

“PRAYER, SHARE, PRAYER” GROUP MODEL

Our Friday evening gatherings begin with a Time of Centering. We will meet in small groups for a time of peer group direction. We utilize a self-guided, contemplative approach to group direction, which we call “Prayer, Share, Prayer”.

In this “Prayer, Share, Prayer” (PSP) model, group members share what is on their heart, often answering the question “How is it with your soul?”. The group should follow the PSP format, allowing approximately 15 minutes for each group member.

PRAYER

The group may decide to share in alphabetical or someone may choose to share first.

Everyone should take a deep breath and silently pray for the person who will share, while someone says a prayer of invitation out loud. This is vertical, meaning you are praying to God for guidance by the power of the Spirit on what you are to share. This is about the Spirit moving through you, not about whether you say “the right thing.”

A sample prayer might be:

Holy Spirit, guide [name] as [s/he] shares her heart.

Help her/him to hear you in the silence and through the words [s/he] speaks.

Help us to hear You through [her/his] words and through the silence. Amen.

SHARE

Person who is sharing:

The person who will share should stop for a moment and listen. What are you to share about what God has revealed to you about your own journey today? What is rising in your heart to share? Listen for a moment longer for a peace about where to start. When you are ready to share what rose to your mind in the quiet, open your eyes, begin talking with your group about what is happening in your spirit this evening. Speak for a few minutes about what is percolating within you today.

Note: If you choose not to share, simply say “I am passing for now.”

Group:

Listen as an act of selflessness. As the listener, avoid being the fixer. Do not interpret, interject or “solve.” Simply listen. When the person has finished sharing, those who have been listening may ask a questions; be careful not to give advice, it is an opportunity to ask a question for clarification or for deeper reflection. For example, “when you say ‘.....’, where do you see God in that?”

PRAYER

A time of prayer should follow the time of sharing.

On some months, the person who shared could also offer the closing prayer, offering what is coming from their heart.

On other months, the prayer could be offering by another person in the group, lifting the person who had shared, remembering that there is no need to solve any issues or to give any advice through the prayer. It may be helpful to lift up Scripture or even sing a song that rises within you. Let the prayer flower from your heart.