



WORKPLACE PRAYER

a brief guide on how to start & run a prayer meeting in your workplace

Introduction

This guide is designed to help you start and lead a prayer gathering in your workplace. It provides structure, values, and practical steps so you can facilitate a welcoming, Spirit-led time of prayer.

Schedule/Format - 30 minutes total

- :00–:05 – Arrival & Connection
 - Greet everyone as they arrive.
 - Create a warm and welcoming environment, make introductions if needed.
- :05–:30 – Guided Prayer Time
 - Follow the suggested movements below.
 - End on time to respect everyone's schedules.

Prayer Flow Option (Based on The Lord's Prayer)

1. Praise (3–5 min)

"Our Father in heaven, hallowed be your name" (Matthew 6:9).

- Begin by focusing on who God is—His greatness, faithfulness, and power.
- Thank Him for His presence in your workplace.
- Invite short prayers of gratitude or praise.

2. Your Kingdom Come (3–5 min)

"Your kingdom come, your will be done, on earth as it is in heaven" (Matthew 6:10).

- Ask God to establish His purposes in your industry and company.
- Pray for hearts open to Jesus and for your coworkers to reflect righteousness, peace, and joy (Romans 14:17).
- Get specific—pray over projects, meetings, leaders, or teams.

3. Tangible Needs (3–5 min)

"Give us today our daily bread" (Matthew 6:11).

- Lift up personal and workplace needs—provision, clarity, favor, healing.
- Thank God for caring about every detail of our lives, big or small (Matthew 6:26).
- Ask how He might use you to meet others' needs.



4. Repentance & Forgiveness (3–5 min)

“Forgive us our debts, as we also have forgiven our debtors” (Matthew 6:12).

- Reflect on God’s mercy and forgiveness.
- Invite repentance and forgiveness in your own heart and across your workplace.
- Pray for grace, reconciliation, and unity among coworkers.
- Ask God to heal relational tension or division (Ephesians 4:3–6).

5. Power & Protection (3–5 min)

“Lead us not into temptation, but deliver us from evil” (Matthew 6:13).

- Pray for humility, integrity, and wisdom in decision-making.
- Acknowledge spiritual opposition and ask for God’s strength and protection (Eph. 6:12).
- Pray for God’s truth and love to break into your team and workplace.

Core Values

1. Pray the Word

- Confidence: Pray Scripture—it aligns us with God’s will (1 John 5:14–15).
- Boldness: Declare God’s promises over your workplace, city, and community.

2. Unity

- Leadership: Guide clearly so everyone can pray in agreement.
- Inclusion: Make it accessible for both seasoned believers and those new to prayer.
- Hospitality: Be friendly and open to coworkers who express curiosity or interest.

3. Faith

- Pray as confident children, not beggars (Ephesians 3:12).
- Expect God to respond (Hebrews 11:6).
- Pray the solution, not just the problem (Matthew 6:10).
- Seek God’s vision for your workplace and pray that into reality (Hebrews 11:1).

Leadership Tips

- Communicate: Send a friendly reminder before each meeting (email, text, etc)
- Be Consistent: Hold prayer at the same time and place each week.
- Delegate: If you’re away, assign someone to lead so the rhythm continues.
- Model Grace: Keep the tone hopeful, loving, and inclusive.

