



# **Pray Together, Stay Connected**

A Simple Prayer Circle Guide for  
Seniors Seeking Peace and Friendship

# Before You Begin

If you're here, there's a good chance this idea resonated with you.

Maybe you've been thinking about how to stay more connected, or you've felt a nudge to reach out to someone and pray together. At the same time, you might not be sure where to start or what to say.

That's completely normal.

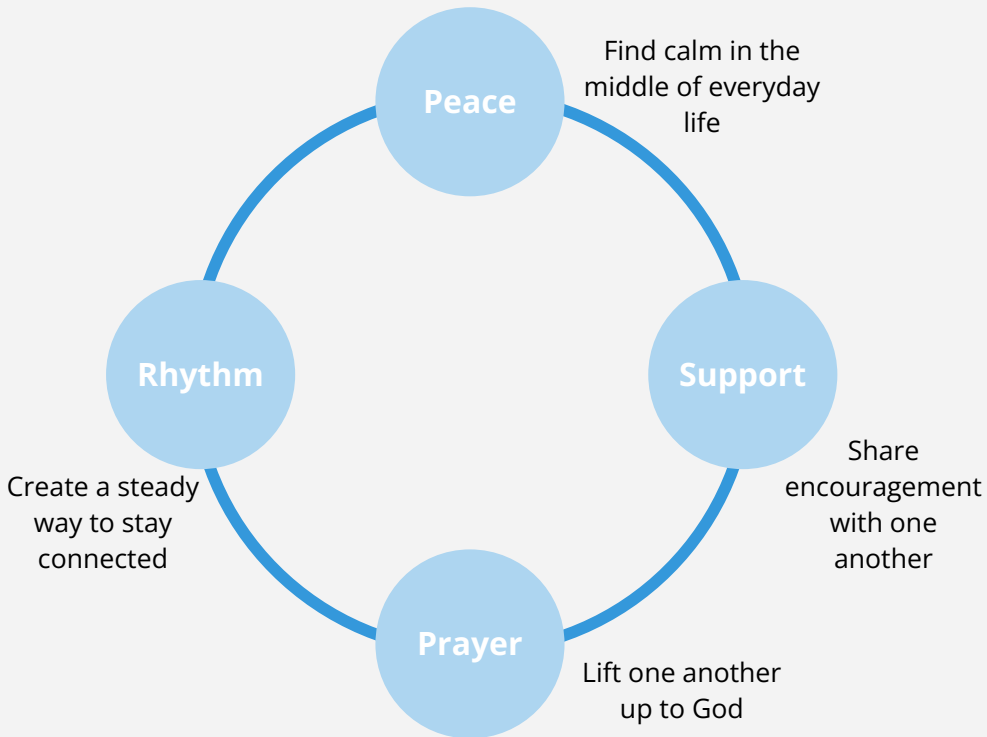
Praying with someone else can feel unfamiliar at first, especially if you're used to praying on your own or not used to praying out loud at all. It's easy to wonder if you'll say the right thing or if it will feel awkward.

Prayer doesn't need perfect words or a certain level of experience. It can be simple, honest, and real.

This guide is here to walk you through that process step by step. You don't need to have everything figured out before you begin.

You just need a willingness to take the first step.

# Why a Prayer Circle?



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A prayer circle doesn't have to be large or structured.






Even one or two people can create something meaningful and consistent.

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# How Do I Start a Prayer Circle?

Getting started doesn't have to be complicated.

Start small and keep it simple:

-  **Choose one person**  
Think of someone you already trust or talk to regularly. You don't need a group to begin.
-  **Ask a simple question**  
"How can I pray for you this week?" is a natural place to start.
-  **Take a few minutes to pray**  
This can happen at the end of a conversation, over the phone, or in person. It doesn't have to be long or formal.
-  **Check in during the week**  
A quick message or call to follow up can mean more than you realize.
-  **Keep it simple and consistent**  
There's no pressure to do this perfectly. What matters most is showing up and staying connected over time.

# How Do I Pray?

***At its core, prayer is simply a conversation with God.***

If you're not sure where to begin, you can think of it as speaking honestly, just as you would in any meaningful conversation.

There's no need for perfect words or a certain way of saying things.

# What Do I Say?

You can keep it simple by focusing on a few key parts:

## BEGIN BY HONORING GOD

Take a moment to acknowledge who He is.

**Example:** *"Lord, thank You for bringing us together today and for always being present, even in the middle of everything we're carrying."*

## SPEAK HONESTLY

Share what's on your heart. This can include what you're thankful for, what you're carrying, or anything you're struggling with.

**Example:** *"You know what they've been dealing with this week, and how heavy it's felt. We just bring that to You right now."*

## ASK FOR WHAT'S NEEDED

Pray for guidance, strength, peace, or help. This is also a place where you can ask for forgiveness or clarity, depending on the situation.

**Example:** *"Please give them peace where there's been worry, and clarity as they make decisions this week."*

## CLOSE IN A SIMPLE WAY

End your prayer in a way that feels natural to you.

**Example:** *"We trust You with all of this and thank You for hearing us. Amen."*

# Starting the Conversation

## Guidance

- *“Lord, replace their confusion with Your clarity as they consider their next step...”*
- *“Father, guide their thoughts away from their own plans and toward Your better way...”*
- *“God, help them to recognize the opportunities You’ve placed before them...”*
- *“Heavenly Father, steady their heart so they can follow Your lead without rushing ahead...”*

## Peace

- *“God, help them let go of the things they’re worried about right now and trust You with them...”*
- *“Lord, slow down their thoughts and bring a sense of calm to their mind...”*
- *“Heavenly Father, they’re feeling overwhelmed, so help them experience Your peace in the middle of it...”*
- *“Lord, remind them that they don’t have to carry everything on their own...”*

# Finding Your Words

## Strength

- *“Father God, please give them the energy they need to get through this day...”*
- *“Lord, when they feel like they can’t keep going, be their strength and carry them through...”*
- *“Father, lift them up and give them what they need to keep moving forward...”*
- *“Dear Lord, remind them that they don’t have to be strong on their own right now...”*

## Healing

- *“God, please bring healing to their body and help them grow stronger each day...”*
- *“Lord, bring comfort and ease the pain they are feeling right now...”*
- *“Dear God, give them peace as they recover and calm any fear or uncertainty...”*
- *“Holy Spirit, guide those caring for them and give them wisdom in every decision...”*

# As You Continue Praying

## Family

- *“God, please help them feel more connected to the people they care about...”*
- *“Lord, help them understand each other and see things from a place of compassion...”*
- *“Father, please heal any hurt between them and help them move forward...”*
- *“Holy Spirit, show them how to respond with love and kindness in their home today...”*

## Provision

- *“Father God, please provide what they need to get through this week...”*
- *“Lord, open the right doors and create opportunities that will support them...”*
- *“Heavenly Father, ease the stress of not having enough and make a clear way forward...”*
- *“Dear Lord, bring the right people into their life who can offer help and support...”*

# Make It Personal

Who is someone I can pray for this week?

What is one thing I want to bring to God?

What would I like to say in my own words?

# Take the First Step

You don't need to have everything figured out before you begin.

Start with one person. One moment. One simple prayer.

Think about someone in your life who could use encouragement right now. Reach out, ask how you can pray for them, and take a few minutes to do it.

It may feel unfamiliar at first, but that's okay. What matters most is showing up and being willing. Over time, what once felt unfamiliar begins to feel more natural.

And what starts as something small can grow into something meaningful.

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## Keep Going

If you'd like more support as you continue, you can explore additional resources at [Linking Lives After 55](http://LinkingLivesAfter55.com).