

PRAYER SISTERS™

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**“Hope in the Lord; for with the Lord there is unfailing love and an overflowing supply of salvation.
—Psalm 130:7
(New Living Translation)**

Note from founder... Kathy Groom

I once read a true story that inspired me to never stop praying.

A young drug addict struggled at his rehab center and considered dropping out. Late one night, unable to sleep, he went out on the pier at the edge of a nearby lake.

“God, get out of my life!” he screamed in frustration as he paced back and forth. “I can’t take it anymore. Just leave me alone, okay?”

In the quiet darkness he heard a still, small voice speaking to his heart: “I’ll leave you alone when your mama leaves Me alone!”

The young man began to weep, realizing his mother’s

*prayers had pursued him through all the years of his rebellion. He went back to the dorm and the next day told his counselor he was ready to make things right with God.**

Okay, so I’m thinking... If God answers the prayers of one diligent mama, just imagine his response to a bunch of praying women!

Girls, when we pray together, wonderful things happen. Our faith gets a boost as we listen to good friends pray passionately for our concerns. Our hope is refreshed as we share answers to heartfelt prayers. Our strength is renewed as

we remind one another that our prayers reach a loving God who cares about our needs as much as we do.

And that kind of support helps us to keep going. To never stop praying, you know what I mean?

So press on, Prayer Sisters. God is listening. And he wants us to pester him.

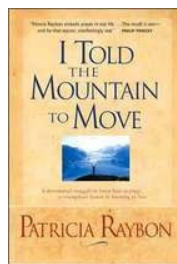
In sisterly prayer,

Kathy Groom
Founder and President
Prayer Sisters International

*From **Praying Prodigals Home** by Quin Sherrer and Ruthanne Garlock (Regal Books, 2000)

Prayer Sisters Recommended Reading...

I Told the Mountain to Move: Learning to Pray so Things Change by Patricia Raybon (Tyndale House Publishers, Inc., 2005)



As Prayer Sisters, we gain great encouragement from others’ prayer stories, including the rough times as well as victories. Award-winning writer and former journalism professor at the University of Colorado at Boulder, Patricia Raybon inspires us with her incredible prayer journey in her memoir, ***I Told the Mountain to Move: Learning to Pray so Things Change***.

For any woman struggling with prayer, religion, marriage, young adult kids, and/or aging parents, this is a must read. So...almost all of us should read it, don’t you think?

We also encourage you to visit Patricia’s website www.patriciaraybon.com. Especially see her **Best Simple Truths About Prayer**. These are practical and important principles that will empower your prayer times!



*“Lives will be changed because of Prayer Sisters.
When godly women pray, God answers.
But when they pray together, He moves our mountains.”
~Patricia Raybon*

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New Year's Ideas...

Here are some tips for your Prayer Sisters to try this year!

For Ministry Leaders—

- A new year is a natural time to think of new beginnings and of making changes in our lives. As women are thinking of New Year's Resolutions, this is a great opportunity to remind them of the resource that they can have in Prayer Sisters.
- Consider having an informational meeting to bring together women who would like to join with others for mutual support and encouragement. Remember to emphasize that the purpose of Prayer Sisters is to pray specifically for each other's needs rather than for broader church-wide or global needs.

For Groups—

- Take a few moments to review the past year's answered prayers. Thank God for all he's done (and all he is still doing!)
- Plan something fun together—lunch, shopping, birthday party, whatever! Casual times like these help us become closer friends. And let's face it: We can pray more openly with trusted friends.

Contact us at info@prayersisters.org for more information.

Leader Q&A—With Board Member Royce Uyechi...



Q – How do we transition from our social “catching up” time to prayer?

A – When it's time to stop chatting and start praying, we can set the stage for effective connection with God by taking a few moments to recognize his presence with us. The leader might begin with a brief prayer praising God for who he is or by reading one of the Psalms of praise. Pray that he will still our minds and quiet our emotions so that we can hear his voice. Follow with a period of silence until the leader is prompted by the Holy Spirit to begin praying aloud. Even though some people may be uncomfortable with silence, I would discourage playing music during this period because it can be distracting and interfere with our concentration on God.

Q – Our group has reached a deep level of trust and intimacy. We feel that it would be disruptive to have someone new come in. How do we turn away ladies who ask to join us?

A – It is a wonderful testimony to the effectiveness of your group that other women want to join you. The most positive way to address this is to encourage them to begin their own Prayer Sisters group and to actively seek out other ladies to join with them. Access our online store to get the handbook that has guidelines for starting a new group.

(Email your questions to Royce@prayersisters.org)

Visit with a Board Member...

We'd like you to meet our Ministry Board Members! This issue we're introducing Peggy Zeman, Secretary of Prayer Sisters International. Peggy is the self-proclaimed 'techno-geek' for PSI. She designs our quarterly newsletters for you, as well as creating our brochures, books and other materials.



Peggy and her husband George have been married for 27 years and they have three college-age children: Ryan, Megan, and Nick. She is thankful they are in nearby Colorado colleges, so they can be active in their lives. Their young adult kids come home often and fill their home with lots of friends

and action during school breaks, as their friends fill up the house, empty out the fridge and overflow the hot tub. But they wouldn't have it any other way!

Since sending their last child off to college last Fall, Peggy rejoined the workforce full-time at Promise Keepers in Denver. She feels blessed to be working in this valuable men's ministry.

Although she grew up without sisters, God has blessed her with three wonderful Prayer Sisters who support each other and their families. Peggy says, “They bless me immensely with their prayers and friendship.”

Peggy and George enjoy hiking, biking, skiing, and football. There is never a dull moment in their adventurous lives.

Sister Stories...

After our group had been together for about eighteen months we had a big breakthrough when we decided to be more vulnerable with each other and become accountable to each other for our spiritual growth. About the same time we decided to have an optional Bible Study for the Prayer Sisters interested. This was initiated to help a member going through a very tough time to dig into God's word to see what light it could shed on this issue. We have encouraged each other in our weaknesses, prayed for each other and watched God grow us all. A big area where we have all been challenged and have subsequently grown is in our marriages. We have challenged each other to be the wives God has meant us to be. I just love it; it's been wonderful! ~Katie

Sisterly Advice...

On Friendship

Each Prayer Sisters group will have its own uniqueness and flavor. We are all beautiful individuals! And as Prayer Sisters we bring our personalities and preferences into the mix. Some groups will enjoy following the guidelines like clockwork; others will experiment to find what works best for them. Just make sure you meet often to pray. That's what we're all about!

On Prayer

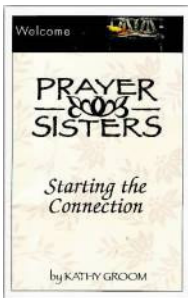
God never grows weary of hearing us pray for the same concerns over and over. In fact, he encourages us to persist in prayer. Jesus tells a story about another persistent woman to show us that we "should always pray and not give up." (See Luke 18:1-8)

On Spiritual Growth

Spiritual growth is contagious. When we share with one another the active work of God in our lives, it inspires us all to press in closer to him. For those times you feel stagnant in your spiritual growth, ask your Prayer Sisters to pray for you. That's what they're there for.

Prayer Sisters Resources...

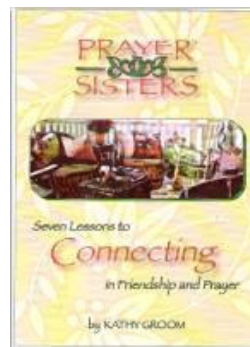
Prayer Sisters is pleased to offer two valuable books for each Prayer Sister! Whether you have been a Prayer Sister for a while or are just considering becoming one for the first time, these resources will help you.



The Prayer Sisters Handbook, **Starting the Connection**, is the perfect tool for each Prayer Sister. We highly recommend each member of your group get one!

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)



The guidebook, **Connecting: Seven Lessons to Connecting in Friendship and Prayer**, is designed to help you start down the path together as Prayer Sisters. Picture it as experienced Prayer Sisters joining you for your first few sessions together, sharing experiences and offering valuable suggestions. It is comprised of brief stories, personal challenges and group checkup questions as well as a place to journal prayer requests and answers. Each Prayer Sister will be sure to want her own!
(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

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.

Prayer Sisters International is a 501(c)(3) nonprofit organization.
All donations are tax deductible.

Watch our online store for new
Prayer Sisters merchandise coming soon!
www.prayersisters.org

For Ministry Leaders—

This colorful tri-fold brochure will help you introduce Prayer Sisters to your organization. We've reserved a space on this informative flyer for your own contact information. Contact us at resources@prayersisters.org to order a bundle. Together we can help women connect!

