

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.

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.