

## **Week Two: Lost Coin - SEARCH**

### ***“Who has slipped out of my life?”***

#### **Praying through Your Contacts**

##### **What is it?**

“Contact-praying” is about intentionally taking time to remember those individuals with whom you have shared life. Some of those contacts may live close by, or may be in frequent touch. But no doubt you have many contacts with whom you have lost touch—their present needs or reality may be unknown. Contact praying is a way of renewing your concern for them, and reconnecting your life to theirs.

##### **How to do it:**

1. Set aside 10-15 minutes. Find a quiet space without distractions. Bring with you wherever you keep your contacts—for some this might be a physical address book, for many of us that will be our phone. (Which makes the “no distraction” part even harder—consider putting your phone on “airplane mode” to block incoming messages during this time.)
2. Scroll slowly through your list of names. With each name, ask:
  - a. How long has it been since you were in touch with that person?
  - b. What is taking place in their world right now? (Or if you haven’t seen them in awhile, what was going on the last time you spoke?)
  - c. Pray for God to use them and bless them in whatever they may be facing. A sample prayer might be:  
  
*God, fill [name] right now with strength, courage, and love, sufficient for every challenge they face. Please bless and protect them. May your light shine into their lives bringing forgiveness, healing, and wholeness. Help me to be a true friend and a source of encouragement in their life. In Jesus name I pray. Amen.*
  - d. It is highly likely that you will not “finish” all your contacts in one sitting. If you find yourself getting distracted or skimming over names in a hurry, you’ve done enough for the day. Pick it back up and continue when your spirit is fresh.
3. After you pray for each individual, send them a short text. It might be as simple as:  
*“Today in my quiet time I said a short prayer for you. I know it has been a long time since we have touched base, but I hope you are well. May God give you strength and grace to meet whatever you are facing today!”*  
There might be a specific individual who rose to the top of your heart as you were praying—follow that prompt in your spirit and give them a call to reconnect.