

PRAYER CHALLENGE RESTORE GROUPS

Restore Group Prayer Challenge Leader Guide Week 1 - "Exaltation"

Oh, magnify the Lord with me, and let us exalt his name together!
Psalm 34:3

Exaltation is an expression of profound praise, worship, and reverence toward God. It means lifting Him high, honoring His name, and recognizing His supreme authority and holiness in our lives.

1. Opening Prayer (5 minutes):

- Begin with a brief prayer inviting the Holy Spirit to guide your time together. Ask for open hearts and minds to receive and respond to God's presence.

2. Scripture Reading (10 minutes):

- Read Psalm 34:3 aloud together.
- Discuss what it means to "exalt" the Lord and how this can be reflected in our daily lives.
- Read: (have a group member read aloud)
 - Philippians 2:9-1: "Therefore God exalted him to the highest place and gave him the name that is above every name..."
 - Psalm 145:1-3: "I will exalt you, my God the King; I will praise your name for ever and ever."

3. Discussion: (15 minutes):

- Discuss the importance of exaltation in our prayer life.
 - How does exalting God change our perspective and attitude in prayer?
 - Share personal experiences of times when exalting God brought peace or clarity.

4. Practicing Exaltation in Prayer (15 minutes): **See additional examples on Page 2*

- Thanksgiving: Encourage each member to share one thing they are thankful for, acknowledging God's hand in their lives.
- Declaration of God's Promises: Use scripture to declare God's promises, reinforcing His sovereignty and faithfulness. For example, declare Psalm 46:10, "Be still, and know that I am God."

5. Group Prayer (15 minutes):

- Spend time in group prayer, focusing on exalting God. Encourage members to pray aloud, lifting up God's name and attributes.
- Allow moments of silence for personal reflection and exaltation.

6. Closing (5 minutes):

- Conclude with a prayer of commitment to continue exalting God in personal and group prayer times.
- Encourage the group to practice exaltation throughout the week, both individually and in any gatherings.

7. CPR: Corporate Prayer Rhythm:

- Challenge and "highly encourage" your group members to attend The Prayer at New Beginnings this week, and for the next few weeks. ~ Wednesdays at 6:30pm in Gilmer & Longview!

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***Use some of these practices below to help guide your group through #4 on page 1, "Practicing Exaltation in Prayer."**

Practicing exaltation together in prayer can be a powerful, unifying experience.

Here are some ways to exalt the Lord as a group:

1. Start with Praise Together

- Begin by inviting everyone to express who God is to them. Take turns sharing a characteristic of God, like "God, you are faithful" or "Lord, you are our provider."
- After each person shares, the group can respond in unison with a phrase like, "We exalt you, Lord."

2. Use Scripture to Guide the Exaltation

- Choose a passage that highlights God's greatness (such as Psalm 145 or Psalm 34).
- Have one person read a line, and invite others to echo it or add their own praise based on that line. For example, if the line is, "Great is the Lord and most worthy of praise"* (Psalm 145:3), everyone can respond with phrases like "You alone deserve our worship, Lord."

3. Personal Statements of Exaltation

- Encourage each person to complete a statement, such as, "God, I exalt you because you are..." and allow space for everyone to share.
- After each statement, the group can join in saying, "We exalt you, Lord."

4. Close with a Unified Prayer of Praise

- End with a prayer of thanksgiving and praise led by one person or recited together.
- A closing line could be something simple yet powerful, like, "Lord, we lift your name high and honor you as our King. Let our lives be a reflection of your glory!"*

These steps can help everyone connect deeply in prayer and feel the power of exalting God together. This practice fosters a shared reverence for God and aligns hearts in worship.