

## Overview of the Companioned Prayer™ Learning Program

Companioned Prayer requires a compassionate, faith-filled environment of fellowship, friendship and trust. The learning environment must be one of shared personal trust and love. Without this, people will not readily open themselves to the depth of experiencing the Lord and his graces. Instead, they will remain in an intellectual-only mode of reception, and will only minimally allow themselves to transition into the mystery of God's presence within the prayer. Therefore, the learning environment must consciously foster compassionate sharing, caring and trust.

There are many ways to learn and teach Companioned Prayer. In all instances when you are learning the prayer and learning to companion others, you should consider the learning to be an exploratory experience. Allow yourself and your prayer partners the freedom to make plenty of mistakes, without any pressure "to get it right." Share your experiences and impressions with each other, and discuss how the companioning, teaching, and learning processes are working so you can benefit from your synergy. And always, to the best you can, be guided by the love of Christ in your heart and the inspiration of the Holy Spirit.

It has been discovered through many years of offering programs in Companioned Prayer, that detailed descriptions of the prayer process and how to do it (such as in chapters 10 and 11), and many instructional sessions (e.g., 15, 20 or 30), do not result in people adopting and practicing the prayer. In fact, while the information itself may be useful, it encourages the prayer to become an intellectual challenge; something to be figured out instead of surrendered into.

A better approach is to show people the prayer by companioning them one at a time, and then assisting them reflect upon their prayer experience. This keeps the offering focused on their own actual experience. This very personal orientation has been developed into a basic learning program of three parts: 1) four small group learning sessions, 2) ongoing group prayer meetings, and 3) a one- or two-day group retreat.

There is significant flexibility in how the program can be offered:

- It can be presented in a medium sized group environment (see "Team Teaching in a Larger Group", below), or it can be in single or multiple small or very small groups of just one, two or three other persons.
- The first four meetings can be held once a week, or multiple times within just a couple of weeks, or they may even be all provided in an initial weekend retreat.
- The learning program can be a regular planned periodic occurrence of an ongoing Companioned Prayer ministry group, or it can be separate from and in addition to ongoing group meetings, or perhaps only the first two learning sessions might be held separately from an ongoing group.

- Or the learning program can be simply incorporated into an ongoing Companioned Prayer ministry group as new people show up to the group in response to ongoing outreach and personal invitations.
- The learning program can also be integrated into other ministry programs, such as homebound ministries or teen or young adult ministries. It can be included in seminarian training or other programs such as Jesuit formation.
- The program can be parish centric or include outreach and participation from multiple local parishes and religious organizations.

Prior to the start of the program, confirm that all participants will be able to attend the first four sessions, a subsequent ongoing group meeting or two, and ideally, the retreat. Also ask them to bring a journal for them to write in. During the first two learning sessions, participants will not learn to companion another person, and will not be asked to do so; that will be available with guidance during the next two meetings.

The approach to learning Companioned Prayer in this program is highly dependent upon the Holy Spirit's inspiration with each person. It is not based upon extensive instruction in the art of praying or companionship; and such instruction should be avoided. What is important is that participants should be encouraged to recognize, value, and respond to the Holy Spirit and the love of Jesus in their own prayer experiences. That is where the focus needs to be.

Therefore, the instruction provided to the participants who are learning the prayer in these sessions is designed to be minimal. In the first two sessions, learning is primarily through experiencing being companioned and reflecting on those prayer experiences. The goal is to assist participants experience the grace within the prayer and to assist them recognize the value of their prayer experiences. In the next two sessions, participants have an opportunity to experience what it is like to companion another person, with the presence and support of an experienced companion.

Although some basic information about how to pray the prayer is initially provided, as well as an opportunity for questions and answers, overall, instruction is minimized in favor of experiencing the prayer and experiencing companionship, and reflecting on those experiences.

### Handouts and Resources

The recommended handouts for this learning program are available at [www.CompanionedPrayer.org/resources](http://www.CompanionedPrayer.org/resources). The program's teaching resources are available at [www.CompanionedPrayer.org/supplemental-resources](http://www.CompanionedPrayer.org/supplemental-resources). The "Guidelines for Praying" and the "Guidelines for the Companion" are also included within chapter 4 of this book. Handouts should be provided only at the end of the session indicated, except that Bishop Quinn's quotes may be handed out at the beginning.

Handouts for New Participants	1 <sup>st</sup> Session	2 <sup>nd</sup> Session	3 <sup>rd</sup> Session	4 <sup>th</sup> Session
The quotes of Bishop Quinn	X			
The Companioned Prayer Disclaimer	X			
The standard CP form for Ordinary Time	X	X		
Guidelines for Praying	X	X		
Summary of Companioned Prayer		X		
Guidelines for the Companion		X		

Additional Resources for Teaching*	1 <sup>st</sup> Session	2 <sup>nd</sup> Session	3 <sup>rd</sup> Session	4 <sup>th</sup> Session
Overview of the Learning Program	X			
Guidelines for the First Two Learning Sessions	X	X		
Guidelines for Reflecting the Prayer Experience	X	X		
Guidelines for the Third and Fourth Learning Sessions			X	X
Accessible and Safe Environments	X	X	X	X
Book, handouts and forms available at <a href="http://www.CompanionedPrayer.org/resources">www.CompanionedPrayer.org/resources</a> and <a href="http://www.CompanionedPrayer.org/supplemental-resources">www.CompanionedPrayer.org/supplemental-resources</a>	X	X	X	X

\* The resources in this chapter are also offered as separate downloads from the CPCF website.

Handouts should be kept to a minimum. Extensive instruction and handouts cause a person's learning to primarily be intellectual rather than intuitive and spontaneous (which are more relevant for a prayer). Offer the prayer and let God inspire people directly. Do not get in the way with extensive explanations. Faith, trust in God, and openness to God's mystery should receive primacy. This has taken many years of teaching experience to appreciate.

Journaling should be encouraged throughout the first four learning sessions, and may be continued in regular ongoing Companioned Prayer ministry meetings.

Additional support for those teaching or sharing the prayer includes other experienced companions (including from other parishes), material on the Companioned Prayer Christian Fellowship (CPCF) website, and communication with the CPCF at [info@CompanionedPrayer.org](mailto:info@CompanionedPrayer.org).

### Team Teaching in a Larger Group

When team teaching in a single large group, when it is time for experiencing the prayer or companionship, the group must separate into smaller groups of not less than two or more than three people learning the prayer per experienced companion. After each small group completes its companionship, individual reflections or feedback, and journaling, it then rejoins the large group. If possible, the participants and companions should be assigned to the same small group during

the first four sessions. Team teaching in the combined larger group's other activities can be shared to the extent desired by the companions.

### An Accessible and Safe Environment

It is very important that all venues and people involved in teaching Companioned Prayer comply with the requirements and guidelines for ensuring that people with disabilities can fully participate in the full learning program, and that everyone sponsors a safe environment for all participants and leaders. The Safe and Accessible Environment requirements and guidelines discussed under that heading in chapter 5 should be applied. Additionally:

- All teaching venues (for outreach, learning sessions, ongoing prayer meetings, retreats, etcetera) should be ADA compliant. Special needs of participants for access, communication, seating, etcetera should be confidentially sought and reasonably accommodated. Costs for reasonable accommodation must not be borne by the person being accommodated.
- Companioned Prayer ministry leaders should be trained in ensuring a safe environment free from potential abuse, and should know the applicable reporting requirements.

All meetings in all venues (for outreach, learning sessions, ongoing prayer meetings, and retreats) should comply with the Safe Environment requirements of the hosting and sponsoring organizations, as well as the Safe Environment guidelines of the Companioned Prayer Christian Fellowship available at [www.CompanionedPrayer.org/supplemental-resources](http://www.CompanionedPrayer.org/supplemental-resources)