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***Companioned Prayer****™*

***Ministry***

A prayer experience within  
the loving heart of Jesus

A small group prayer ministry of  
Name of church

*“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.*

*Companioned Prayer is a form of personal prayer that can change your relationship to God.*

*I hope everyone can participate in the Companioned Prayer program.  
It can change your life."*



Bishop Francis Quinn

9/11/1921 – 3/21/2019

Bishop of Sacramento 1979-1993

# A Personally Meaningful Experience

When we enter into this prayer, we find ourselves in a personal relationship with God. We are often surprised by his personal love for us and his gifts of grace. We come to know that he is living and a part of our personal lives, our needs, our hopes and our joys.

Our faith is awakened from within. We are called to new being, as a child of God. We find his love to be transforming. Each time we pray we discover anew our life in Christ.

# What Happens When We Pray?

*“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. From my journaling, I see the changes in my prayers through the church liturgical seasons from God.” [MBH]*

*“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 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.” [BS]*

# A drawing of a cross, by Minnet Stobbe (copyrighted).What We Do When We Pray

In Companioned Prayer™ the traditional contemplative blending of devotion, alert listening, and faithful waiting come together with personal and private prayer issues.

In faith we take our personal prayer to God, to Jesus’ loving heart, and letting go into our personal prayer subject within the gentle compassion of Jesus’ love, we wait for some inner movement or discernment. We stay with this as it unfolds and leads us to a new personal understanding given from his mercy and grace.

Then we rest in God’s presence, felt and known from within, and acknowledge his personal gift to us.

# Prayer Partners and Groups

We practice this interactive prayer with others in an intimate community of faith. In small groups or with a prayer partner, we companion one another in our prayer journey. This helps us surrender into our prayer experience without concern for format or progress. Yet even as we are companioned, our personal prayer subject and experience remain private.

In this companioned small group approach to prayer, we discover that we are a community of living faith within Christ’s living presence.

# Prayer in Service Ministry

Companioned Prayer is also perfect for ministries serving people in need. Healing and new direction occur directly from within the person’s prayer experience as a gift from God; not from any advice or action provided by us.

# Getting Started

Would you like to experience… A prayer of closeness with our Lord? A quiet, intimate yet private, personal prayer of noticing and waiting in faith? And then of experiencing his tender, loving renewal within you?

Come and be refreshed, and be part of this beautiful prayer experience at [Name of] parish. To get started, simply contact the Companioned Prayer Ministry person listed on the back of this brochure. We look forward to hearing from you!

Out of his infinite glory, may he give you the power through his Spirit for your hidden self to grow strong, so that Christ may live in your hearts through faith, and then planted in love and built in love, you will with all the saints have strength to grasp the breadth and length, the height and depth; until, knowing the love of Christ, which is beyond all knowledge, you are filled with the utter fullness of God.

- Ephesians 3:16-19

# Sponsorship

Established Companioned Prayer ministries may be available to help you form new Companioned Prayer ministries in your church or organization. We can help provide introductory presentations, small group leadership, or outreach ministry training. Additional written resources are also available. Simply contact an ongoing Companioned Prayer ministry to get started. We will help you with the rest.

**Name of Your Church**

Address

Phone number

Name of Pastor 1

Name of Pastor 2

**The [name of church] Companioned Prayer Ministry invites you to join us.**

**To get started, contact:**

Name, phone number   
and email

**Companioned Prayer Christian Fellowship**

[www.CompanionedPrayer.org](http://www.CompanionedPrayer.org)