The following is a sample ten-week, introductory course outline for teaching Companioned Prayer, meeting twice a week. Please see chapters 12 and 13 of the book *Companioned Prayer, an interactive prayer for companions, families, and small groups* by Bill Stobbe for related teaching information. The book is also required homework reading for retreat participants. The entire book is available for downloading at [www.CompanionedPrayer.org](http://www.CompanionedPrayer.org)/resources.

This sample outline assumes one-and-a-half hours per meeting. Meetings can easily stretch into two hours if people wish to share and discuss more than in the times suggested in [brackets] for each activity. A recommended format is two (or three) meetings per week with at least one day between meetings. Required participant homework is about a half-hour between meetings.

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| **Meeting** | **Primary Discussion Topic and Prayer Activity** |
| 1 | Discuss overview; and personal introductionsPsalm 46 exercise; and group Reflective Prayer |
| 2 | Discuss what prayer is (chapter 1); the role of the body; and the loving heart of JesusGroup Reflective Prayer |
| 3 | Discuss the Loving Heart of Jesus prayer form; and the role of the companionCompanion each other using the Loving Heart of Jesus form |
| 4 | Discuss the loving heart of Jesus; and the steps in the Loving Heart of Jesus prayer formCompanion each other using the Loving Heart of Jesus form |
| 5 | Discuss *Letting go in the Loving Heart of Jesus* and *Being Open to God’s Spirit*Companion each other using the full Companioned Prayer for Ordinary Time form |
| 6 | Discuss being open to what comes within the flow of the prayer (chapter 2)Companion each other using the Companioned Prayer for Ordinary Time form |
| 7 | Discuss the movements of the prayer (first part of chapter 5)Companion each other using the Companioned Prayer for Ordinary Time form |
| 8 | Discuss the movements of the prayer (second part of chapter 5)Companion each other using the Companioned Prayer for Ordinary Time form |
| 9 | Discuss the art of companioning (first part of chapter 6)Companion each other using the Companioned Prayer for Ordinary Time form |
| 10 | Discuss the art of companioning (second part of chapter 6)Companion each other using the Companioned Prayer for Ordinary Time form |
| 11 | Discuss what happens in a prayer group (chapter 7)Companion each other using the Companioned Prayer for Ordinary Time form |
| 12 | Discuss praying by oneself (chapter 8)Companion each other using the Companioned Prayer for Ordinary Time form |
| 13 | Discuss companioned intercessory prayer (first part of chapter 9)Companion each other using the Companioned Prayer Intercessory form |
| 14 | Discuss prayer forms for the church seasons, and the abbreviated form (second part of ch 9)Companion each other using the Abbreviated form Ordinary Time form |
| 15 | Discuss Companioned Prayer within service ministries (chapter 10)Companion each other using the Companioned Prayer Lenten form |
| 16 | Discuss any of the first part of chapter 11Companion each other using the Companioned Prayer for Advent form |
| 17 | Discuss any of the middle part of chapter 11Companion each other using the Companioned Prayer for Christmas form |
| 18 | Discuss any of the last part of chapter 11Companion each other using the paired Lectio-Companioned Prayer form |
| 19 | Discussion of the CPCF and the CPCF websiteCompanion each other using the Companioned Prayer for the Triduum form |
| 20 | Discussion of Companioned Prayer and the Church (chapter 14); discussion of continuingCompanion each other using the Companioned Prayer for the Easter form; group reflection |

1. First meeting
	1. Beginning group prayer and reading. [5 min]
	2. Introductions of everyone (what brings you to the course?) [20 min]
	3. Welcome and brief overview of the prayer (e.g., Christ-centered; the intro brochure, etc.) [5 min]
	4. Discussion: a prayer learned over time. [5 min]
	5. Prayer group rules and expectations (not a therapy [hand out the disclaimer on the book’s copyright page and also available as a separate download from the CPCF website], privacy, confidentiality, mistakes, etc.) [5 min]
	6. Introductory prayer reflection exercises (see *Introducing Guided Prayer and Openness to the Holy Spirit* in chapter 12 of the book *Companioned Prayer*), followed by sharing and discussion. [20 min]
	7. A group prayer experience using the *Reflective Prayer* format in chapter 12 and also available from the CPCF website, and a brief introduction to it. [15 min]
	8. Reflection, questions, discussion. [5 min]
	9. Your story: how you learned the prayer and what it means to you. [5 min]
	10. Homework: read chapter 1 of the book *Companioned Prayer* (provide written instruc­tions on how to download the book from the CPCF website or provide printed copies).

[5 min]

* 1. Concluding prayer.
1. Second meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. The role of the body in the prayer (see chapters 5, 6 and 11). [10 min]
	4. The concept of the loving heart of Jesus and related exercises and discussions
	(see material in chapters 3, 5, 6, & 11). [20 min]
	5. A group prayer experience using the *Reflective Prayer* format. [15 min]
	6. Reflection, questions, discussion. [10 min]
	7. Homework: read chapter 3 of the book *Companioned Prayer.*

[5 min]

* 1. Concluding prayer.
1. Third meeting
	1. Beginning group prayer and reading. [5 min]
	2. Hand out the 16 page *The Loving Heart of Jesus in Companioned Prayer* from the “Resources” page of the CPCF at [www.CompanionedPrayer.org](http://www.CompanionedPrayer.org). Briefly discuss the prayer form, *An Introduction to the Loving Heart of Jesus*, in the handout. [15 min]
	3. The role of the companion (see chapter 6). [10 min]
	4. Break into small groups of two people each to companion each other using the prayer form, *An Introduction to the Loving Heart of Jesus*. [45 min]
	5. Group reflections, questions, discussion. [10 min]
	6. Homework: read the 16-page handout, *The Loving Heart of Jesus in Companioned Prayer*.

[5 min]

* 1. Concluding prayer.
1. Fourth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? Include discussion on the importance of the *OPENING PRAYER,* discerning what God wants us to listen to in prayer, and taking our prayer subject to the loving heart of Jesus. [20 min]
	3. Break into small groups to companion each other using the prayer form, *An Introduction to the Loving Heart of Jesus*. [45 min]
	4. Group reflections, questions, discussion. [15 min]
	5. Homework: read chapter 4 of the book *Companioned Prayer* (let everyone know that in the next meeting the full Companioned Prayer form will be used). Ask for volunteers to provide and lead the beginning group prayer and the concluding prayer next time (create a signup sheet, or repeat this request at the end of each subsequent meeting).

[5 min]

* 1. Concluding prayer.
1. Fifth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [5 min]
	3. Discussion of *LETTING GO IN THE LOVING HEART OF JESUS* and *BEING OPEN TO GOD’S SPIRIT*. [10 min]
	4. Break into small groups to companion each other using the full Companioned Prayer form. [55 min]
	5. Group reflections, questions, discussion. [10 min]
	6. Homework: read chapter 2 of the book *Companioned Prayer*.

[5 min]

* 1. Concluding prayer
1. Sixth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Break into small groups to companion each other. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: read chapter 5 of the book *Companioned Prayer* through *GOD’S LOVE AND ACCEPTANCE*.

[5 min]

* 1. Concluding prayer.
1. Seventh meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Break into small groups to companion each other. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: finish reading chapter 5 of the book *Companioned Prayer*.

[5 min]

* 1. Concluding prayer.
1. Eighth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Break into small groups to companion each other. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: read chapter 6 of the book *Companioned Prayer* through *GOD’S LOVE AND ACCEPTANCE*.

[5 min]

* 1. Concluding prayer.
1. Ninth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Break into small groups to companion each other. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: finish reading chapter 6 of the book *Companioned Prayer*.

[5 min]

* 1. Concluding prayer.
1. Tenth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Break into small groups to companion each other. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: read chapter 7, and ask for a volunteer to facilitate the discussion about the homework at the next meeting.

[5 min]

* 1. Concluding prayer.
1. Eleventh meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Break into small groups to companion each other. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: read chapter 8 of the book *Companioned Prayer*; try the prayer by themselves; ask for a volunteer to facilitate the discussion about the homework at the next meeting; and encourage joining an ongoing Companioned Prayer ministry group.

[5 min]

* 1. Concluding prayer.
1. Twelfth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Break into small groups to companion each other. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: read chapter 9 of the book *Companioned Prayer* through *A Lenten Prayer Form*; and ask for a volunteer to facilitate the discussion about the homework at the next meeting.

[5 min]

* 1. Concluding prayer.
1. Thirteenth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Break into small groups to companion each other using the Intercessory form. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: finish reading chapter 9 of the book *Companioned Prayer*; and ask for a volunteer to facilitate the discussion about the homework at the next meeting.

[5 min]

* 1. Concluding prayer.
1. Fourteenth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Break into small groups to companion each other using the Abbreviated form for Ordinary Time. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: read chapter 10 of the book *Companioned Prayer*; and ask for a volunteer to facilitate the discussion about the homework at the next meeting.

[5 min]

* 1. Concluding prayer.
1. Fifteenth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? Discuss how they might bring Companioned Prayer into a service ministry they are engaged in. [15 min]
	3. Break into small groups to companion each other using the Lenten form. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: read chapter 11 of the book *Companioned Prayer* through *Discerning What God is Calling Us To Listen To*, and ask for a volunteer to facilitate the discussion about the homework at the next meeting.

[5 min]

* 1. Concluding prayer.
1. Sixteenth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Break into small groups to companion each other using the Advent form. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: read chapter 11 of the book *Companioned Prayer* through *Stopping with Feelings of Unfinishedness*, and ask for a volunteer to facilitate the discussion about the homework at the next meeting.

[5 min]

* 1. Concluding prayer.
1. Seventeenth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Break into small groups to companion each other using the Christmas form. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: finish reading chapter 11 of the book *Companioned Prayer*, and ask for a volunteer to facilitate the discussion about the homework at the next meeting.

[5 min]

* 1. Concluding prayer.
1. Eighteenth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Provide scripture readings and break into small groups to companion each other using the paired Lectio-Companioned form. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: review the CPCF’s website at [www.CompanionedPrayer.org](http://www.CompanionedPrayer.org), and ask for a volunteer to facilitate the discussion about the homework at the next meeting.

[5 min]

* 1. Concluding prayer.
1. Nineteenth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? [15 min]
	3. Break into small groups to companion each other using the Triduum form. [55 min]
	4. Group reflections, questions, discussion. [10 min]
	5. Homework: read chapter 14 of the book *Companioned Prayer*, and ask for a volunteer to facilitate the discussion about the homework at the next meeting.

[5 min]

* 1. Concluding prayer.
1. Twentieth meeting
	1. Beginning group prayer and reading. [5 min]
	2. Discussion of the previous meeting’s homework; e.g., ask what did they find most important or interesting to them? How can they help bring Companioned Prayer into the Church? [15 min]
	3. Break into small groups to companion each other using the Easter form. [50 min]
	4. Group reflections, questions, discussion. [5 min]
	5. Group exercise: reflect on your personal spirituality before and after this 10-week program; sharing. [10 min]
	6. Homework: Continue practicing *Companioned Prayer*. Join or form an ongoing Companioned Prayer ministry group. Introduce Companioned Prayer to others.

[5 min]

* 1. Concluding prayer.