

# PRAYER COACH: GPS Checklist for the INTRO “Cross Prayer”

## Page 12 – Section 1: “Proactive GPS prayer co Instructions – Part 1”

As Facilitators and Mentors, it is important that we are applying prayer in *our* own lives first. (2 Cor. 1:3-5)

➔ If the “receiver” has questions, fears, confusion, concerns etc. the facilitator **ASKS GOD** – do **not** play “God”!

<p><input type="checkbox"/> <b>I/Coach</b> make sure the Facilitator reads through the Facilitator checklist <b>before</b> the prayer time</p> <p><input type="checkbox"/> <b>I/Coach</b> make sure that the Facilitator has the <b>Facilitator Checklist</b> in <b>front</b> of him or her <b>before</b> the prayer time begins</p>	<p><input type="checkbox"/> <b>I make sure</b> that the Facilitator has the <b>INTRODUCTORY</b> Cross prayer, <b>pages 25-26 printed out:</b></p> <ul style="list-style-type: none"> <li>❖ In <b>front</b> of the Facilitator</li> <li>❖ <b>Before</b> the prayer time begins, and</li> <li>❖ <b>The Intro Cross prayer</b> is side-by-side with the checklist</li> </ul>
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| > **I (Coach)** begin with a general prayer to start off the prayer training time.

<p>&gt; I (coach) tell Facilitator:</p>	<p>Whenever you see three <input type="checkbox"/><input type="checkbox"/><input type="checkbox"/> next to each other:</p>	<p>You <input checked="" type="checkbox"/> the 1<sup>st</sup> <input type="checkbox"/> the 1<sup>st</sup> time you facilitate.          You <input checked="" type="checkbox"/> the 2<sup>nd</sup> <input type="checkbox"/> the 2<sup>nd</sup> time you facilitate.          You <input checked="" type="checkbox"/> the 3<sup>rd</sup> <input type="checkbox"/> the 3<sup>rd</sup> time you facilitate. Does this make sense? </p>
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| > **I (Coach)** tell Facilitator:  
 Generals “Please look at page #1 of your Facilitator checklist. **The #1 challenge is rushing ahead of me, as the prayer coach. Relax and let me lead you as you learn to trust the process, knowing that the 2<sup>nd</sup> time you facilitate prayer will be much easier.**”

| > **I (Coach)** tell Facilitator:  
 Line a & Line b “Please read the words in bold in line a & line b. Then  a & b. **IMPORTANT NOTE: Always read word-for-word** any place with bold words on your facilitator’s checklist during training.”  
 “Now, please read ALL the words in each line of the instructions by each check box. Then  each check box line-by-line as soon as you finish that line, so you are keeping track of where you are in the process. In this way, you will be learning to depend on the Facilitator’s checklist.”

| > **I (Coach)** tell Facilitator:  
 Line c “Read line c about the process feeling mechanical the first time you facilitate prayer. Then  ‘c’”

| > **I (Coach)** tell Facilitator: \* Do not use the words “I am pointing to” during an on-line training  
 Line d Step 1 “To get an overview of the three main steps in the Introductory Cross Prayer from pages 25 or 26, please read aloud to me **NOW, word-for-word**, the first section next to line d, telling you to read the instructions **IN** the grey box at the top of the left-hand column I am pointing to, that says: **Step 1 “Listening to the Person’s story.”**”

| > **I (Coach)** tell Facilitator: \* Do not use the words “I am pointing to” during an on-line training  
 Line d Step 2 “Please read aloud to me, **word-for-word**, the next sentence with instructions in line d, telling you to read the words **IN** the grey box at the top of the right-hand column I am pointing to, with the Step 2 “Sharing Jesus’ Story.”


| > **I (Coach)** tell Facilitator: \* Do not use the words “I am pointing to” during an on-line training  
 Line d Step 3 “Please read the next sentence with instructions in line d, telling you to read the *italics* in between brackets in Step 3:A Instructions, below the left & right columns with Step 1 & Step 2 that you just read - on page 25 or 26 – as I point to them.”

| > **I (Coach)** tell Facilitator: \* Do not use the words “I am pointing to” during an on-line training  
 Line d “Please read the next sentence in line d, reading the *italics* in between brackets in Step 3:B out loud to me (especially ALL of the words in 3:B) as I point to them. Then,  line d about this entire section.”

Line e  
e-1  
e-2


> I (Coach) tell Facilitator:

“Read and then  line e to the “receiver” with the words about:


- ⇒ Introducing yourself, asking the person’s name (if you do not know the person), and...
- ⇒ Asking about praying to the ‘Father, in Jesus’ name,’ or to Jesus. 

Line f

> I (Coach) tell Facilitator:

“Please read and then  line f in your Facilitator checklist about turning to the ‘Jesus’ on page 25, or ‘Father’ on page 26, whichever prayer the ‘receiver’ chose, and about writing the person’s first name at the top of page. \* NOTE: Check and read the Scriptures on the 2<sup>nd</sup> line of the “Jesus” prayer when someone has questions about praying to Jesus. 

Line g

“Read line g to the “receiver,” on page 1 of your Facilitator checklist. Then say a prayer with the ‘receiver’ and then  the box. **REMEMBER:** always replace the word ‘receiver’ with the person’s first name as you talk with him/her.” 

Lines  
h & i

> I (Coach) tell Facilitator:

➔ *We will teach options h & i from this section and section 7 later in the training.*

**“Turn to the next page NOW!!!! – Do NOT read the rest of the words on this page at this time in the training because we will not use them now...”**

Turn  
to the  
next  
page  
NOW!



Turn to page 2 in your Facilitator checklist now...

h.  Facilitator explains the ‘Consent Form’ and asks the ‘receiver’ to sign it

i.  Facilitator asks the ‘receiver’ to fill out the Life History Form, saying:

“After you fill it out, please share it with me so we can pray about any area’s of your life, where God is wanting you to receive more healing and freedom.

Then you take this Life History form home with you.”

## Page 14: “Proactive GPS Coaching Instructions – Part 2”


⇒ I (Coach) tell Facilitator: “**Reminder - If there are questions about praying to Jesus...**

*Refer to the 14 Examples in the Scriptures on the 2<sup>nd</sup> line of the Cross prayer to Jesus.”  
Check e-2 now...*

### Step 1: Facilitator Listens to Person’s Story \* Coach’s words are in bold

☐☐☐ > I (Coach) talk to the Facilitator about page 2, Line a:

<p>“You can <b>read the words in bold</b> in line ‘a’ under Step 1 now. word-for-word, as you read to yourself <u>quietly</u> first, and then choose question #1 or #2 or #3 to ask the ‘receiver’ ... Then <input checked="" type="checkbox"/> line ‘a’ – and remember:</p>	
<p>People are <u>not</u> used to thinking in terms of positive solutions: <i>You have the option to redirect a negative response focused on the problem like:</i></p> <ul style="list-style-type: none"><li>• I don’t want to be angry or addicted anymore...</li><li>• I want to stop fighting with my spouse/child” etc.</li></ul>	<p>By asking...</p> <p>“What would you like:</p> <ul style="list-style-type: none"><li>• <b>Instead of being angry?</b></li><li>• <b>Instead of being addicted?</b></li><li>• <b>Instead of fighting with your spouse?”</b></li></ul>



\* This is a question that clarifies what the person is sharing – It is **NOT** a counseling question.

☐☐☐ > I (Coach) tell Facilitator:

Line b

“**Read line b under Step 1**, about writing a summary of the person’s words on the 3rd line from the top of the ‘INTRO Cross Prayer’ page to Jesus (p. 25) or the Father (p. 26). Then  **1:b. You can also ask the ‘Optional Question’ about the ‘more information in 3-5 minutes’ question, when you are outside of training.**

☐☐☐ > I (Coach) tell Facilitator:

Line c

“**Ask the person if they have the Cross Prayer in front of them and then read the bold words** in the box below line c under Step 1– telling you to ask the person to look at the fruit tree image on the right side of the INTRO Cross Prayer, as you begin explaining the image to him/her by reading the bold words, describing the image word-for-word. Then  **line c.**

☐☐☐ > I (Coach) tell Facilitator:

Line d

“**Read the bolds words below** Step 1–line d telling the ‘receiver’ how to  **2 negative thoughts keeping him/her from living out his/her best hopes. Then  line 1:d.**”

\* *NOTE: Outside of training – we ask the person to  for more negative thoughts*

☐☐☐ > I (Coach) tell Facilitator:

Line e

“**Read line 1:e – asking the ‘receiver’ to share his/her negative thoughts with you (the facilitator) and with the group (IF there is a group) – unless it is an on-line training. Then  line e, under Step 1. Then turn to page 3 in your Facilitator checklist.**”

**Step 2. Facilitator Shares Jesus’ Story with the Receiver:**

Coach says:

“On page 3, read the line a telling you to **read the bold words** in line a under Step 2 about the different Scriptures you read, if it is the 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> person you are praying with. Then  line a.

Have the 1<sup>st</sup> person you facilitate prayer with – read Isaiah 53:1-5.”

Have the 2<sup>nd</sup> person you facilitate prayer with – read Hebrews 2:14–18.”

Have the 3<sup>rd</sup> person you facilitate prayer with – read Hebrews 4:14-16.”

Coach says:

“Read line b under Step 2—asking the person to share what these verses about Jesus’ suffering meant to him/her. Wait until the person shares his/her thoughts about the Scripture describing Jesus’ suffering, with you. And then  line b.”

Coach says:

“**Read the bolds words** in line c – under Step 2, about reading line-by-line the summary of Jesus’ suffering in the Right-hand column on page 4 in this checklist (or page 17 in the Part 1 training manual), and then  line c.

Then you will know how to turn the short statements in that column such as ‘*Unwed mother...refugee,*’ etc. into full sentences—reading them as a story, not just letters on a page. This will help the person to understand how Jesus suffered these negative experiences – without giving into to those thoughts He was tempted with.

You will also **read the bold words** instructing the person to identify and  2 places in the same column where Jesus was TEMPTED with his/her negative THOUGHTS.

Does this make sense to you?” (we  3 places outside of training)

Coach says:

“Please read line d – under Step 2, telling you to finish reading all of Jesus’ story on page 4. Then you  line 2:d—the last line on page 3. After reading all of page 4, you  line 2:d at bottom of that page, telling you to turn to the top of page 5, to read “Step 2:c Repeated” for the receiver (we  3 experiences outside of training) and then turn to page 5.



→→ For Coach Only: **DO NOT** let the Facilitator say, “Where did Jesus struggle with your negative feelings?”


→→ You (the Facilitator) repeat the bold words **word-for-word** in your Facilitator checklist the first 7–10 times you pray with others in order:

(1) To emphasize the difference between *being tempted* and *giving into temptation*

(2) To avoid suggesting that Jesus had negative/sinful feelings or negative/sinful behaviors

Step 3:A-B. Reading Scriptures and Connecting to Jesus’ Story:

> I (Coach) tell Facilitator: “Please repeat the **words in bold** below line 2:d – that summarize the instructions for the person to  2 negative experiences in Jesus’ story and ask the person to share them with you. OK?” (we  3 outside of training)

> I (Coach) tell Facilitator:  
Pre-step “Please read all the words on page 5, in the 3A–Pre-Step NOW.” 

3:a1 “**Read the bold words**, on page 5, **word-for-word** in line 3:a1 about the ‘receiver’ reading the whole chapter (either Isaiah 53, or Heb. 2, or Heb. 4) with the verses he/she just read, then have the him/her share newer thoughts with you.”

3:a2 > I (Coach) tell Facilitator: “While the receiver is reading the chapter, please read the words in the box in line 3:a2 about the *italics* in step 3:A, reading them **word-for-word**, before you write in Jesus’ experiences. Please, notice the contrast in words when you pray to Jesus or the Father as I help you write out 3A for the first time:

- Using *correct pronouns* to Jesus (*Your will*), or to the Father (*His will*) - and
- Using *connecting words* to make sentences flow–“*being/and*” are most common ones
- Asking the ‘*receiver*’ for help with words if you need to. OK?”

3:b \* First, I make sure the Facilitator does the line with the negative thoughts and stops. Then the line with best hopes and stops. Then the line with the struggles and stops.

Then > I (coach) tell Facilitator: “Read ALL the words on page 5, in line 3:b about the *italics* in step 3:B before you transfer the ‘receiver’s’ thoughts from the *Left-hand Column* into 3:B, and also decide if the person shared a best hope, a struggle, or both:

**Best Hopes** – *If the person shared best hopes (something positive like ‘peace’ or freedom from anger), follow the italics in the section with the title “Best Hopes” in 3:B on page 5 – Then  the 3b box*

**Struggles** – *If the person shared struggles, (a negative feeling or behavior/addiction etc.), follow the italics in the section with the title “Struggles” in 3:B – Then  the 3b box on page 5, OK? If the ‘receiver’ did not share struggles, cross out the sentence: “~~I know they have grown into...~~” before you move to 3c. Does this make sense?”*

3:c1 > I (coach) tell Facilitator: “Please read line c1 on page 5, about praying the prayer **silently**, BEFORE praying with the person – to make sure it flows smoothly. Then  the c1 box.

3:c2 Then, read line c2 on page 5 about marking every 3-5 words where you will stop and have the receiver repeat the words. Then  the c2 box.”

3:d > I (coach) tell Facilitator: “Now you can read line d on page 5 about the ‘receiver’ sharing new thoughts after reading the whole Bible chapter, and then  the 3:d box.”

3:e > I (coach) tell Facilitator: “After reading line e on page 5, you can ask the ‘receiver’ to **REPEAT** the prayer, **word-for-word**, after you say them, a few words at a time. Then  the 3:e box on page 5. And then turn to page 6 on your Facilitator checklist.”

## Page 17 - Step 4: “Facilitator Explains *and* Prays the Blessing/Attack/Protection Prayers” (Psalm 46:10 & 1 Kings 19:12)

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> **I (coach)** tell Facilitator: “Now that you are on page 6 in your Facilitator checklist, and look at the very top of the page right now and read the information next to “NOTE” just under Page 6 – Step 4:

Do you see the 1<sup>st</sup> line under the heading in the grey box: ‘Step 4 – Blessing Prayer?’”

\* **I (coach)** wait until the Facilitator is on page 6...

Please read that first line on page 6, under Step 4, telling you to write the person’s first name in the blank lines in all 3 prayers on pages 25/Jesus or 26/Father. Follow those instructions now – Then  that box under Step 4 – Blessing Prayer.”

### Step 4. Blessing Prayer Instructions: \* Let Facilitator complete Step 4 – BEFORE beginning Step 5.



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Step 4

> **I (Coach)** tell Facilitator:

“These are prayers for Blessings from God, Discernment about Satan’s attacks and Protection from God.

Please repeat them **word-for-word** the first 7–10 times you pray with people to avoid long, disorganized prayers the ‘receiver’ cannot follow. OK?”

If a thought comes up, we write it down. If he/she is not sure that it is from God... we write it down and invite them to ask God if there is anything else He wants them to know about it at a later time. This way, we are moving it out of right & wrong, and encouraging them to have an on-going conversation with God – which is the main goal of our discipleship process.

Step 4

> **I (Coach)** tell Facilitator: \* Let Facilitator complete Step 4 – BEFORE beginning Step 5.

4:A-B-C

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“Please look at the top of page 6 – Step 4.

Once you are there, read the A & B & C instructions one at a time, all in a row.

They let you know how to read the explanation for the Blessing prayer to the ‘receiver.’

Please read ALL of the words in the shaded box under “B,” including the last line. Then  boxes A & B & C on page 6 at the same time, after you complete A & B & C.



4:D-E

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“Please read 4:D & E instructions quietly to yourself – then pray the prayer after that. During training, **I (coach) will** time 60 seconds on my watch. And  boxes D & E right now. OK?”

4:F

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“Read line 4:F telling you how to write in the blessing in 1<sup>st</sup> person language, then make sure you checked all boxes in this section.”

\* NOTE: The 2<sup>nd</sup> or 3<sup>rd</sup> time you, as facilitate prayer for someone – you can ask the ‘receiver’ to write in the blessings, attacks, and protection.

## Page 18 - Step 5-6: “Facilitator Explains *and* Prays the Blessing/Attack/Protection Prayers” (Psalm 46:10 & 1 Kings 19:12)

### Step 5. Discernment Prayer Instructions: \* Let Facilitator complete Step 5 – BEFORE beginning Step 6.



Step 5

5:A-B-C

> **I (Coach)** tell Facilitator:

“Please look at the top of page 7 – Step 5.

**Once you are there, read the A & B & C instructions one at a time, all in a row.**

They let you know how to read the explanation for the Discernment prayer to the ‘receiver.’ Please read ALL of the words in the shaded box under “B” including the last line.

Then  boxes A & B & C on page 7, at the same time, after you complete A & B & C.



5:D & E

“Please read D & E Instructions quietly to yourself – then pray the prayer after that. Again, during training, **I (coach) will** time 60 seconds on my watch.

And  boxes D & E right now. OK?”

5:F

“Read line F telling you how to write in the Discernment prayer in 1<sup>st</sup> person language, then make sure you checked all boxes in this section.” . And please turn to page 8 now.

### Step 6. Protection Prayer Instructions: \* Let Facilitator complete Step 5, BEFORE beginning Step 6.

Step 6

6:A-B-C

> **I (Coach)** tell Facilitator:

“Please look at the top of page 8–Step 6.

Once you are there, read the A & B & C instructions one at a time, all in a row.

They let you know how to read the explanation for the protection prayer to the ‘receiver.’ And please read ALL the words in the shaded box under “B” including the last line.

Then  boxes A & B & C on page 7, at the same time, after you complete A & B & C.



6:D & E

“Please read 6:D & E Instructions quietly to yourself – then pray the prayer after that. Once more, during training, **I (coach) will** time 60 seconds on my watch. And  boxes 6:D & E right now. OK?”

6:F

“Read line 6:F telling you how to write in the Protection prayer in 1<sup>st</sup> person language, then make sure you checked all boxes in this section.”

**Page 19 - Sections 7–9: We skip section 7 at the beginning of the training.... We will come back to it later.**

**7. Coach to Facilitator: Please read Daily Disciple Instructions to help explain each of the Daily Discipleship prayers to the person (one prayer for each day of the week, for each part of the prayers)**

**Step 8. Prayer of Thanks & Community Prayer**

8:a  
 > **I (Coach)** tell Facilitator:  
“First, I would like you to skip page 9 and turn to page 10 in your Facilitator checklist and go through the 3 general points in “a-b1-b2” – then read the bold words in the box below line 8:b2 telling you to invite the “receiver” to say a ‘Prayer of Thanks’ for the way God ministered to him/her. And then  box a-b1-b-2.”

8:c  
 > **I (Coach)** tell Facilitator:  
“Please read the bold words in the boxes below line c, with the “Part 1 & Part 2 Blessing” titles, telling you to ask the “receiver” to choose 2 people from the group to pray for him/her, and then  the box.” Then turn to page 11.  
\* And notice instructions that are different if it is an on-line training...

**Step 9. Debriefing Time – Facilitator Debriefs with the Person Receiving Prayer:**

9:a  
 > **I (Coach)** tell Facilitator:  
“Now, I would like you to turn to page 11 and read line 9:a word-for-word – describing the ‘debrief question to the ‘receiver’” (coach says the ‘receiver’s name to make it personal), and the  the box.”

9:b  
 > **I (Coach)** tell Facilitator:  
“Please read, line 9:b word-for-word, before giving the person his/her INTRO Cross Prayer and encouraging him or her to rewrite the prayer in his/her own words.  
And then  the box.”

**Coach Debriefs with the Facilitator:**

9:c > **I (Coach)** tell Facilitator: “What was meaningful to you about the way God was blessing the person while you are learning and growing... the 1<sup>st</sup> time?  / 2<sup>nd</sup> time?  / 3<sup>rd</sup> time? ?”

**Facilitator NOT Accepting Affirmation:**

\* Some facilitators do not know how to accept compliments so you, as the Mentor need to be prepared to ask the question a second time, in a different way...

**Responding to Facilitator NOT Accepting Affirmation:**

Yes, it can be scary, it can be a struggle...AND what did you like about the way you were praying with the person – knowing that God was using you in ministry while you are learning to facilitate prayer?”

**Coach Debriefs with the Group:**

\* Ask questions about the process (negative thoughts, Jesus’ suffering, prayers etc.).

**Please read the instructions about:**

**NO** asking questions about the person’s story. **NO** advice giving. **NO** diagnosing. **NO** exceptions.