

PRAYER[®] — — SISTERS

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Note from founder... Kathy Groom

Once I dreamed a circus tent fell on my head. Struggling for air, I fought against the impossible weight of the massive canvas. Kind of felt like praying alone, you know what I mean?

When we have to pray all alone for the heavy burdens in our lives—sickness, financial crises, family conflict, whatever challenges we face—it can feel suffocating and lonely. I do recognize there are times when praying alone is appropriate. Sweet solitude with Jesus is good for the soul. But let's be honest, sometimes the overwhelming load of

our worries can make prayer feel absolutely grueling.

Now enter Prayer Sisters! When we pray together, each Prayer Sister raises a support beam to help lift the weight of our vast spread of concerns. And you know what? When we help each other pray, the load becomes lighter for all of us. We all benefit when we pray together.

It is our desire at Prayer Sisters International that no woman should stay trapped, praying all alone under the

pressure of her burdens. Will you help us spread the word? We want all women to know about the incredible support available as Prayer Sisters. Tell your friends. Share our website and newsletter with your women's ministry leader. And let us know how we can help you. Just think of how much hope we can raise when we all lift our prayers together!

In sisterly prayer,

**The Bible shows
the value
of having
Prayer Sisters!
“If one falls
down, his friend
can help him up,
but pity the man
who falls and has
no one to help
him up.”**

~Ecclesiastes 4:10

"My Prayer Sisters are my accountability group; we love each other unconditionally through all of life's ups and downs. I often get out of balance and they gently keep me out of the ditches." ~Karla



Good News!

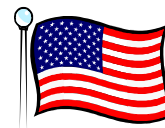
Prayer Sisters International is now an **official 501(c)(3) public charity!** And we are growing! With Prayer Sisters groups in seven states across America so far, plans are in full swing to expand our services. Through our workshops, website and additional resources, we can offer women everywhere the opportunity to connect in friendship and prayer as Prayer Sisters!

If you'd like to see other women receive the awesome benefits of Prayer Sisters, we'd love your support. Prayer, suggestions, or tax-deductible financial gifts—your help is greatly appreciated. For more information on how to help, contact us at info@prayersisters.org, or visit our new donations page online at www.prayersisters.org/resources.php.

**Our online store is finally open -
Check it out!**

www.prayersisters.org

"When my Prayer Sisters pray for my son in the army, and his wife waiting for him at home, it gives me such hope and comfort." ~Pat

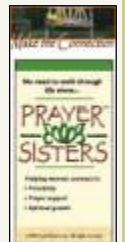


PSI note: If you have loved ones serving in the armed forces, consider introducing them to Prayer Sisters. We care deeply about our military men and women, and would love for each one to have the support of their very own Prayer Sisters.

For Ministry Leaders—

New materials available

We now offer a colorful tri-fold brochure to help you introduce Prayer Sisters to your organization! There's a space on this informative flyer for you to add your church or organization contact information. Contact us at resources@prayersisters.org to order a bundle. Together we can help women connect!



PRAYER[®]
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SISTERS

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Sisterly Advice... (From our handbook, *Starting the Connection*)

On Friendship

Prayer Sisters acknowledge the good things we see in one another. Use words of praise and sincere compliments. *Pleasant words are a honeycomb, sweet to the soul and healing to the bones (Proverbs 16:24).*

On Prayer

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. *For where two or three come together in my name, there am I with them (Matthew 18:20).*

On Spiritual Growth

Push one another towards spiritual growth. Be sincere and transparent with each other, helping one another honestly acknowledge and deal with our own weaknesses. *As iron sharpens iron, so one man sharpens another (Proverbs 27:17).*

Sister Stories...

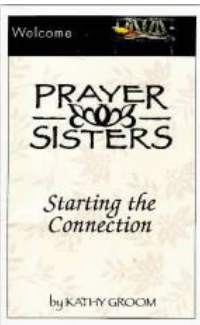
One creative Prayer Sister shared a fabulous tip with us.

"I wanted to find a way to keep track of my Prayer Sisters' prayer requests. Since we e-mail our requests ahead of time, I started printing out the requests and storing them in a three-ring binder. I downloaded the Prayer Sisters logo from the website onto a piece of scrapbook paper and inserted it in the clear pocket on the cover of the binder. Now I take my notebook with me to all of our prayer times. Not only do I have the current week's list of requests ready to help me pray, but I also have all the old requests so we can look back at the prayers God has answered." ~Elizabeth

Great idea! You could also add dividers and keep your requests organized by months or years. Maybe add a section for those special e-mails that share answers to prayer, too! You could carry your Prayer Sisters Handbook and Group Guide in the notebook as well.

Prayer Sisters Resources...

The Prayer Sisters books are valuable resources for each Prayer Sister. If you haven't had a chance to get your copies yet, order them today!



Starting the Connection

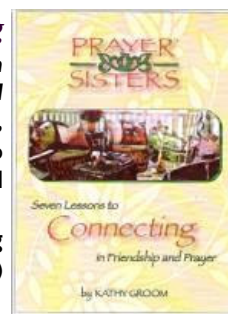
The Prayer Sisters handbook, **Starting the Connection**, is the perfect tool for each Prayer Sister. This small book gives valuable information on what it means to be a Prayer Sister, suggestions on how to successfully manage your get-togethers, helpful forms, tons of Sisterly Advice and more.

(only \$6.00 each plus shipping and handling)

Connecting

The Group Guide, **Connecting: Seven Lessons to Connecting in Friendship and Prayer**, is comprised of powerful stories, personal challenges and group checkup questions as well as a place to journal prayer requests and answers.

(only \$7.00 each plus shipping and handling)



To order books - visit our online store on our website

www.prayersisters.org/resources.php

- or contact us at

resources@prayersisters.org

Leaders Q&A... Meet a board member

This new feature of our newsletter is written by our newest board member, Royce Uyechi. Royce has led small group studies and prayer groups for over 30 years. Royce is an RN who works as a telephonic health coach after retiring from 20 years of school nursing. Her passion is to help people develop their full potential in all areas of life.

Last year, she left her native Texas to be a hands-on grandmother. She is Prayer Sisters Coordinator at Crossroads Community Church in Parker, CO.

Feel free to email your questions to Royce at -

Royce@prayersisters.org



Q-The ladies in my Prayer Sisters group only want to ask for other people's needs. How can I encourage them to focus on their own personal needs?

A-One way to refocus a prayer request is to ask, "How can we pray for **you** in this situation?" For example, if Mary asks for prayer for her son who is struggling, you could ask, "What problems do you encounter as you deal with this situation?" Or "What do you need for yourself as you relate to your son?"

Q-One of our Prayer Sisters has a

chronic medical condition and we seem to pray the same prayer for her every meeting. How can we keep our prayers "fresh" in this ongoing situation?

A-Ask her what she needs prayer for TODAY. Then, what does she need this week? This month? Don't forget the resource of asking the Holy Spirit to reveal to you what He wants for her life and to give you guidance to meet her needs. If she is unable to attend, have a group member contact her before the meeting and then report back to her what was brought to the Lord in her behalf.