



Pray3 Guidebook

*A three-month prayer guide
for your prayer triplet*

Pray3.org

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Introduction

Welcome to Pray3! We appreciate your commitment to pray weekly in a prayer triplet for three months and to embark on a prayer journey that promises fellowship with God, spiritual growth and life renewal.

May the Lord encourage, strengthen and empower you during your journey as He “works in you to will and to act according to His good purpose.” (Philippians 2:13)

HOW TO START A PRAYER TRIPLET

It's important that all three women in the prayer triplet are true Christ followers to ensure vital spiritual unity.

- Begin with prayer, asking God to help you choose two other women.
- Ask two other women to join, referring them to Pray3.org for more info and prayer resources.
- Have each member download this [Pray3 Guidebook](#), our three-month prayer guide for your prayer triplet.
- Decide on a day and time to meet... and meet to pray!

TIPS FOR THE FACILITATOR

Choose someone to be the Triplet Facilitator. She could be the organizer of the group or one of the other two women. Feel free to rotate the Facilitator from week to week, or keep one woman as Facilitator for the entire three months.

- The Facilitator opens and closes the gathering and helps the prayer time to flow smoothly from one section to another.
- The Facilitator may provide a worship song at the beginning to quiet your hearts and prepare yourself for prayer.

PRAYER TRIPLET AGREEMENTS

Please keep these guidelines in mind as you meet together:

- Meet weekly. If one member can't come, still meet. Two praying are better than no one praying!
- Begin and end on the agreed-upon time.
- Keep all requests confidential within your triplet.
- Socializing among friends is natural, but be careful to not let socializing preempt prayer.
- If interested, ask one member to keep a journal of prayer requests. When God answers these prayers, all are encouraged.



THE PRAY3 MODEL

This prayer guidebook uses our Pray3 model to guide your prayer times for three months (13 weeks). As part of this model, you will be prompted to focus in on one unique aspect of God's character (e.g. love, faithfulness, strength, etc.) for each of these prayer sections.

P = Praise God for who He is and thank Him for what He's done.

Praise and thank God for His ____.

R = Renew your soul through self-examination, confession, and receiving God's forgiveness.

Confess your confusion or unbelief that God is ____.

A = Ask God to help or intervene in your life and others' lives.

Ask God to intervene in the situation and make His ____ known.

Y = Yield to God's will, not your own.

Yield your heart to trust His ____ in a specific area of your life.

3 = Pray for the salvation of three unbelieving family members or friends.

Ask God to open their spiritual eyes and see that He is ____.

REFLECTION ON YOUR PRAYER JOURNEY

At the end of the prayer session, take a few minutes to reflect on these three questions:

- 1) Because God is ____, I can trust Him to ____.
- 2) What impressions do I feel the Holy Spirit prompting in me?
- 3) Am I praying with more ____? If so, in what way?

PRAYER TIPS

Consider these suggestions as you pray together through the Pray3 model, especially if you are new to praying out loud or in a group.

- Pray one topic at a time to keep the prayer time moving. Don't take time asking for prayer requests. Instead, one woman begins praying, and the other two then take turns praying for that topic before moving onto something new.
- Pray for specific requests so that you can see specific answers.
- Pray in short and simple sentences.
- [Pray Scripture](#) prayers and promises to encourage faith and trust.
- Pray with periods of silence in between. Prayer is a two-way conversation with God, so silent periods between prayers give you the opportunity to just listen.



Your Prayer Journey Preparation

Take 15 minutes to prepare for your Pray3 prayer journey by jotting down responses to the following questions.

1. Where do you want to see your faith stretch and grow in the next three months?
2. What three burdens are most on your heart to pray about?
3. How would you like to spiritually encourage your two triplet friends in the coming weeks?
4. Who are you praying for to know and receive God's gift of salvation?
5. Would you like to pray with more_____?

- | | | | |
|---------------------------------------|-----------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Thanksgiving | <input type="checkbox"/> Praise | <input type="checkbox"/> Honesty | <input type="checkbox"/> Confidence |
| <input type="checkbox"/> Sensitivity | <input type="checkbox"/> Faith | <input type="checkbox"/> Passion | <input type="checkbox"/> Specificity |
| <input type="checkbox"/> Humility | <input type="checkbox"/> Boldness | <input type="checkbox"/> Perseverance | <input type="checkbox"/> Frequency |
| <input type="checkbox"/> Joy | | | |



Week 1: God is All-Powerful (Omnipotent)

Point to remember: God is all-powerful. He can do anything to help me.

Verse: “Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you.” (Jeremiah 32:17 NIV)

P = Praise God for who He is and thank Him for what He’s done.
Praise God for His omnipotence.

R = Renew your soul through self-examination, confession, and receiving God’s forgiveness.
Confess your confusion or unbelief that God is all-powerful.

A = Ask God to help or intervene in your life and others’ lives.
Ask God to intervene in the situation and make His great power known.

Y = Yield to God’s will, not your own.
Yield your heart to trust His great power in a specific area of your life.

3 = Pray for the salvation of three unbelieving family members or friends.
Ask God to open their spiritual eyes and see how He is all-powerful.

REFLECTIONS ON MY PRAYER JOURNEY

1) Because God is all-powerful, I can trust Him to _____.

2) What impressions do I feel the Holy Spirit prompting in me?

3) Am I praying with more thanksgiving? If so, in what way?



Week 2: God is Love

Point to remember: God is love. Nothing separates me from His constant love.

Verse: “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” (Romans 8:37-38 NIV)

P = **Praise** God for who He is and thank Him for what He’s done.
Praise God for His steadfast love.

R = **Renew** your soul through self-examination, confession, and receiving God’s forgiveness.
Confess your confusion or unbelief that God is loving.

A = **Ask** God to help or intervene in your life and others’ lives.
Ask God to intervene in the situation and make His love known.

Y = **Yield** to God’s will, not your own.
Yield your heart to trust His love in a specific area of your life.

3 = **Pray** for the salvation of three unbelieving family members or friends.
Ask God to open their spiritual eyes and see how He is love.

REFLECTIONS ON MY PRAYER JOURNEY

- 1) Because God is love, I can trust Him to _____.

- 2) What impressions do I feel the Holy Spirit prompting in me?

- 3) Am I praying with more praise? If so, in what way?



Week 3: God is Faithful

Point to remember: God is faithful. I can trust Him to fulfill His promises.

Verse: “Let us hold unswervingly to the hope we profess, for He who promised is faithful.”
(Hebrews 10:23 NIV)

P = **Praise** God for who He is and thank Him for what He’s done.
Praise God for His faithfulness.

R = **Renew** your soul through self-examination, confession, and receiving God’s forgiveness.
Confess your confusion or unbelief that God is faithful.

A = **Ask** God to help or intervene in your life and others’ lives.
Ask God to intervene in the situation and make His faithfulness known.

Y = **Yield** to God’s will, not your own.
Yield your heart to trust His faithfulness in a specific area of your life.

3 = **Pray** for the salvation of three unbelieving family members or friends.
Ask God to open their spiritual eyes and see how He is faithful.

REFLECTIONS ON MY PRAYER JOURNEY

- 1) Because God is faithful, I can trust Him to _____.

- 2) What impressions do I feel the Holy Spirit prompting in me?

- 3) Am I praying with more honesty? If so, in what way?



Week 4: God is Ever-Present (Omnipresent)

Point to remember: God is ever-present. I can trust Him to be present at all times and in all places.

Verse: "God is our refuge and strength, an ever-present help in trouble." (Psalm 46:1 NIV)

P = Praise God for who He is and thank Him for what He's done.
Praise God for His constant presence.

R = Renew your soul through self-examination, confession, and receiving God's forgiveness.
Confess your confusion or unbelief that God is ever-present.

A = Ask God to help or intervene in your life and others' lives.
Ask God to intervene in the situation and make His constant presence known.

Y = Yield to God's will, not your own.
Yield your heart to trust His presence in a specific area of your life.

3 = Pray for the salvation of three unbelieving family members or friends.
Ask God to open their spiritual eyes and see how He is ever-present.

REFLECTIONS ON MY PRAYER JOURNEY

1) Because God is ever-present, I can trust Him to _____.

2) What impressions do I feel the Holy Spirit prompting in me?

3) Am I praying with more confidence? If so, in what way?



Week 5: God is Good

Point to remember: God is good. All things that are good come from God.

Verse: “Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens.” (James 1:17 NLT)

P = **Praise** God for who He is and thank Him for what He’s done.

Praise God for His goodness.

R = **Renew** your soul through self-examination, confession, and receiving God’s forgiveness.

Confess your confusion or unbelief that God is good.

A = **Ask** God to help or intervene in your life and others’ lives.

Ask God to intervene in the situation and make His goodness known.

Y = **Yield** to God’s will, not your own.

Yield your heart to trust His goodness in a specific area of your life.

3 = **Pray** for the salvation of three unbelieving family members or friends.

Ask God to open their spiritual eyes and see how He is good.

REFLECTIONS ON MY PRAYER JOURNEY

1) Because God is good, I can trust Him to _____.

2) What impressions do I feel the Holy Spirit prompting in me?

3) Am I praying with more sensitivity? If so, in what way?



Week 6: God is Strong

Point to remember: God is strong. I can find courage in His strength.

Verse: “Christ gives me the strength to face anything.” (Philippians 4:13 CEV)

P = **Praise** God for who He is and thank Him for what He’s done.
Praise God for His strength.

R = **Renew** your soul through self-examination, confession, and receiving God’s forgiveness.
Confess your confusion or unbelief that God is strong.

A = **Ask** God to help or intervene in your life and others’ lives.
Ask God to intervene in the situation and make His strength known.

Y = **Yield** to God’s will, not your own.
Yield your heart to trust His strength in a specific area of your life.

3 = **Pray** for the salvation of three unbelieving family members or friends.
Ask God to open their spiritual eyes and see how He is strong.

REFLECTIONS ON MY PRAYER JOURNEY

- 1) Because God is strong, I can trust Him to _____.

- 2) What impressions do I feel the Holy Spirit prompting in me?

- 3) Am I praying with more faith? If so, in what way?



Week 7: God is Absolute Truth

Point to remember: God is truth. His word is true.

Verse: “Your word is the truth. So let this truth make them completely yours.” (John 17:17 CEV)

P = Praise God for who He is and thank Him for what He’s done.
Praise God for His truth.

R = Renew your soul through self-examination, confession, and receiving God’s forgiveness.
Confess your confusion or unbelief that God’s word is true.

A = Ask God to help or intervene in your life and lives of others.
Ask God to intervene in the situation and make His truth known.

Y = Yield to God’s will, not your own.
Yield your heart to trust His truth in a specific area of your life.

3 = Pray for the salvation of three unbelieving family members or friends.
Ask God to open their spiritual eyes and see how He is truth.

REFLECTIONS ON MY PRAYER JOURNEY

1) Because God’s word is true, I can trust Him to _____.

2) What impressions do I feel the Holy Spirit prompting in me?

3) Am I praying with more passion? If so, in what way?



Week 8: God is Peace

Point to remember: God is peace. I can trust Him to give me peace in every circumstance.

Verse: “Now may the Lord of peace himself give you peace at all times and in every way.” (2 Thessalonians 3:16 NIV)

P = **Praise** God for who He is and thank Him for what He’s done.

Praise God for His peace.

R = **Renew** your soul through self-examination, confession, and receiving God’s forgiveness.

Confess your confusion or unbelief that God is peace.

A = **Ask** God to help or intervene in your life and others’ lives.

Ask God to intervene in the situation and make His peace known.

Y = **Yield** to God’s will, not your own.

Yield your heart to trust His peace in a specific area of your life.

3 = **Pray** for the salvation of three unbelieving family members or friends.

Ask God to open their spiritual eyes and see how He is peace.

REFLECTIONS ON MY PRAYER JOURNEY

1) Because God is peace, I can trust Him to _____.

2) What impressions do I feel the Holy Spirit prompting in me?

3) Am I praying with more specificity? If so, in what way?



Week 9: God is Merciful

Point to remember: God is merciful. His mercy makes us alive with Christ.

Verse: “But God is rich in mercy, and he loved us very much. We were spiritually dead because of all we had done against him. But he gave us new life together with Christ.” (Ephesians 2:4-5 ERV)

P = **Praise** God for who He is and thank Him for what He’s done.

Praise God for His mercy.

R = **Renew** your soul through self-examination, confession, and receiving God’s forgiveness.

Confess your confusion or unbelief that God is merciful.

A = **Ask** God to help and intervene in your life and others’ lives.

Ask God to intervene in the situation and make His mercy known.

Y = **Yield** to God’s will, not your own.

Yield your heart to trust His mercy in a specific area of your life.

3 = **Pray** for the salvation of three unbelieving family members or friends.

Ask God to open their spiritual eyes and see how He is merciful.

REFLECTIONS ON MY PRAYER JOURNEY

1) Because God is merciful, I can trust Him to _____.

2) What impressions do I feel the Holy Spirit prompting in me?

3) Am I praying with more humility? If so, in what way?



Week 10: God is Holy

Point to remember: God is holy. His holiness warrants my wholehearted worship and devotion.

Verse: “But just as he who called you is holy, so be holy in all you do; for it is written: ‘Be holy, because I am holy.’” (1 Peter 1: 15-16 NIV)

P = **Praise** God for who He is and thank Him for what He’s done.

Praise God for His holiness.

R = **Renew** your soul through self-examination, confession, and receiving God’s forgiveness.

Confess your confusion or unbelief that God is holy.

A = **Ask** God to help and intervene in your life and others’ lives.

Ask God to intervene in the situation and make His holiness known.

Y = **Yield** to God’s will, not your own.

Yield your heart to trust His holiness in a specific area of your life.

3 = **Pray** for the salvation of three unbelieving family members or friends.

Ask God to open their spiritual eyes and see how He is holy.

REFLECTIONS ON MY PRAYER JOURNEY

1) Because God is holy, I can trust Him to _____.

2) What impressions do I feel the Holy Spirit prompting in me?

3) Am I praying with more boldness? If so, in what way?



Week 11: God is Just

Point to remember: God is just. All His ways are right and fair.

Verse: “The Lord is your mighty defender, perfect and just in all his ways; Your God is faithful and true; he does what is right and fair.” (Deuteronomy 32:4 GNT)

P = **Praise** God for who He is and thank Him for what He’s done.

Praise God for His justice.

R = **Renew** your soul through self-examination, confession, and receiving God’s forgiveness.

Confess your confusion or unbelief that God is just.

A = **Ask** God to help and intervene in your life and other’s lives.

Ask God to intervene in the situation and make His justice known.

Y = **Yield** to God’s will, not your own.

Yield your heart to trust His justice in a specific area of your life.

3 = **Pray** for the salvation of three unbelieving family members or friends.

Ask God to open their spiritual eyes and see how He is just.

REFLECTIONS ON MY PRAYER JOURNEY

- 1) Because God is just, I can trust Him to _____.

- 2) What impressions do I feel the Holy Spirit prompting in me?

- 3) Am I praying with more perseverance? If so, in what way?



Week 12: God is Righteous

Point to remember: I cannot achieve God's standard of righteousness on my own, but can only be made right with God by faith in Jesus Christ and the indwelling of the Holy Spirit.

Verse: "This gospel unveils a continual revelation of God's righteousness—a perfect righteousness given to us when we believe. And it moves us from receiving life through faith, to the power of living by faith." (Romans 1:17 TPT)

P = Praise God for who He is and thank Him for what He's done.

Praise God for His righteousness.

R = Renew your soul through self-examination, confession, and receiving God's forgiveness.

Confess your confusion or unbelief that God is righteous.

A = Ask God to help and intervene in your life and other's lives.

Ask God to intervene in the situation and make His righteousness known.

Y = Yield to God's will, not your own.

Yield your heart to trust His righteousness in a specific area of your life.

3 = Pray for the salvation of three unbelieving family members or friends.

Ask God to open their spiritual eyes and see how He is righteous.

REFLECTIONS ON MY PRAYER JOURNEY

1) Because God is righteous, I can trust Him to _____.

2) What impressions do I feel the Holy Spirit prompting in me?

3) Am I praying with more frequency? If so, in what way?



Week 13: God is Light

Point to remember: God is light. He shines His light into the world and into my heart.

Verse: “For the God who said, “Light will shine out of darkness,” is the same one who made light shine in our hearts to give us the light of the knowledge of the glory of God in the person of Jesus Christ.” (2 Corinthians 4:6 EHV)

P = Praise God for who He is and thank Him for what He’s done.
Praise God for His light.

R = Renew your soul through self-examination, confession, and receiving God’s forgiveness.
Confess your confusion or unbelief that God is light.

A = Ask God to help and intervene in your life and others’ lives.
Ask God to intervene in the situation and make His light known.

Y = Yield to God’s will, not your own.
Yield your heart to trust His light in a specific area of your life.

3 = Pray for the salvation of three unbelieving family members or friends.
Ask God to open their spiritual eyes and see how He is light.

REFLECTIONS ON MY PRAYER JOURNEY

- 1) Because God is light, I can trust Him to _____.

- 2) What impressions do I feel the Holy Spirit prompting in me?

- 3) Am I praying with more joy? If so, in what way?



Your Prayer Journey Review

Take 15 minutes to reflect on your Pray3 prayer journey by jotting down responses to the following questions.

1. Where did you see your faith stretch and grow in the last three months?
2. What three burdens did you pray about? How did God help or intervene in these situations?
3. What spiritual encouragement did you receive from your two triplet friends?
4. How did your experience of prayer change over the last three months?
5. Which aspect(s) of God's character spoke to you the most? Why?



Next Steps

Congratulations on completing your Pray3 prayer journey and committing to three months of weekly prayer with your prayer triplet. We trust the Lord has used this prayer experience to encourage, strengthen, and work in and through you. May you continue to "devote yourselves to prayer, being watchful and thankful." (Colossians 4:2)

WHAT COMES NEXT?

Now that your three-month prayer journey has come to an end, what comes next? Well, that choice is up to you...

1. Continue meeting with your triplet for another three months.
2. Discontinue the triplet.
3. Branch out to form three new triplets.

We encourage you to pray about where to go from here and discuss this decision with your triplet.

MORE PRAY3 RESOURCES

Continue to visit our [Resources](#) page on [Pray.3.org](#) for new Pray3 Guidebooks and other prayer models you can use during your prayer times with your triplet.

Feel free to also re-use this guidebook. Although the questions and prompts might be familiar, trust that God always reveals Himself to us in new and fresh ways.

Remember, prayer is a priority!