

# Take Five

## A Prayer-care-share lifestyle

*A very simple and effective strategy to reach people who need the blessing of God in their lives.*

This is a very simple concept to help you reach people with the gospel of Jesus Christ. In some places it is called *prayer evangelism*. This is a simple, effective strategy that *all* Christians can use to reach out to friends, family, colleagues and neighbours.

### Step 1 - Select 5 friends / families to pray for

Pray and ask the Lord for the name of five friends, family members, colleagues or neighbours that you know that need the blessing of God in their lives and who need more of Jesus in their lives.

**Write down their names:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

(Do not make this a law. If you feel five people are too much, start praying for two or three; it is fine if you want to pray for more than five people. We simply suggest you start with five. )

### Step 2 - Pray five blessings for them, 5-10 minutes a day, at least five days a week

**When you pray for them, pray for five things:**

- **Body** - health, protection, strength
- **Labour** - work, income, security
- **Emotional** - joy, peace, hope, love
- **Social** - love, marriage, good relationships with family, friends, neighbours, at work
- **Spiritual** - Salvation, faith, grace, mercy, spiritual growth

(You can add other things to pray for, but start by using these five prayer pointers as you pray for your five people/families)

When you pray for the salvation of people, you can also ask God that through the power and work of the Holy Spirit, people will start to ask themselves the following questions:

- Whom can I trust?
- What is my purpose in life?
- When will I be free?
- Where will I go when I die?
- Why do I hate God? / Why do I run away from God?
- How can I handle my problems?
- Where will I be safe? / Who can protect me?

### **Step 3 - Care for people through attending to their felt needs**

Can you do more than pray? Yes! Once you have started to pray for your five families/friends, start to look and ask the Lord to practically care for them. One of them may become ill: cook a meal, take their children to school, do the laundry. Someone's car may break down: give them a lift to work, lend them a car. Every time they have a felt need, offer to pray for them. Do not make a fuss about it, simply ask them if they would allow you to pray for them. Ask the Lord to help and bless them.

### **Step 4 - Share with them about Jesus and the goodness of the Lord**

The next step is to look for "natural" opportunities to share your faith with them. Do not push it down their throats. Simply drop a Scripture verse, tell them about an answer to prayer, offer to pray for them. As you pray for them and care for them and your friendship grows, more opportunities will open up to share your faith with them.

### **Step 5 - Persevere for at least one year**

Implementing these five steps in your prayer life, should lead to what is called a **prayer-care-share lifestyle**. It is a simple, practical, non-threatening form of evangelisation - even children can do it. It is an effective way of reaching people with the gospel of Jesus Christ.

### **Why must I bless my neighbours?**

God said to Abraham that He will bless Abraham and that all the nations of the earth will be blessed through him (Gen. 12:3) In Numbers 6:24-27 God teach Aaron how to bless the people: *"The LORD bless you and keep you; the LORD*

*make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace.”* In John 1:16 we are taught that through Jesus we receive grace upon grace. In Genesis 1 we read that after God created the whole earth, He blessed it. God wants to bless people and want them to be blessed. Statistics show that more than 98% of all people are open that you can pray for them so that God will bless them.

### **How to pray prayers of blessing**

You may a) speak a blessing over people (E.g. *I bless you in the Name of Jesus.*) or b) you can ask God to bless people (E.g. *Father, I ask in the Name of Jesus that You bless XX.*) Bless them in Jesus Name and pray God’s grace and mercy over them.

*An example of a prayer of blessing: “The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace.’ So they will put My Name on the Israelites, and I will bless them.” (Num.6:23-27) Father, I proclaim Your Name over XY: bless and protect him/her today. Lord, make Your face shine on him/her and be gracious to him/her. Father, answer his/her prayers and give him/her Your peace.*

### **Other portions of Scripture for prayers of blessing:**

- He (God, the Father) has blessed us in the heavenly realms with every spiritual blessing in Christ. (*Eph.1:3*)
- The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all. (*2 Cor.13:14*)
- The grace of the Lord Jesus be with you. (*1 Cor.16:23*)
- And my God will meet all your needs according to his glorious riches in Christ Jesus. (*Phil.4:19*)
- May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful and he will do it. (*1 Thess.5:23-24*)

### **Why is this a very effective strategy?**

- Not all people have the gift of evangelism, but all of us can pray, even the introverts and people that find it difficult to speak to other people about their faith.

- This is a non-threatening way of praying for people and building friendships with people and in a very "normal" way start to share with them about Jesus.
- More people are open to listen to what you want to share with them about Jesus if they can see in a practical way that you care for them and love them. Our deeds are stronger than our words.

### **Your attitude in Prayer**

- Pray with faith - God answers prayer (Heb.4:16, 11:6)
- When you pray, you should know that nothing is impossible for God (Mark 10:27)
- Pray with compassion (Matt.9:36)
- Persevere in prayer (Luk.18:1)
- Pray with a clean heart (Prov.28:9,13)

### **Praying with others**

You can pray alone, but it is always better and a great encouragement if you can find other people that will also *Take Five* and pray with you. You can encourage your family to pray with you or your cell group can do this together, or you can find 2-3 other fellow Christians at work/school to pray with you.

### **Scriptures for prayer**

Some more Scripture verses that you may use in your prayer time: Joh.3:16, Joh.6:63, Joh.6:44, Joh.5:21, Joh.16:8-11, 2 Cor.4:3-4, 2 Cor.10:3-6, 2 Pet.3:9, Matt.18:14, 1 Tim.2:3-4

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