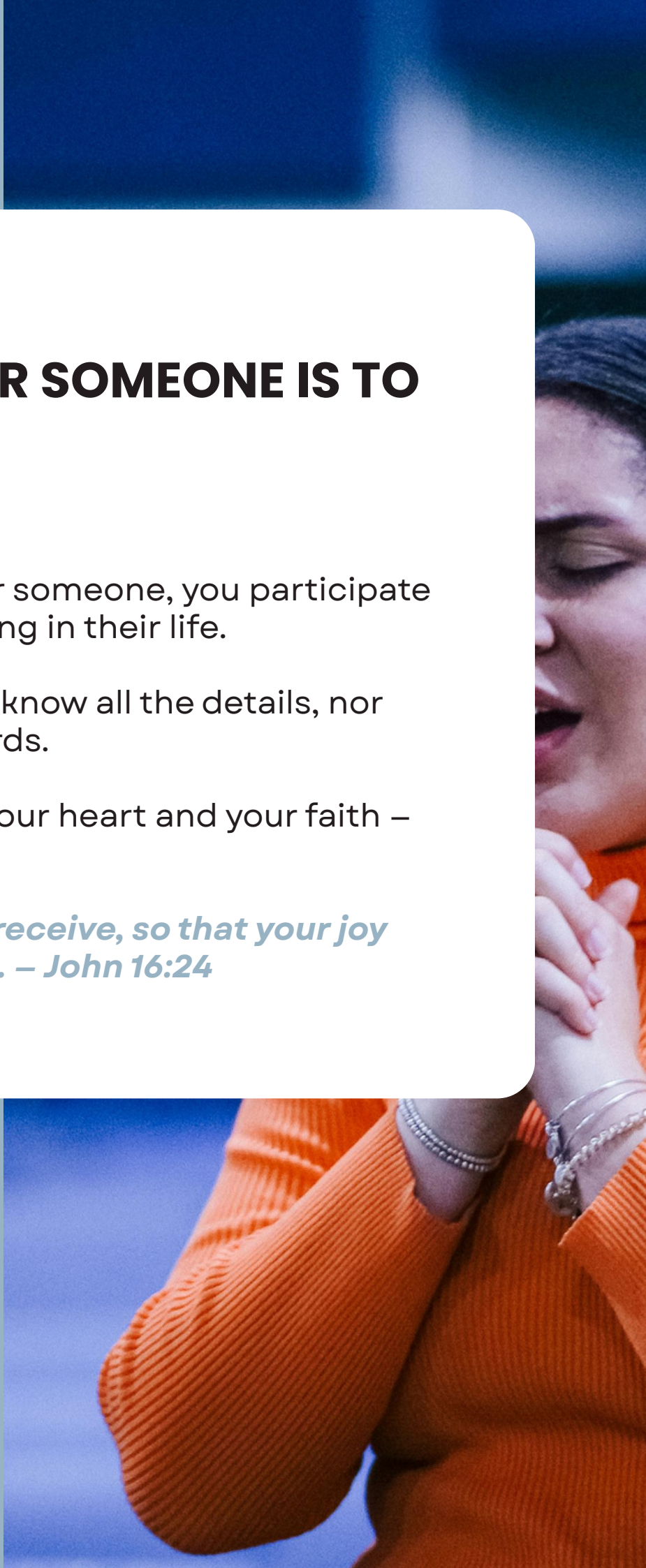
TO PRAY FOR SOMEONE IS TO SOW LOVE.

When you pray for someone, you participate in what God is doing in their life.

You don't need to know all the details, nor have the right words.

You simply offer your heart and your faith – and God acts.

Ask, and you will receive, so that your joy may be complete. – John 16:24



THREE SIMPLE STEPS

Listen carefully.

Ask: “How are you really doing?” Effective prayer is born of compassion, not performance.

Ask for permission.

“May I pray for you?” – this question opens the heart without forcing.

Just pray.

No need for long sentences.
God understands your intention better than your syntax.

The Lord looks at the heart. – 1 Samuel 16:7



EXAMPLE OF A PRAYER

Lord, I present to you [first name].

You know his heart, his needs, his wounds.

- **I pray that Your peace touches him/her now.**
- **Fill him/her with your love, your light, and your hope.**

I trust you, Father.

Amen.

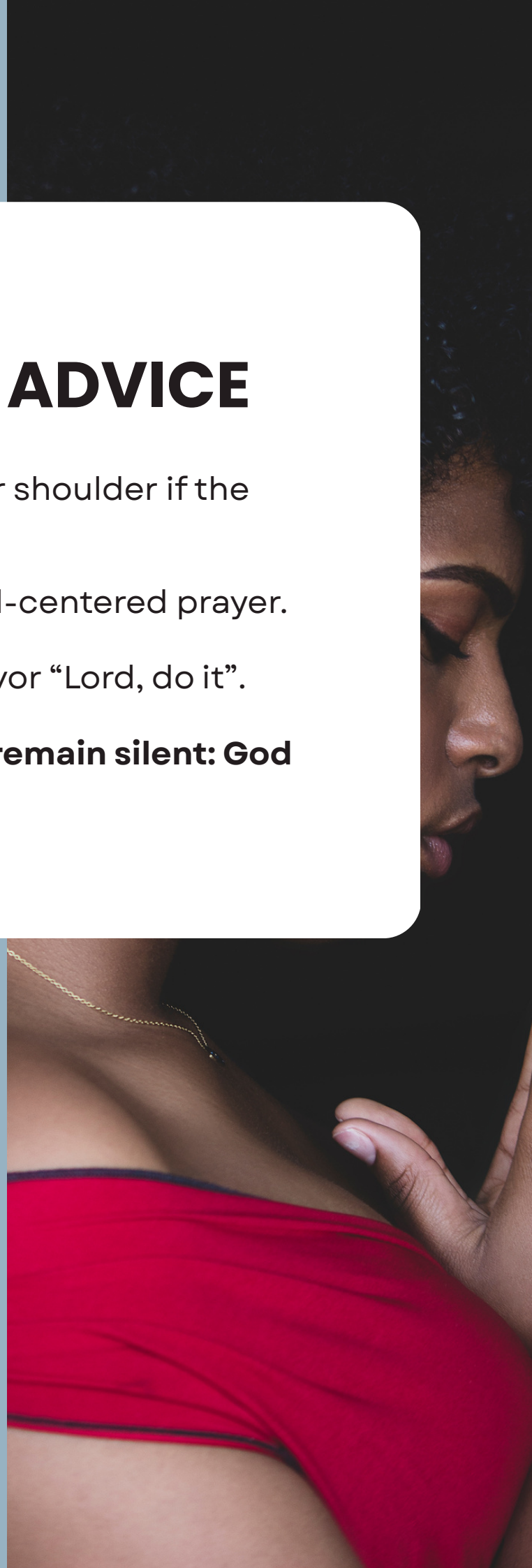


PRACTICAL ADVICE

Place your hand on their shoulder if the person agrees.

- A short, sincere, God-centered prayer.
- Avoid “you must”, favor “Lord, do it”.

If the person is crying, remain silent: God acts in calm.



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METS EN PRATIQUE CETTE SEMAINE

- Prie pour 3 personnes par jour (famille, collègues, inconnus).
- Écris leurs prénoms dans ton carnet et note les changements.
- Envoie-leur un message d'encouragement après ta prière.

🙏 Prière du semeur:

**Seigneur,
Apprends-moi à être un canal de ton amour.
Que chaque prière que je fais soit une graine
plantée dans une vie.
Amen.**



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