

Companioned Prayer™
Sample of a personalized Abbreviated form
for the season of Ordinary Time

OPENING PRAYERS

In the name of the Father, of the Son, and of the Holy Spirit, we open our hearts to you, O Lord. Amen.

On behalf of the person you are praying with and yourself, say a personal prayer out loud.

Then invite the other person to also say a personal prayer silently or out loud. [wait]

AS WE ARE

Coming before God as we are, take a few minutes to notice how you physically feel. [briefly pause, and then continue] For example, let your attention go to your back and notice what that feels like. [pause] Notice your shoulders [pause], your neck [pause], your head [pause], your arms [pause], your hands [pause], your feet [pause], your legs [pause], your stomach [pause], your heart [pause], and your breathing. [longer pause] Notice the body-sense of how you feel right now. [wait]

ASKING GOD

Staying with how this feels inside, and being open to God's loving presence; ask yourself, "Of everything going on in my life, what feels like God is calling me to listen to, inside me right now?" [wait]

GOD'S LOVE AND ACCEPTANCE

Notice how all this repeat symbol if shared feels inside, and how you carry it. [pause] With tenderness and faith, notice how it feels to take all this to the loving heart of Jesus, and to feel his gentle love and acceptance in all of this. [wait]

LETTING GO IN THE LOVING HEART OF JESUS

Allow your awareness to seep into your body, to settle in, and sense how all this feels inside. [pause] Within the gentle loving heart of Jesus, wait in openness and faith to see if it feels like there is anything else that God might want you to notice that seems to somehow fit with the way this whole thing feels. [wait]

BEING OPEN TO GOD'S SPIRIT

- a. *If something comes, reflect back the symbol if shared, pause, and then ask,*
- b. **Does this feel right, inside, to journey with some more?** *[wait]*
If "no" go to RESTING IN GOD'S PRESENCE.
- c. *If "yes," say: **Ask yourself, "How does all this repeat symbol if shared now feel in my body?"*** *[pause]* **With gentleness and faith, let go into how all this feels inside.** *[wait]*
If something comes, go back to a.

Repeat a, b, c as long as the person wants to continue, or as time allows.

When they are ready to stop, go to RESTING IN GOD'S PRESENCE.

RESTING IN GOD'S PRESENCE

Okay; pause here and let go into God's presence within all of this, resting in the quiet tenderness of his Spirit for a while. *[wait]*

CLOSING PRAYERS

As you savor all of this, let yourself know that this is God's personal love and grace, experienced and felt inside us. *[pause]* **Staying within all of this, you may wish to silently offer a prayer in response.** *[wait]*

When they are finished, say out loud a brief prayer or blessing.

After the prayer or blessing, you may invite the person to write in their journal if they wish.