***Getting Started***

Learning this prayer is easy. It has specific steps or movements that can be easily fol­lowed. You are invited to contact the church or organization listed on the back of this brochure to learn about the prayer and to participate in an ongoing Companioned Prayer small group. You can also visit the Companioned Prayer Christian Fellowship’s website at *www.CompanionedPrayer.org*.

## A quiet prayer ofreconciliationand renewal

***Sponsorship***

Participants of established Companioned Prayer groups may be available to sponsor the formation of new groups in your church or organization. We can help provide intro­ductory presentations, small group leader­ship, or outreach ministry training. Addi­tional written resources are also available. Simply contact an ongoing Companioned Prayer group ministry to get started. We will help you with the rest.

Out of his infinite glory, may he give you the power through his Spirit for your hidden self to grow strong, so that Christ may live in your hearts through faith, and then planted in love and built in love, you will with all the saints have strength to grasp the breadth and length, the height and depth; until, knowing the love of Christ, which is beyond all knowledge, you are filled with the utter fullness of God.

- Ephesians 3:16-19

*"Companioned Prayer is a prayer with a friend that can eventually bring you to the real purpose of your faith, which is an intimate, daily, loving relationship with God. It is a miracle that you will feel taking place within you. It will take time, but it will happen in you.*

*Companioned Prayer is a form of
personal prayer that can change your relationship to God.*

*I hope everyone can participate in the Companioned Prayer program.
It can change your life."*

**- Bishop Francis Quinn**

9/11/1921 – 3/21/2019



Bishop of Sacramento 1979-1993

**YOUR CHURCH’S NAME**

Address

and

phone number

Name of Pastor

**The Companioned Prayer Ministry meets**

**Meeting days of the week, time and location**

Contact name and phone number

**Companioned Prayer Christian Fellowship**

[www.CompanionedPrayer.org](http://www.CompanionedPrayer.org)



***Companioned***

***Prayer***

A prayer experience within
the loving heart of Jesus

A prayer for companions,
families, and small groups

“I felt that God was present;
his glory penetrated me.
 I knew Jesus’ love was total.”

“My spiritual journey has taken on
a new dimension. I feel God’s call
and Christ’s love. Each time I pray
with my companion, I feel like
God has touched me.”

“When I let myself listen in this contemplative way, the Holy Spirit
gently guides me to new revelation,
to new understandings that are
very personal to my situation.
God is with me in this prayer.”

# A Personally Meaningful Experience

When we enter into this prayer we find our­selves in a personal relationship with God. We are often surprised by his personal love for us and his gifts of grace. We come to know that he is living and a part of our personal lives, our needs, our hopes and our joys.

Our faith is awakened from within. We are called to new being, as a child of God. We find his love to be transforming. Each time we pray we discover anew our life in Christ.

***What We Do When We Pray***

In Companioned Prayer the traditional contemplative blending of devotion, alert listening, and faithful waiting come together with personal and private prayer issues.

In faith we take our personal prayer to God, to Jesus’ loving heart, and letting go into our personal prayer subject within the gentle compassion of Jesus’ love, we wait for some inner movement or discernment. We stay with this as it unfolds and leads us to a new personal understanding given from his mercy and grace.

Then we rest in God’s presence, felt and known from within, and acknowledge his personal gift to us.

### Prayer Partners and Groups

We practice this interactive prayer with others in an intimate community of faith. In small groups or with a prayer partner, we companion one another in our prayer jour­ney. This helps us surrender into our prayer experience without concern for format or progress. Yet even as we are companioned, our personal prayer subject and experience remain private.

In this companioned small group approach to prayer we discover that we are a commu­nity of living faith. We find that our pres­ence to each other is crucial to our journey with God. We become a vital community within Christ’s living presence.

### Prayer in Service Ministry

Companioned Prayer groups and partners can also share Christ’s love and healing with other people in need. We can offer to companion individuals in their time of trial and challenge. No training is required on the part of the person in need. The prayer companion provides the guidance in the prayer. Healing and new direction occur directly from within the person’s prayer experience as a gift from God; not from any advice or action provided by us.

This companioned prayer outreach is an optional yet natural extension of Compan­ioned Prayer group ministry. Through it we find the good news of the living Christ and his healing presence being born within the very needs and brokenness of our human family. Together we are all gifted and changed through this prayer ministry.