

Checking for Effortlessness in Companioned Prayer

When people are having trouble with the prayer because they are trying too hard, are trying to analyze, or trying to make something happen, this exercise can help their prayer experience be more easy and effortless. This exercise can be done with a group or with only one person. If a response to any question is “no” simply ask them to close their eyes, and then repeat a few prior steps. *[All timing is approximate]*

In this exercise I am going to ask you to close and open your eyes a few times. Let’s begin:

1. **Sit comfortably and close the eyes.** *[pause 15 seconds]*
2. **Notice how you physically feel.** *[pause 10 seconds]*
3. **Be aware of your breathing for a minute or so.** *[pause 45 – 60 seconds]*
4. **Let go into that quiet place within you where you experience the silent presence of God.** *[pause 45 – 60 seconds]*
5. **Open the eyes.** *[pause 10 – 15 seconds]*
6. **Did you notice some settling down, some quiet, some silence?** *[pause 5 – 10 seconds, or wait for an answer]*
7. **Did you have thoughts in that silence?** *[pause 5 – 10 seconds, or wait for an answer]*
8. **Did you notice that thoughts came spontaneously, effortlessly?** *[pause 5 – 10 seconds, or wait for an answer]*
9. **Okay, close the eyes. Now again, let go into the quiet, loving presence of God.** *[pause 30 seconds]*
10. **Notice how effortlessly and spontaneously a response comes when you ask yourself, “Of everything going on in my life, what feels like God is calling me to listen to, inside me right now?”** *[pause 45 – 60 seconds]*
11. **Take a few seconds to open the eyes.** *[pause 10 – 15 seconds]*
12. **Was that that easy? Was that effortless?**