Guidelines for Praying Over People

1. Be a prayer team when at all possible and not an individual. One person will do the praying out loud and the other persons will act as an intercessor. Especially in prayer groups, the team should pray together before hand to ask for God’s blessings, guidance and protection before praying over anyone.

2. Ask the person to be prayed over what they would like prayers for.

3. Ask if you may put a hand on his/her shoulder or on their head. (By asking permission you are being sensitive to the person being prayed over.) Instead of facing the individual and placing both hands on them, stand to the side and place one hand on the shoulder or head. (The imposition of both hands is only to be used by the bishop or priest.)

4. If the person being prayed over has back pain, ask him/her if you can place your hand on their back. If the person has heart trouble, ask him/her to place their hand on their heart. The person(s) praying will follow the instruction in #2. If the person has medical problems with their hands, knees or legs, it would be very prudent to ask them for permission for the person praying to lay their hand on the affected area. Be very careful how you touch a person when praying over them.

5. It is better for a woman to pray over a woman, and a man to pray over a man. When this is not possible then the person praying should pray a short, simple prayer. Prudence is always the guide to follow when praying over people. Be attentive to how people may react to touch.

6. Do not use blessed oil when praying over a person. (Blessed oil is not allowed in the Archdiocese of Santa Fe and in many other dioceses around the country.) The practice of using oil is reserved to the priests and deacons.

7. It is advisable to pray in tongues when you are praying with a person, if moved by the Holy Spirit to do so. If the person is not familiar with tongues then pray in tongues silently. If they are familiar with this form of prayer then pray in a normal voice. There is no need to be loud or to shout.

8. When praying do not let your hands shake, waver or move up and down the person’s body. This is considered excessive and only attracts attention to yourself and it is not necessary. This is meant to remind us that it is the Lord who heals and not the person who is praying.

9. Prayer Teams should be open to prophetic words when they are praying together. This will help to discern the movement of God’s Spirit. When praying with a person and the Lord gives one of the team members a word the person who receives it should quietly whisper it to the other team member to decide if it should be shared. (It would be very inappropriate to mention something very personal that the Lord may have shown you. Ex: the person is addicted to pornography, had an abortion, an affair, etc.)

10. If the prayer was for healing it would be appropriate for the leader to ask the person being prayed for if they experienced heat or felt that they were being healed.

11. After prayer ministry pray a cleansing prayer as a team.

Approved by Father Dennis Garcia, Liaison of the Catholic Charismatic Renewal to the Archdiocese of Santa Fe. September 2013