# Companioned Prayer™ in Service

## Offering the Prayer to Those in Need

Companioned Prayer offers us a way to be with someone in need in a way that facilitates a walk with God that is personal to each person, yet open to the gift of God's grace felt within their very trial. Through our personal outreach and caring presence, Jesus' loving presence can be our shared reality, given by him and received deeply within. Whether we are responding to someone in need as part of an organized program such as a caring ministry of our church, or as part of some other outreach service, or whether we are just responding individually, Companioned Prayer can be offered directly to those in need. The person being visited or ministered to need not have any understanding of the prayer in order to do it. Simply ask them if they would like you to guide them through a private prayer of listening for God's grace. You might let them know how you have found the prayer to have helped you, and how special you believe the prayer is. Be ready to respond to any questions they may have, sharing from your own experience with the prayer.

You can begin with the brief formats offered in chapter 6 of the book, *Companioned Prayer*, or you can use the *Introduction to the Loving Heart of Jesus Companioned Prayer* form. After they have had multiple experiences with that, you can invite them to use the full standard form and help them understand the new parts of the prayer.

When companioning someone in need, just do the best you can, knowing the sequential movements of the prayer, what the process feels like from the inside, and that Jesus will be a companion to both of you. The caring, faith-full quality of your presence of companioning is the most important quality of your service.

Jesus knows our every tear, our brokenness, and our pains. He knows the crosses we bear. He is with us with compassion. It is in the simple act of praying that he often makes himself freely known. Trust in God's power, ability and love, and do not hesitate to offer the prayer to anyone in need or trouble. But remember that you are not there to cure or to convert anyone. In fact, if you have an attitude that you are there with the answers, the experience will likely not be one of spiritual gift and grace. You need to be there in humility, knowing that whatever you offer, it is given by God, not you. You are there on the same level as the person you are visiting. You are brothers and sisters in your journey with Christ, both infants of God. You are with the other person to also learn and be renewed from their presence to you. Therefore, be open, loving and vulnerable with them. You must be willing to have their perspective, and to be open to learning and growing from it, letting their experience change you. Know you are powerless and let yourself be open to the Holy Spirit working through both of you as you serve each other. It is in your relationship of humble faith in God that you will find yourself and the person you are with, open to receive God's gifts of mercy and love.

Companioned Prayer can be the precious heart, the heart of Jesus' love, within any caring visit to another person. That does not diminish the importance of the other usual aspects of such visits: friendship, listening, comfort, reflection, and responding with specific help. All of these, together with Companioned Prayer, should be a part of reaching out to another person in love.

At some point, the person may offer to companion you in prayer. This is an important part of the ministry, and should be accepted gratefully. If you do not have time, set a time when you can come back and receive their offer. If you have been companioning them a few times and they have not offered to companion you, ask them if they would like to companion you in prayer. Often unless you ask, it will not occur to them that they can be your prayer companion. Carry a printed copy of the prayer with you for them to use, and help them out as you pray if needed. But don't treat the first few times as instructional sessions with frequent corrections and critical feedback. Just gracefully accept their companioning in the spirit it is offered. Such mutual engagement allows them to be involved and helpful to another person, in a special faith-caring way. It can be a special treat for them as well as for you.