

PRAYER COHORTS

FAQS

Why join a prayer cohort?

We recognize that prayer does not come easy to most Christ-followers. Many of us pray poorly and haphazardly, yet we long to connect with our Heavenly Father. If you struggle with keeping a consistent prayer life, we invite you to learn to do life through prayer by attending this weekly prayer group.

What happens in a cohort? We learn to pray, and we pray. We learn through a book study ([A Praying Life](#) by Paul Miller), open discussions, and tracking prayer stories in our personal lives. We pray through five key areas and together begin to watch what God does. Seeing God at work in the lives of others encourages you to keep asking—even when you don't yet see movement in your own prayer story.

What if I don't know how to pray?

No problem! These groups are filled with people who pray inconsistently and wonder if they pray "properly." A cohort is simply a group of people who are struggling in prayer... *together*.

When are prayer cohorts offered?

Much like LifeGroups, prayer cohorts meet weekly for 60 - 75 minutes and will be offered during our Spring, Summer and Fall semesters. The groups meet for 10-12 weeks both during the day and at night.

Where will prayer cohorts meet?

Cohorts will meet at the Church at LifePark and in homes.

Who leads prayer cohorts?

Our staff, pastors and prayer leaders (who are also growing in prayer) lead LifePark cohorts.

How much homework/reading is required?

You will be required to read approximately 2-3 chapters per week or about 30-45 min of reading. Each week, you will make a prayer card and use it to pray specifically about a key aspect of your life.

Do I need to register in order to be a part of a prayer cohort?

Yes please. During the Summer of '22, you may email maresa.depuy@lifeparkmp.org. Online registration will be available in the fall of '22.

Will there be childcare?

Only cohorts that meet at LifePark may offer a childcare option. To learn more, go to the online cohort description.

Am I expected to join a prayer cohort and a LifeGroup?

At LifePark, we believe we grow more spiritually when we're connected relationally. LifeGroups are the primary way to connect and grow as Christ followers at our church. We desire you to experience the joys of a LifeGroup and praying together in a cohort. While some have the margin to do both in the same season, we recommend choosing one at a time. We believe those who join a prayer cohort will enrich the authenticity and spiritual practices among our LifeGroup communities.