

## **Companioned Prayer™**

### **Abbreviated form for the season of Christmas**

For use by prayer partners familiar with each other's prayer style.  
Any of the ***bold italic*** text may be skipped if desired by the person praying.

#### *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. [pause] For example, let your attention go to different parts of your body, noticing 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 in my life, what feels like I am especially thankful for, 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*

*Notice how it feels in your body to be with this, in this gentle, caring, faith-filled way. 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; and see if anything comes that fits how this all now feels. [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; let's nurture this special place you've come to inside. 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.*

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