These are sample outlines for the four learning sessions recommended by the CPCF. This outline assumes six people learning the prayer from three experienced companions (mentors). Modify to meet your group’s needs. The first learning session takes about two hours. Subsequent sessions are about 90 minutes each. The durations shown for each activity are estimated minutes. Adding the start times for each activity can help the presenters stay on track. Add the names of the mentors who will be leading each session and activity, together with the names of the people who will be learning the prayer.

**First Learning Session** (date, time & location)

Mentors:

Learners:

| **Start Time** | **Est. Min.** | **In Large or Small Group** | **Led by** | **Activity** |
| --- | --- | --- | --- | --- |
|  | 15 | Large group |  | 1. **Opening**
2. Welcome
3. Opening prayer
4. Introductions (everyone introduces themselves)
5. Scripture reading, e.g: 1st Samuel 3:1-9 *(not Lectio Divina)*
 |
|  | 15 | Large group |  | 1. **About the program**
2. Brief overview of the program (what happens when):

▪ Two learning sessions experiencing the prayer▪ Two learning sessions learning to companion others▪ Weekly ongoing prayer meetings▪ A one- or two-day retreat1. Primarily learning from your experiences of praying and companioning (experiential learning rather than lecture)
2. Read Bishop Quinn’s remarks (and hand it out)
3. Read the Disclaimer

▪ Any questions?1. Discuss confidentiality

▪ Any questions?1. Discuss journaling (and provide journals as needed)
 |
|  | 15 | Large group | Mentor AMentor BMentor C | 1. **Mentors’ testimonies**

Share your personal experiences of the prayer (and their significance to you)1. Mentor A
2. Mentor B
3. Mentor C
 |
|  | 15 | Large group |  | 1. **How to pray**
	1. Briefly describe how praying with a companion works:

▪ One person reads, the other has eyes closed and prays.▪ Eight movements, with instructions within each part.▪ Includes awareness of how we physically feel.▪ What we pray about (*ASKING GOD*); and taking it to the loving heart of Jesus (*GOD’S LOVE AND ACCEPTANCE*).▪ Noticing more, cycling, and ending; including “Yes/No” to “Does this feel right to journey with some more?”* 1. Read the “General Guidelines for Praying”

▪ Read the first 5 bullets (do not read the 6th bullet)* Any questions?

▪ Read the last 4 bullets (do not read the 6th bullet)* Any questions?

*Do not describe each prayer movement in detail. Do not yet share the printed prayer form. Do not discuss sharing of symbols.* |
|  | 50 | Small groups | Mentor AMentor BMentor C | 1. **Companion one person at a time, all in the church nave**
	1. Persons 1 and 2
	2. Persons 3 and 4
	3. Persons 5 and 6

*Immediately after each person is companioned (with an ending prayer or blessing), ask a question or reflection to help them discern the significance of their prayer experience to them. Then invite them to journal.* |
|  | 5 | Large group |  | 1. **Group sharing/discussion**

*Try to maintain silence until group sharing begins*a. Individual sharing of their prayer experiencesb. Q&A/instructional feedback as necessary |
|  | 5 | Large group |  | 1. **Closing**

a. Hand out the Disclaimer, the CP prayer form, & the “Guidelines for Praying”b. Closing prayer |

**Second Learning Session** (date, time & location)

Mentors:

Learners:

| **Start Time** | **Est. Min.** | **In Large or Small Group** | **Led by** | **Activity** |
| --- | --- | --- | --- | --- |
|  | 10 | Large group |  | 1. **Opening**

a. Welcomeb. Opening prayerc. Scripture reading, e.g: Matthew 11:28-30  *(not Lectio Divina)* |
|  | 15 | Large group |  | 1. **How to pray**
	1. Brief Q&A from previous meeting
	2. Discuss symbols (hand out the CP form again)

▪ Read the 6th bullet of the “General Guidelines for Praying”▪ For this learning session, encourage sharing of symbols so they can learn that experience.* 1. Discuss the *BEING OPEN TO GOD’S SPIRIT* movement

▪ Review cycling and following any changes▪ Respond to “b” with a “yes” or “no”▪ Review how to let your companion know when you are finished with this movement. |
|  | 50 | Small groups | Mentor AMentor BMentor C | 1. **Companion one person at a time, all in the church nave**
	1. Persons 1 and 2
	2. Persons 3 and 4
	3. Persons 5 and 6

*Immediately after each person is companioned (with an ending prayer or blessing), ask a question or reflection to help them discern the significance of their prayer experience to them. Then invite them to journal.* |
|  | 10 | Large group |  | 1. **Group sharing/discussion**

*Try to maintain silence until group sharing begins*a. Individual sharing of their prayer experiencesb. Q&A/instructional feedback as necessary |
|  | 5 | Large group |  | 1. **Closing**a. *No additional handout*s

b. Closing prayer |

**Third Learning Session**  (date, time & location)

Mentors:

Learners:

| **Start Time** | **Est. Min.** | **In Large or Small Group** | **Led by** | **Activity** |
| --- | --- | --- | --- | --- |
|  | 5 | Large group |  | 1. **Opening**

a. Welcomeb. Opening prayerc. Scripture reading, e.g: John 15:4-5a,9 *(not Lectio Divina)* |
|  | 20 | Large group |  | 1. **How to companion**
2. It’s easy: just read the bold text (hand out the prayer form). Italic is instructions for you, the companion

▪ *OPENING PRAYERS* are extemporaneous (what is provided is only a sample). Always invite the person to say a prayer silently or out loud, and to say “Amen” when they are finished.1. Read the first 6 bullets of “Guidelines for the Companion”

▪ Any questions?1. Read remainder of “Guidelines for the Companion”

▪ Any questions?*Do not yet hand out the “Guidelines for the Companion.”* |
|  | 50 | Small groups | Mentor AMentor BMentor C | 1. **Participants companion each other, all in the church nave**
2. Persons 1 and 2
3. Persons 3 and 4
4. Persons 5 and 6

*Immediately after each person is companioned, the mentor:** *Encourages the companion to say a prayer for the person.*
* *Encourages the companion to invite the person to briefly write in their journal.*
* *Asks the companion what companioning was like.*
* *Asks the person who prayed if they had any suggestions that might help the companion next time.*

*Do not ask the person who prayed what their prayer experience was like; and do not allow the companion to ask the person what their prayer experience was like. (Reflective discernment occurs only in the first two meetings.) Sharing of prayer experiences will be in the large group.* |
|  | 10 | Large group |  | 1. **Group sharing/discussion**

*Try to maintain silence until group sharing begins*a. Individual sharing of their prayer experiencesb. Individual sharing of what it was like to companionc. Q&A/instructional feedback as necessary |
|  | 5 | Large group |  | 1. **Closing**
2. Hand out the “Guidelines for the Companion”
3. Closing prayer
 |

**Fourth Learning Session** (date, time & location)

Mentors:

Learners:

| **Start Time** | **Est. Min.** | **In Large or Small Group** | **Led by** | **Activity** |
| --- | --- | --- | --- | --- |
|  | 5 | Large group |  | 1. **Opening**
2. Welcome
3. Opening prayer
4. Scripture reading, e.g: Luke 24:32-36 *(not Lectio Divina)*
 |
|  | 5 | Large group |  | 1. **Brief check-in**
2. Any questions from last time?
 |
|  | 50 | Small groups | Mentor AMentor BMentor C | 1. **Participants companion each other, all in the church nave**
2. Persons 1 and 2
3. Persons 3 and 4
4. Persons 5 and 6

*Immediately after each person is companioned, the mentor:** *Encourages the companion to say a prayer for the person.*
* *Encourages the companion to invite the person to briefly write in their journal.*
* *Asks the companion what companioning was like.*
* *Asks the person who prayed if they had any suggestions that might help the companion next time.*

*Do not ask the person who prayed what their prayer experience was like; and do not allow the companion to ask the person what their prayer experience was like. (Reflective discernment occurs only in the first two meetings.) Sharing of prayer experiences will be in the large group.* |
|  | 10 | Large group |  | 1. **Group sharing/discussion**

*Try to maintain silence until group sharing begins*a. Individual sharing of their prayer experiencesb. Individual sharing of what it was like to companionc. Q&A/instructional feedback as necessary |
|  | 15 | Large group |  | 1. **Closing**
2. Read Bishop Quinn’s quotes
3. Discuss follow-on weekly prayer meetings
4. Discuss attending a Companioned Prayer retreat
5. Hand out the “Summary of Companioned Prayer”
6. Invite them to consider how they may use the prayer in ministry after a little more experience with the prayer
7. Discuss inviting other parishioners to a Companioned Prayer learning program
8. Closing prayer
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