**Suggested Outline of the Second Learning Session**

1. Opening: *[can be done in a large group]*
	1. Welcome
	2. Opening prayer
	3. Scripture reading
2. About Companioned Prayer: *[should be done in a small group]*
	1. Brief Q&A
	2. Discuss sharing of symbols and cycling. Read out loud the sixth bullet on sharing symbols in “Guidelines for Praying.”
3. Companion one person at a time: *[should be done in a small group]*
	1. Immediately after each person is companioned ask them questions or provide observations intended to help them reflect upon their prayer experience and its significance to them. See the separate section in this chapter titled, “Guidelines for Reflecting the Prayer Experience.”
	2. Do not use this individual time after each prayer for instruction in the prayer.
	3. Include individual journaling after each person’s prayer reflection.
4. Group sharing/discussion: *[can be done in a large group]*
	1. Individual sharing and discussion of their prayer experiences.
	2. Invite and answer any questions, including any instructional feedback as necessary.
5. Closing: *[can be done in a large group]*
	1. Discuss the follow-on group meetings where they can continue to experience the prayer (and bring their journals), and when they feel ready, to also companion others.
	2. Discuss any follow-on retreat.
	3. Hand out the “Guidelines for the Companion.”
	4. Hand out the “Summary of Companioned Prayer.”
	5. Read Bishop Quinn’s quotes.
	6. Say a closing prayer.