

Companioned Prayer™ **Abbreviated form for the season of Advent**

For use by prayer partners familiar with each other's prayer style.
Any of the ***bold italic*** text may be skipped if desired by the person praying.

OPENING PRAYERS

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

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

Then invite the other person to also say a personal prayer silently or out loud. [wait]

AS WE ARE

Coming before God as we are, take a few minutes to notice how you physically feel.
[pause] For example, let your attention go to different parts of your body, noticing the body-sense of how you feel right now. [wait]

ASKING GOD

Staying with how this feels inside, and being open to God's loving presence; ask yourself, "Of everything going on in my life, what feels like my heart longs for, inside me right now?" [wait]

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. [wait]

LETTING GO IN THE LOVING HEART OF JESUS

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 *that seems to somehow fit with the way this whole thing feels.* [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 see if anything comes that fits how 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

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.
[wait]

CLOSING PRAYERS

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 within all of this, you may wish to silently offer a prayer in response.** [wait]

When they are finished, say out loud a brief prayer or blessing.

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