



## Handling Prayer

Although you definitely want to encourage your women to pray for one another, you are leading an NBS, not a prayer group. Your NBS members may likely represent a variety of different religious backgrounds or may possibly be un-churched. We find it is better not to openly share prayer requests or have members pray out loud in order to avoid intimidation, gossip, and/or any unintended offense. We recommend one or more of the following options:

1. Leader begins and closes NBS in prayer.
2. Women record personal prayer requests on a 3x5 card.
  - a. Leader collects cards and prays at the end.
  - b. Women exchange cards and pray for one another throughout the week.
3. Circulate a “prayer journal” for women to record their personal requests.
  - a. Leader prays over those requests at the end of the study.
  - b. Enlist a volunteer to distribute prayer journal entries via email.

♥ We have found that a great benefit of keeping an NBS prayer journal is the ability to look back and reflect on God’s faithfulness in answering prayer over time.