
LIFE ESSENCE PRAYER MINISTRY HANDBOOK

Ministering with Gentleness, Wisdom, and Compassion

"Creating spaces where people encounter
hope, healing, and the love of Christ."

Life Essence
Ministries

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PURPOSE OF PRAYER MINISTRY

The heart and vision behind Life Essence Prayer Ministry.

Vision and Values

Life Essence Prayer Ministry exists to create gentle, safe spaces where people can encounter the hope, healing, and love of Christ. We minister with compassion, wisdom, and integrity, honouring each person's story and pace.

Scripture Foundation

"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free."

- Luke 4:18 (NIV)

THE HEART OF PRAYER MINISTRY

Prayer ministry seeks to provide hope, encouragement,
and spiritual support.

Prayer Ministry Is:

- Listening
- Compassion
- Encouragement
- Hope

Prayer Ministry Is Not:

- Counselling
- Therapy
- Crisis Intervention
- Fixing People

SAFEGUARDING

Protecting dignity, safety, and wellbeing.

Safeguarding Statement

Life Essence Ministries is committed to the safeguarding of all people who engage with our ministry. We believe every person is made in the image of God and deserves to be treated with dignity, respect, and care.

Confidentiality

All information shared during prayer ministry is treated as confidential. Prayer team members will not share details of prayer sessions with others unless there is a safeguarding concern.

Limits of Confidentiality

Confidentiality may be broken if:

- There is risk of harm to the person or others
- A child or vulnerable adult is at risk
- There is a legal obligation to report

Emergency Procedures

In the event of a safeguarding concern or emergency, prayer team members should:

- Remain calm and listen
- Not promise to keep secrets
- Report to the designated safeguarding lead
- Document the concern using the appropriate form

HEALTHY BOUNDARIES

Healthy boundaries create safe ministry.

Dependency

Prayer ministry should never create dependency. Our role is to point people towards Christ, not towards ourselves.

Scope of Ministry

Prayer ministry operates within clear boundaries. We do not offer counselling, therapy, or professional mental health support.

Time Boundaries

Prayer sessions should be kept to an appropriate length. Extended sessions can be draining for both the minister and the recipient.

HEALTHY BOUNDARIES

continued

Responsibility

We are responsible for our own wellbeing and spiritual health. We cannot carry the burdens of others beyond what is healthy.

Referrals

When a person's needs exceed the scope of prayer ministry, we refer them to appropriate professional support.

"Being helpful is not the same
as being responsible."

PRAYER TEAM EXPECTATIONS

Serving with humility, wisdom, and compassion.

Confidentiality

All prayer ministry conversations remain confidential. What is shared in a prayer session stays in that session.

Respect

Every person is treated with dignity and respect, regardless of background, belief, or circumstance.

Compassion

We approach each person with genuine care and empathy, creating space for them to be heard without judgement.

No Manipulation

Prayer ministry must never be used to control, manipulate, or pressure anyone. We do not impose our views or agendas.

Healthy Ministry Practice

Prayer team members commit to their own spiritual health, regular supervision, and ongoing training.

PRAYER SESSION GUIDELINES

Before ministry, during ministry, and after ministry.

Before Ministry

- Pray and prepare your heart
- Ensure the space is welcoming and private
- Review any relevant information
- Check your own emotional capacity

During Ministry

- Listen attentively and without judgement
- Ask permission before praying
- Pray simply and gently
- Follow the leading of the Holy Spirit
- Respect silence and pace

ONLINE MINISTRY

Creating safe and respectful online spaces.

Zoom Etiquette

- Ensure a quiet, private space
- Use headphones where possible
- Mute when not speaking
- Be mindful of what is visible on screen
- Arrive on time and be fully present

Confidentiality

The same standards of confidentiality apply online as in person. Do not screenshot, record, or share any content from online prayer sessions.

Recording Policy

Prayer ministry sessions are never recorded. This protects the privacy and safety of all involved. Any breach of this policy will be taken seriously.

WHEN TO REFER

Knowing when additional support is needed.

Prayer ministry has clear limits. When a person's needs go beyond what prayer ministry can offer, it is our responsibility to signpost them to appropriate support.

GP

For ongoing physical or mental health concerns.

Counselling

For deeper emotional processing that requires professional therapeutic support.

Mental Health Services

When there are signs of significant mental health difficulty or distress.

Emergency Services

If there is immediate risk of harm to self or others, call 999.

Church Leadership

For pastoral concerns, safeguarding issues, or situations requiring wider support.

FORMS

Supporting good ministry practice.

Prayer Request Form

Used by individuals to submit a prayer request and help the team pray with sensitivity.

Prayer Ministry Record Form

Completed after each session to record key details, themes, and follow-up actions.

Follow-Up Record Form

Documents any follow-up contact or ongoing support offered after a prayer session.

Safeguarding Incident Record Form

Records any safeguarding concerns. Complete promptly and pass to the safeguarding lead.

Life Essence
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"Carry each other's burdens, and in this
way
you will fulfil the law of Christ."

Galatians 6:2

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