

## Companioned Prayer™ without a Prayer Partner

You are never alone when you pray. Jesus is always our Companion. When engaged in Companioned Prayer by yourself, you may want to keep a list of just the headings or a simple outline of the form nearby so that you can glance at it if necessary to remind yourself where you are in the prayer. An example of a simple Companioned Prayer outline is illustrated below.

***Opening Prayer*** – Begin in the Trinity, and with a personal prayer to God.

***As We Are*** – Take time to come before God as we actually are, noticing how you physically feel right now, held tenderly in the loving arms of our Lord.

***Asking God*** – Being open to God's loving presence, ask yourself, "Of everything going on in my life, what feels like God is calling me to listen to, inside me right now?"

***God's Love and Acceptance*** – Notice how this all feels inside, and then take your prayer subject to Jesus' loving heart, and feel his gentle love and acceptance.

***Letting Go in the Loving Heart of Jesus*** – Let go into all of this with gentleness, caring, and faith; and wait attentively within Jesus' love to see if anything else comes.

***Being Open to God's Spirit*** – Notice and slowly follow any interior movement from God.

***Resting in God's Presence*** – Quietly rest within God's tender presence.

***Closing Prayer*** – Silently conclude with a personal prayer.