

## Introductory Companioned Prayer™ Series

If no introductory experience or Companioned Prayer ministry is available in your area and you wish to experience the prayer with a few friends, start your own small group with the support of your pastor or religious leader as recommended on the CPCF's "Learning the Prayer" webpage (chapter 4 in the book, *Companioned Prayer*). However, if you are in a situation where a larger number of people wish to learn the prayer, you can offer a structured introductory series as described in the book's chapter 9.

Someone will still need to be the group leader, even if they do not have any experience with the prayer. This leader or facilitator should obtain the support of the group's pastor or religious superior. The leader will need to read chapters 1 through 5 and chapter 9 of the book, *Companioned Prayer*, and will need to facilitate the group experiences in the introductory prayer sessions. A sample outline for a four-sessions introductory series is available on the CPCF's supplemental resources webpage.

In the first session of this series, each person will companion their prayer partner using the *Introduction to the Loving Heart of Jesus Companioned Prayer* form, instead of the standard Companioned Prayer form for Ordinary Time. This alternative form is similar to the standard form except that it lacks two prayer movements, *LETTING GO IN THE LOVING HEART OF JESUS* and *BEING OPEN TO GOD'S SPIRIT*. It also omits the reflection of symbols. This form is also available at the supplemental resources page of the CPCF website.

In the second session the full Companioned Prayer form can be used, but without the sharing of symbols. The discussion of symbols and their employment during the prayers can be postponed to the third session. Prior to breaking into pairs in this second session, the facilitator should hand out the standard Companioned Prayer form for Ordinary Time and talk about how to employ the two new movements, *LETTING GO IN THE LOVING HEART OF JESUS* and *BEING OPEN TO GOD'S SPIRIT*. These discussions should not be extensive as they will not make any sense until the movements are tried out a few times.

During the third session the facilitator can lead a brief discussion of how to share symbols and how to reflect them. Encourage the participants to share and reflect symbols in order to experience what that is like.

In the fourth and any subsequent sessions, continue to use the standard Companioned Prayer form and encourage sharing, questions, and discussion in the large group both before and after the individual companioning.

After participants have experienced these sessions, encourage them to continue in a weekly prayer group.