

## Prayer Partnership

Developing a prayer partner relationship with someone can be a way of supporting each other in life. By agreeing to meet regularly for the specific purpose of praying together, trust grows and both people benefit.

I have experienced this. A few years ago, a Christian lady contacted me pleading to meet for prayer regarding an urgent dilemma in her family. This soon developed into a weekly meeting and, gradually, I also began sharing my own prayer requests with her. We've witnessed much value as we continued to meet with and pray for each other over the years.

Then, for the year of 2019, I had another prayer partner. Eventually we both felt like that season was over and she now has a different prayer partner.

Early last year, I started prayer walking with yet another lady. Sometimes God led us to action as a result of our prayer. Together we visited sick people and helped practically. We also incorporated weekly fasting.

Topics soon expanded from our own circles—of family, church, workplace, community, friends and country—to also include sick people, other churches, other countries, current events, whatever prayer requests each of us brought. Those prayer times were mutually encouraging.

There were weeks when I didn't see answers to prayer, but my prayer partner would share a praise report, which uplifted my spirit. Even when we both were going through a particularly difficult time, it helped to have a fellow Christian you can trust, to share with and pray for each other. We also keep each other accountable.

Prayer partners should be a person of the same gender, and someone you can confide in.

This year, I moved, but for now I've continued to pray weekly with my prayer partners, utilising Messenger and phone calls. Very recently, God has given me a prayer partner in my new location.

'Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need' (Hebrews 4:16).

King Solomon gave wise advice when he said, 'As iron sharpens iron, so one person sharpens another' (Proverbs 27:17).

**By Captain Selalina Prescott**

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