Companioned Prayer™
Abbreviated form for the Lenten season

For use by prayer partners familiar with each other's prayer style.
*The **bold italics** text may be skipped if desired*

BEGINNING GROUP PRAYER
The Companioned Prayer meeting time can begin with a shared daily office, service or devotional appropriate to the season, or a prayer and reading such as the Lord's Prayer, the Confiteor and Kyrie, the Angelus, the daily gospel or other reading.

OPENING PRAYERS
Start with: **In the name of the Father, of the Son, and of the Holy Spirit, we open our hearts to you, O Lord. Amen.** *Say a personal prayer out loud. Then invite the other person to pause for a few moments of silent introspection, to silently recall their sins, weaknesses, concerns and challenges; and to say a personal prayer either silently or out loud. [wait]*

AS WE ARE
Then say, **Coming before God as we are, take a few minutes to notice how you physically feel.** *[briefly pause]* ***Let your attention go to different parts of your body, pausing to notice any physical sensations and any issues or feelings that might surface as you do this.*** *[wait]*

ASKING GOD
When they are ready, say: **Staying with how this feels inside, and being open to God's loving presence; ask yourself, "Does it feel like there is anything in my life right now, keeping me from God?"** *[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.*** *[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** ***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 for a response]*
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.** *[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.*** *[wait]*

CLOSING PRAYER
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.**

The person praying may also close with an "Amen", the sign of the cross, or similar ending said out loud or silently.

The companion may also say out loud a brief prayer or blessing.

CONCLUDING GROUP PRAYER
When the Companioned Prayer meeting time is over (everyone has had an opportunity for prayer, or the time has come to an end), the shared daily office, service or devotional may be concluded, or a concluding prayer and blessing may be said.