The presentation introducing the Companioned Prayer ministry should be preceded by ample pulpit and bulletin announcements, flyers, personal invitations, reminders, etcetera, all focused on encouraging people to attend the presentation. Signups should not be sought to attend the presentation. The presentation can be given by one person, or preferably, two. The outline of this sample presentation is for one hour, and is focused on sharing and introducing interior prayer experiences. It purposefully avoids describing the format of Companioned Prayer. At the end of the presentation, attendees should be able to sign up for a four-session introductory prayer series, which should be planned in advance.

The durations shown for each activity are estimated minutes. Adding the start times for each activity can help the presenters stay on track. If there is more than one presenter, add the names of the individuals who will be leading each activity. Some activities can be shared by more than one person. Modify the outline and presentation to best meet your needs and goals.

| **Start Time** | **Est. Min.** | **Led by** | **Activity** |
| --- | --- | --- | --- |
|  | 5 |  | 1. **Opening**
2. Welcome & introduction of the presenters
3. Opening prayer:

*We come today, O Lord, to gather in your name, as your sons and daughters. We are thankful for your love, grace, and presence in our midst as we pray, and especially for your Word, gift of yourself in prayer, and in the Eucharist, so we may seek to know you, love you, and serve you in faith. We know that in you, Jesus, we have a Companion that is with us always. We ask that you bless us, lead us, and help us to grow personally, as your Body, and through prayer and action, to further your mission as disciples, building your kingdom. We ask this in Jesus’ name. Amen.*1. Overview of our sharing today. We will:
* Talk about our ministry
* Share what people have said about Companioned Prayer
* Experience two interior prayers
* Have time for questions and answers
* Offer subsequent learning sessions
1. Reflective question: *“What do you seek in coming here today?”*
 |
|  | 5 |  | 1. **What is the Companioned Prayer ministry?**
2. Know Jesus within
* Jesus said, *“Come to me and learn from me, and I will give you rest.”* He also said, *“I am with you always.”* And, *“Knock and the door shall be opened unto you.”*
1. Reflective questions:
* *“What brings you closer to God?”*
* *“How do you listen, to hear God in prayer?”*
1. We are a ministry that:
* Seeks to encourage each person to experience the deep, tender, personal love and presence of Our Lord in quiet personal prayer, accompanied by a faith friend.
* Offers each person a way to take their personal prayer to the loving heart of Jesus, and to remain there in His love, spending time listening for God or just resting in Him.
1. When we meet weekly in our prayer circle:
* We always begin by listening to scripture with *lectio divina* in the same way as in each national Eucharistic Revival session.
* We follow the church’s liturgical seasons, with a Companioned Prayer reflection for the current season (Advent, Christmas, Ordinary Time, Lent, Triduum, or Easter.)
 |
|  | 10 |  | 1. **Experiencing the quiet, tender, love of Jesus**
2. Reflective question: *“How do we open our hearts and minds, in faith, to a closer experience of Jesus – to His love felt and known within us?”*
3. Sharing what others have said about Companioned Prayer (pick some or all of the following – or examples from your own friends – and read out loud):
* *“Companioned Prayer connects me with Jesus. Every day I feel His presence in my heart.”*  [JS]
* *“I experience an increase in all other personal prayers… inviting me into a personal relationship with Jesus.”* [BG]
* *“It is one prayer where I am not talking, but listening without other prompts for me… what I need to pay attention within me. From my journaling, I see the changes in my prayers through the church liturgical seasons from God.”* [MB]
* *“Through Companioned Prayer I can go deeper into that sacred inner room within me and rest in Him and be still. I do not struggle with distractions. I find Him and His love for me there. I have as a person experienced changes in myself over time, becoming more loving and peace-filled. I notice Him more in daily life, and feel joy when I receive Him, my Lord, in the Eucharist.”* [MH]
* *“I experience the intimacy of Jesus’ loving presence and guidance that is amazing as applies to my personal faith. It takes me farther than lectio. I experience His presence in the Eucharist.”* [BS]
1. Sharing by the presenters of their own experiences
* Presenter #1 shares
* Presenter #2 shares
1. What Bishop Quinn said:

“*Companioned Prayer is a prayer with a friend that can eventually bring you to the real purpose of your faith, which is an intimate, daily, loving relationship with God. It is a miracle that you will feel taking place within you. It will take time, but it will happen in you.”* |
|  | 25 |  | 1. **Some interior prayer experiences**
2. **Opening prayer**

*Before we begin, let’s start with a prayer. In this prayer we will briefly pause for a few seconds before we end.**In the name of the Father, the Son, and the Holy Spirit. Amen. Dear Lord, we thank you for this opportunity to find ways to be close to you. We ask that you help us listen inside to how you may be calling us into your loving presence, into your loving heart. We pause now to notice the gift of yourself within us in that special way that you touch our hearts, in your gentle quiet love.*  [pause 10 to 15 seconds, then continue]*Lord, let us always be nourished by your quiet grace, and thankful for your gift of yourself. In Jesus’ name we pray. Amen*These next two prayer experiences are not Companioned Prayer, but they do offer a taste of what the inner Companioned Prayer experience is like.1. **The Mystery of God** #1
* Lead the prayer experience using the form on the CPCF website.
* Sharing: *What was that like? What did you discover?*
1. **Reflective prayer**
* Lead the prayer experience using the form on the CPCF website.
* Sharing: *What was that like? What did you discover?*
 |
|  | 5 |  | 1. **General Questions and Answers**

Invite any questions |
|  | 5 |  | 1. **Offering four sessions to experience Companioned Prayer**
2. The four introductory prayer sessions
* Announce the dates, times, and location of the four learning sessions.
* Allow up to two hours per session, even if they may be shorter.
* Sign-up sheet (pass it around so people can sign up at this time.)
* Pass out the ‘Reminder cards’ with dates and contact info.
* Announce the availability of flyers, reminder cards, and sign-up sheets in other locations, e.g., narthex, church office, etc.
* Invite your friends. They needn’t have come to today’s presentation in order to sign up.
* Any questions?
1. An opportunity to continue in a prayer group after the four sessions.
* Ongoing Companioned Prayer ministry circle
 |
|  | 5 |  | 1. **Closing**
2. Thank them for coming and listening
3. Closing prayer
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