



## BASICS GUIDE **KAIROS PRAYER**

*Make this your common practice: confess your sins to each other and pray for each other so that you can live together whole and healed.*

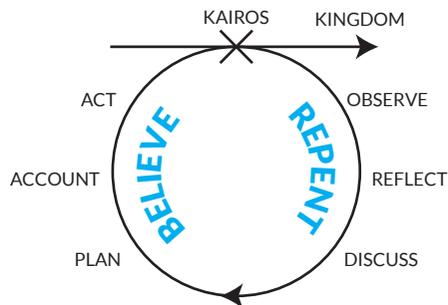
JAMES 5:16 - THE MESSAGE

**The purpose of Kairos Prayer is to create space to turn back to God and to allow the Holy Spirit to minister his healing and restoring grace to you.**

**As you commit to Kairos Prayer know that Jesus is committed to your salvation and is preparing to restore and bless you.**

Kairos Prayer is available to anyone in a cell or cluster. You must be referred by your cluster or church leader, who will give a brief indication of your particular concern.

It is expected that your cell will be praying for you as you take this time to journey with God.



## PRAYER PARTNERS

Your prayer partners will be appointed by the Pastoral Coordinators. We do ask that either a cell or cluster leader accompanies you to the last appointment. Please remember that they are giving up their time so make sure you keep all your appointments. You will be given an appointment card which you will need to bring to each appointment.

Your prayer partners are, primarily, listeners. They will listen to you and to God, helping you to express your need and to draw close to him. Through prayer, Scripture and prophecy, their aim is to help you to discern what God is saying to you in and through the events of your life, and whatever he is calling you to do next.

## PRAYER TIMES

**KAIROS PRAYER TIMES FOLLOW THE PATTERN OF THE LIFESHAPES CIRCLE (SEE FRONT)**

### Appointment 1

This is your opportunity to stop, observe, reflect and discuss. In other words, it is the time to tell your story, consider the issues that it raises asking the Holy Spirit to show you where he is at work in your life. As the session ends, you and all you have spoken of will be committed to Jesus, and left at the cross.

Between the first and second appointments, usually a week to ten days, we would expect you to reflect on all that has been shared in the first session, especially any words, Scriptures or pictures, and to actively listen for God's word for your current situation. Your prayer partners and cell should also continue to pray, and you should meet in your community as usual.

### Appointment 2

This will begin by sharing any insights that have been received. In light of these and any other revelation, you will prayerfully begin to plan your way forward from this point. As you decide on the steps you will take, your prayer partners will stand with you in committing them to God. You should leave with a plan you are happy with and feel able to carry out.

### Appointment 3

This will take place 4 - 6 weeks later. This is your accountability meeting and will be your opportunity to share testimony of walking out the plan you made, giving thanks to God for his hand on your life. It will also be a time to take stock of where you are and to consider the next steps as you return to the normal rhythm of cell and cluster.

## AFTER KAIROS PRAYER

For most people, their cycle of Kairos Prayer will be enough to let them return to the life and mission of their cell/cluster. For others, it may be that further referral is needed. This may include another cycle of Kairos Prayer, a period of extended prayer, involvement of clergy or referral to outside agencies e.g. counsellors.