***Getting Started***

## A quiet prayer ofreconciliationand renewal

Would you like to experience… A prayer of closeness with our Lord? A quiet, intimate yet private, personal prayer of noticing and waiting in faith? And then of experiencing his tender, loving renewal within you?

Learning this prayer is very easy. In just four sessions you will experience the prayer and learn to companion others, followed by continuing in an ongoing weekly prayer group.

Come and be refreshed, and be part of this new and growing prayer experience at [Name of] parish. To get started, simply contact a Companioned Prayer ministry person listed on the back of this brochure. We look forward to hearing from you!

Out of his infinite glory, may he give you the power through his Spirit for your hidden self to grow strong, so that Christ may live in your hearts through faith, and then planted in love and built in love, you will with all the saints have strength to grasp the breadth and length, the height and depth; until, knowing the love of Christ, which is beyond all knowledge, you are filled with the utter fullness of God.

- Ephesians 3:16-19

***Sponsorship***

Participants of established Companioned Prayer groups may be available to sponsor the formation of new groups in your church or organization. We can help provide intro­ductory presentations, small group leader­ship, or outreach ministry training. Addi­tional written resources are also available. Simply contact an ongoing Companioned Prayer group ministry to get started. We will help you with the rest.

**Name of Your Church**

Address

Phone number

Name of Pastor 1

Name of Pastor 2

**The [name of church] Companioned Prayer ministry invites you to join us.
To get started, contact:**Name and phone number
or Name and phone number

**Companioned Prayer Christian Fellowship**

[www.CompanionedPrayer.org](http://www.CompanionedPrayer.org)



***Companioned***

***Prayer****™*

A prayer experience within
the loving heart of Jesus

A prayer for companions,
families, and small groups

*"Companioned Prayer is a prayer with a friend that can eventually bring you to the real purpose of your faith, which is an intimate, daily, loving relationship with God.*

*It is a miracle that you will feel taking place within you. It will take time, but it
will happen in you.*

*Companioned Prayer is a form of
personal prayer that can change your relationship to God.*

*I hope everyone can participate in the Companioned Prayer program.
It can change your life."*



- Bishop Francis Quinn

9/11/1921 – 3/21/2019

Bishop of Sacramento 1979-1993

# A Personally Meaningful Experience

When we enter into this prayer we find our­selves in a personal relationship with God. We are often surprised by his personal love for us and his gifts of grace. We come to know that he is living and a part of our personal lives, our needs, our hopes and our joys.

Our faith is awakened from within. We are called to new being, as a child of God. We find his love to be transforming. Each time we pray we discover anew our life in Christ.

***What We Do When We Pray***

In Companioned Prayer™ the traditional contemplative blending of devotion, alert listening, and faithful waiting come together with personal and private prayer issues.

In faith we take our personal prayer to God, to Jesus’ loving heart, and letting go into our personal prayer subject within the gentle compassion of Jesus’ love, we wait for some inner movement or discernment. We stay with this as it unfolds and leads us to a new personal understanding given from his mercy and grace.

Then we rest in God’s presence, felt and known from within, and acknowledge his personal gift to us.

### Prayer Partners and Groups

We practice this interactive prayer with others in an intimate community of faith. In small groups or with a prayer partner, we companion one another in our prayer jour­ney. This helps us surrender into our prayer experience without concern for format or progress. Yet even as we are companioned, our personal prayer subject and experience remain private.

In this companioned small group approach to prayer we discover that we are a commu­nity of living faith. We find that our pres­ence to each other is crucial to our journey with God. We become a vital community within Christ’s living presence.

### Prayer in Service Ministry

Companioned Prayer groups and partners can also share Christ’s love and healing with other people in need. We can offer to companion individuals in their time of trial and challenge. No training is required on the part of the person in need. The prayer companion provides the guidance in the prayer. Healing and new direction occur directly from within the person’s prayer experience as a gift from God; not from any advice or action provided by us.

This companioned prayer outreach is an optional yet natural extension of Compan­ioned Prayer group ministry. Through it we find the good news of the living Christ and his healing presence being born within the very needs and brokenness of our human family. Together we are all gifted and changed through this prayer ministry.