



Sisterly Advice

We share sisterly advice in three sections: prayer, friendship, and spiritual growth. You can read them all at once, a few each time you get together, or savor one tidbit a day during your personal time with God. In addition, you will find scriptures for comfort and teaching, checkup questions, personal challenges and more.

We also share scriptures that are direct promises from the Bible to help you pray, especially when life gets tough. Nothing can encourage our faith like promises from God's word. Be sure to download **Promises to Help You Pray**.

Prayer Sisters are small groups of women committed to supporting one another in friendship, prayer and spiritual growth who meet regularly to pray.



“...they raised their voices together in prayer to God.” Acts 4:24



Sisterly Advice on Prayer

Pray together

Jesus describes the powerful benefits of praying together. When we gather with friends and lift our prayers to God together, we can be assured of God's presence and his attention.

"Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them." (Matthew 18:19-20)

Pray in freedom

Ask God to search your heart and reveal any barriers that would inhibit your prayers.

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139:23-24)

"If I regard iniquity in my heart, the Lord will not hear." (Psalm 66:18)

Pray personally

Your Prayer Sisters would rather pray for *you* than for your husband's boss's wife's cousin's neighbor—get the point? Also, while external prayers (for example—job, finances, sickness) are important and necessary, make sure you include prayers for the needs that are inside (fear, guilt, anger) as well.

He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy. (Proverbs 28:13)

Pray positively

Make a commitment not to gossip, whine or complain under the guise of prayer. Don't talk negatively about another Prayer Sister's situation either at prayer or outside the group. Prayer Sisters support one another with hope, not criticism.

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (Ephesians 4:29)

Pray, don't counsel

It is easy for women to want to counsel one another. Be intentional about praying and seeking God rather than sharing your opinions so freely. It is our job to pray, not to solve one another's troubles. When necessary, seek or refer one another to counseling when serious issues arise.



If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. (James 1:5)

Pray with power

Pray in the authority of Jesus, whose death and resurrection have conquered our enemy. Be aware that Satan wants to prevent, discourage, us from praying, but we have the power, through Jesus, to press on and pray powerfully!

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. (2 Corinthians 10:4)

...the one who is in you is greater than the one who is in the world. (I John 4:4)

Pray persistently

There are some prayer needs we'll pray over for a long time, even years. That's okay. God never tires of hearing the same pleas over and over. In fact, Jesus told the disciples to never give up in praying. He's working even when we may not see it.

Then Jesus told his disciples a parable to show them that they should always pray and not give up.... "And will not God bring about justice for his chosen ones, who cry out to him day and night?" (Luke 18:1, 7)

Trust the Holy Spirit to direct prayers

Sometimes our prayers become so desperate that we don't know what in the world to pray. Don't worry. We can trust the Holy Spirit to give us just the right words. In fact, the Holy Spirit continues to intercede for us long after our meetings are over!

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray, but the Spirit himself intercedes for us... (Romans 8:26)

Pray continually

Commit to pray for one another between meetings, especially when urgent needs arise. Give each other the freedom to call or e-mail, trusting that your needs will be immediately lifted up in prayer.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. (Ephesians 6:18)

Include praise and thanks



Begin and finish your prayer times by praising and thanking our mighty, awesome Lord together. And may God refresh you, strengthen you, and fill your souls with his peace as you focus on his goodness and love.

Be exalted, O God, above the heavens, and Your glory above all the earth; that Your beloved may be delivered. Psalm 108:5-6



Sisterly Advice on Friendship

Encourage one another

Good friends refuse to let one another grow weary. The best way to nurture a discouraged prayer buddy is by praying for her. Let her be the recipient of warm, gracious prayers; they will be like balm to her tired soul. Remind one another of the hope we have in Jesus, his life giving truth, and the work he is doing in our lives, that our hearts may remain tender and full of hope.

But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness. (Hebrews 3:13)

Be booster buddies

Be quick to point out the good qualities you see in one another. Use words of praise and sincere compliments, never flattery. Words of affirmation can reach deep into your sisters' hearts, often bringing about much needed comfort and healing. Kind words help us all grow, in our own spiritual growth as well as in positive friendships.

Pleasant words are a honeycomb, sweet to the soul and healing to the bones. (Proverbs 16:24)

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)

No judging

There is no room for criticism or judgment as Prayer Sisters. Continually pray that you may be humble and honoring of your friends.

Therefore let us stop passing judgment on one another. Instead, make up your mind not to put any stumbling block or obstacle in your [sister's] way. (Romans 14:13) [emphasis added]

Finally, all of you, live in harmony with one another; be sympathetic, love as [sisters], be compassionate and humble. (I Peter 3:8) [emphasis added]

Be interested

Probe gently to find out how each Prayer Sister is doing—at prayer times as well as through email, phone calls, visits throughout the week. Make sure everyone is heard. Be aware of the introverts in your group and encourage them to share. Our prayers are more effective when we know what is going on in one another's lives. Besides, there is great comfort in knowing that your Prayer Sisters are familiar with your greatest concerns and are praying for you and your loved ones.



Each of you should look not only to your own interests, but also to the interests of others.
(Philippians 2:4)

Balance relationships

Although our Prayer Sisters are very important to us, our friendships with one another should not preclude other important relationships in our lives—our husbands, families, and other friends. Prayer Sisters groups are not intended to be socially exclusive. We cannot look to our Prayer Sisters to meet all of our needs and should seek to balance our lives with other healthy relationships.

I am a friend to all who fear you, to all who follow your precepts. (Psalm 119:63)

Have fun

Plan fun social times to catch up and visit like crazy. This can prevent wasting valuable prayer time chatting at your regular meetings. Also, we can pray more effectively as we get to know each other better. Besides, we girls love to party!

They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. (Acts 2:42)

Guard expectations

Remember that no one, besides Jesus, is perfect. At one time or another, Prayer Sisters will let each other down. We can avoid a lot of disappointment if we release our expectations of our friends from the very beginning. Look to Jesus to meet our needs, and accept that our friends are imperfect, just as we are, walking on the same journey.

Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me.... And my God will meet all your needs according to his glorious riches in Christ Jesus. (Philippians 3:12, 4:19)

Share equally

The design of Prayer Sisters is for women to all participate evenly as comrades and friends. Of course, there will be times when each sister, at one time or another, will need a little more attention due to a current crisis in her life, but if one person continues to be needy and drains the rest of the group on a regular basis, consider consulting a local Prayer Sisters coordinator, pastor or counselor for more help. And keep praying for her that she may be made whole in Christ.

Jesus looked at them and said, "With man this is impossible, but not with God; all things are possible with God." (Mark 10:27)

Be a giver



Friendship goes two ways—giving and receiving. Be sure to invest in your Prayer Sisters by being committed and putting forth diligent effort to participate. You will be blessed in return!

A generous [woman] will prosper; [she] who refreshes others will [herself] be refreshed.
(Proverbs 11:25) [emphasis added]

Sisterly Advice on Spiritual Growth

Press in

The more we pray, the closer to God we will get. That's the way it works!

Draw near to God and he will draw near to you. (James 4:8)

Create a safe place

By committing to confidentiality and not placing judgment, we give ourselves the freedom to reveal the most painful and urgent needs in our lives. When we know we can trust our Prayer Sisters, we pray for needs in our lives that might otherwise remain hidden, protected in secrecy in a different setting, unsure of the response our honesty might provoke. Trust in one another provides us freedom to confess our sins, our weaknesses, and our honest thoughts, without the fear of rejection. It takes time, commitment, and honesty to build this kind of trust. But, over time, as we create a safe relationship together, as we begin to lower defenses and confess our inner struggles, we will experience God's healing and power in our prayers.

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man [woman] is powerful and effective. (James 5:16) [emphasis added]

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9).

Help one another grow

Push one another towards spiritual growth—gently, with encouragement, and offering empathy and comfort through the challenging times. We are each on our individual spiritual journeys with the hope of honoring God with our lives, and as Prayer Sisters we can be trusted allies to one another along the way.

For you know that we dealt with each of you as a father deals with his own children, encouraging, comforting and urging you to live lives worthy of God, who calls you into his kingdom and glory. (1 Thessalonians 2:11-12)

As iron sharpens iron, so one man [woman] sharpens another. (Proverbs 27:17) [emphasis added]



And let us consider how we may spur one another on toward love and good deeds. (Hebrews 10:24)

Walk in forgiveness

Recognize that holding a grudge is a tactic of the enemy to keep our hearts from full surrender to God. Ask God to help you forgive others—quickly and completely.

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. (Colossians 3:13)

Be fully committed

Oh, the beauty of having committed friends praying for us! When we pursue God together wholeheartedly and are intentional about investing in our Prayer Sisters commitment, we reap incredible benefits. Our prayers for and with one another help us fulfill God's purpose in our lives. May we remain committed to meet and pray, and may we never settle for less than all God wants for us.

You will seek me and find me when you seek me with all your heart. (Jeremiah 29:13)

With this in mind, we constantly pray for you, that our God may count you worthy of his calling, and that by his power he may fulfill every good purpose of yours and every act prompted by your faith. (2 Thessalonians 1:11)

Watch and learn

We women often compare ourselves to others and cringe when our own abilities don't match up. Instead, we can humbly choose to learn from those who are wiser, stronger, or in any way better than us! Let those we admire serve as role models as we learn from their example, recognizing that we all learn from each other, and each one of us has the potential to improve!

Be devoted to one another in brotherly [sisterly] love. Honor one another above yourselves. (Romans 12:10) [emphasis added]

Trust each other to God

Rather than pushing your convictions or beliefs onto one another, trust God to work in each of your lives his way. He really does know best.

But to each one of us grace has been given as Christ apportioned it. (Ephesians 4:7).

Embrace God's truth

The more you fill your mind with the truth of God's Word, the more your prayers will resound that truth. Find a way to read your Bible often, and share scriptures and insights with one



another. When your lives and your prayers are filled with his truth, you will be stronger, both as individual Prayer Sisters and as friends. And while you are praying, quote or read scriptures. They will serve as powerful tools in your prayers.

For everything that was written in the past was written to teach us, so that through endurance and the encouragement of the Scriptures we might have hope. (Romans 15:4)