

## An Introductory Personal Prayer

When someone needs a preliminary very personal introductory inner prayer experience prior to a full Companioned Prayer™ ask if it would be okay just to pray for God's gentle love and blessing felt within them, within their cares and concerns. If that is okay, let them know that you will lead them in a short, guided prayer that includes noticing how their cares and concerns feel inside, in their body, and that you will then invite them to feel God's gentle love and tenderness.

Before you lead this prayer experience, you can ask if there is anything in particular they would like to pray about. If they share something, you can include it in the first prayer movement as indicated.

Depending on the needs of the individual, it can also be very helpful to invite the person to spend a few minutes noticing how they physically feel. If they are willing, explain how you will lead this, using either the full *AS WE ARE* movement of Companioned Prayer or an abbreviated version. After they have noticed how their body feels, and when they are ready to continue, say:

**Dear Lord, we ask for your love and blessings today, especially for *[the person's name]* and for *[his or her]* cares and concerns (especially for \_\_\_\_\_ *[insert cares you know of or they have shared, such as their health, their loved ones, and so on].*) *[short pause]***

**Now as we come to God in prayer, I invite you to silently be aware of any special care or concern that at this time you would like Jesus to know about. Take your time, and let me know when you have that in mind and you are ready to go on. *[wait for a response]***

When they are ready, continue with: Notice how this care or concern feels in your body, and how you have been carrying it. [pause]

Now with tenderness and in faith, notice what it feels like to take all of this to the loving heart of Jesus, and to feel his gentle love and acceptance. [pause] Take your time, and after a while let me know if you can feel His gentle love and tenderness within all of this. [wait]

If they can feel some of God's gentle love, continue with: Okay, let go into how all this feels inside, into God's tender love within you, within how you are holding all of this in his love. Just rest within all of this for a while. Take your time, being open to anything else that may come, and noticing what that may feel like inside. [pause for a few minutes]

After a few minutes, continue with: Continue to rest in God's quiet tenderness until you are ready to stop at least for now, and then let me know. [wait]

When they are ready to stop, conclude with: Lord God, we thank you for the blessings of your love and care for us, and ask that you strengthen our trust and faith in you. Help us to always be in your gentle care, even in our times of trial.

In Jesus' name we pray,  
Amen.