

Using the Abbreviated Companioned Prayer Forms

If you have been practicing Companioned Prayer with one or more regular prayer companions for some time, at least a few months, you may wish to use the prayer in a more abbreviated format. This shorter format retains the prayer's eight movements, but offers less text said out loud, thereby minimizing the companion's spoken intrusion into a person's inner prayer experience. For example, all of the text that asks for feedback is removed. In other words, without the lines such as, "let me know when we are ready to go on", "let me know if something comes", et cetera. Without these instructional feedback lines, it is incumbent upon the person praying to let their companion know the status of their prayer after each place where the feedback instruction would have occurred. In the abbreviated forms, the *AS WE ARE* prayer movement is offered without the direction to notice each part of the body; instead, it is up to the person praying to take the time to do that or to become aware of how they are physically feeling. Alternatively, you may ask your companion to use the standard prayer version of the *AS WE ARE* movement, while using the abbreviated format for all other movements.

In the abbreviated prayer forms, the person praying may also ask for any of the text in ***bold italic*** to also not be spoken. For example, in the *LETTING GO IN THE LOVING HEART OF JESUS* prayer movement, you may want your companion to read one of the first two sentences in italic, but not the other. Thus, if you wish to be companioned with an abbreviated form, it is important to let your companion know exactly what parts of the bold italic text that you do not want your companion to read. If you do not do this, your companion should use the form as provided, reading all of the bold italic text. Even if any of the bold italic text is not said out loud, the person praying may still silently follow the italic text's intention. However, reduction beyond the bold italic text should be cautiously resisted, as all of the basic components of the prayer are usually necessary to allow for a complete companioned faith experience.

When becoming familiar with the abbreviated prayer form, experience the complete abbreviated form (with all of the bold italic text) a few times before beginning to remove any of the bold italic text. Experience the various ways to practice this prayer form in order to discern the optimum balance for you. An example of a personally selected and blended abbreviated form is available on the CPCF website. You are encouraged to create one that is right for you.

The abbreviated versions should not be used to shorten the prayer experience or to facilitate hurrying through the prayer. Therefore, when using an abbreviated format it is vital to continue to take as much time within each movement as necessary to allow yourself to truly slow down and notice the subtleties of your unfolding prayer experience as you journey within with Christ. In fact, after establishing familiarity with the abbreviated format of your choice, the lack of feedback instructions subtly removes the impending impact of that expectation, which can result in the person praying letting go further into the quiet and grace of each prayer movement, and actually lengthening their time in prayer and deepening their prayer experiences.

The abbreviated forms should only be used by those already familiar with the nuances of the complete prayer. The abbreviated forms for all of the Church seasons are available at: www.CompanionedPrayer.org/supplemental-resources.