

Companioned Prayer™ for the season of Ordinary Time

OPENING PRAYERS

*Begin by saying, **In the name of the Father, of the Son, and of the Holy Spirit, we open our hearts to you, O Lord. Amen.***

Then on behalf of the person you are praying with and yourself, say a personal prayer out loud.

For example: asking for Christ to be our companion; for our trust in the Lord; for the guidance of the Holy Spirit; thankfulness for this time of quiet; asking Christ to be present within our needs, inside our very brokenness, inside our joy; to help us listen inside to God's quiet call; to be mindful of our sins, and of the grace and blessings received; or, to humbly journey inside with Christ.

Then invite the other person to also say a personal prayer silently or out loud and to say "Amen" when they are ready to continue. [wait for the person to say "Amen"]

AS WE ARE

*Then say: **Coming before God as we are, take a few minutes to notice how you physically feel. [briefly pause, and then continue] For example, let your attention go to your back and notice what that feels like. [pause] Notice your shoulders [pause], your neck [pause], your head [pause], your arms [pause], your hands [pause], your feet [pause], your legs [pause], your stomach [pause], your heart [pause], and your breathing. [longer pause] Notice the body-sense of how you feel right now [pause]; and then let me know when we are ready to go on. [wait for a response, and then go to ASKING GOD]***

ASKING GOD

*When they are ready, say: **Staying with how this feels inside, and being open to God's loving presence; let me know if something comes when you ask yourself, "Of everything going on in my life, what feels like God is calling me to listen to, inside me right now?" [wait for a response]***

GOD'S LOVE AND ACCEPTANCE

Notice how all this repeat symbol if shared feels inside, and how you carry it. [pause] With tenderness and faith, notice how it feels to take all this to the loving heart of Jesus, and to feel his gentle love and acceptance in all of this. Take your time, and then let me know when we are ready to go on. [wait]

LETTING GO IN THE LOVING HEART OF JESUS

When they are ready to go on: Notice how it feels in your body to be with this, in this gentle, caring, faith-filled way. Allow your awareness to seep into your body, to settle in, and sense how **all** this feels inside. [pause] Within the gentle loving heart of Jesus, wait in openness and faith to see if it feels like there is anything else that God might want you to notice, such as a word, image, feeling or memory that seems to somehow fit with the way this whole thing feels, and then let me know. [wait]

BEING OPEN TO GOD'S SPIRIT

- a. If something comes, reflect back the symbol if shared, pause, and then ask,
- b. **Does this feel right, inside, to journey with some more?** [wait]
If "no" go to RESTING IN GOD'S PRESENCE.
- c. If "yes," say: Ask yourself, "**How does all this repeat symbol if shared now feel in my body?**" [pause] With gentleness and faith, let go into how all this feels inside; and let me know if anything comes that fits the way this all now feels. [wait]
If something comes, go back to a.

Repeat a, b, c as long as the person wants to continue, or as time allows.

When they are ready to stop, go to RESTING IN GOD'S PRESENCE.

RESTING IN GOD'S PRESENCE

When the person is ready to stop, or if the time has run out: Okay; let's nurture this special place you've come to inside. Pause here and let go into God's presence within all of this, resting in the quiet tenderness of his Spirit for a while. And then let me know when we are ready to go on. [wait]

CLOSING PRAYERS

When they are ready to end, say: As you savor all of this, let yourself know that this is God's personal love and grace, experienced and felt inside us. [pause] Staying in this holy and precious gift, you may wish to silently offer a prayer in response, and then say "Amen." [wait]

When they are finished, say out loud a brief prayer or blessing, also ending with "Amen."

After the prayer or blessing, you may invite the person to write in their journal if they wish.