

SUMMARISED FORMAT FOR PRAYER/REFLECTION MEETING (about 90 min session)

1. Praise & Worship (8min)

1 or 2 songs - one of the songs should include a hymn to the Holy Spirit for anointing and empowerment upon the group

2. Opening Prayer (2 min)

3. Praying and Sharing the Word (30min)

- 5 or 6 in a group, using Scripture (1st and/or 2nd Reading depending on group size)

- Before starting, the facilitator is to impress the following points upon group members:

(a) All sharing is kept strictly confidential and is not compulsory

(b) No comments/discussion/questions on any sharing. This is to maintain a prayerful atmosphere and prevent drifting into a chit-chat session. We are to be a companion and not a teacher or Saviour.

(i) 1st Reading

First Step: Facilitator invites members to read the text (3 min)

“Let us open to page”..... pause for everyone to be ready.... “Will someone please read the text”

Second Step: Facilitator invites members to meditate on the passage for a few minutes and then share a word or phrase which touched them (aloud 3x) (7 min)

“Which word or words strike you in a special way?” Let each one pick out words or short phrases and read aloud prayerfully 3 times, with pauses in between. After one member has done this, keep silent for a while to let the message ‘sink in’, before the next person speaks out the word/s aloud 3 times. When all members are done, the text is read slowly again.

Third Step: We let God speak to us in silence and share what we have heard in our hearts (15 min)

“We keep silence for a while and allow God to speak to us, then we share with each other what we have heard in our hearts when we are ready.”

“This is a time for personal sharing, not preaching or discussion. In sharing, we talk about ourselves and what the scripture text meant for us personally. We do not discuss anyone’s contribution or pass comments.”

Fourth Step: We pray together on what has touched us (5min)

Members take turns to pray voluntarily and spontaneously based on what they have received in prayer and shared.

(ii) 2nd Reading (30min)

Repeat the above 4 steps with the 2nd Reading

(iii) Word of Life (5min)

The group decides collectively on a “Word of Life” which they can hold onto or live for the week.

4. Intercession for Church, ministry or other events to inculcate spirit of intercession (10 min)

- Facilitator introduces Intercession. “Now let us lift up our intentions for the church, world, or various groups. We end each intercession with “We pray to the Lord” and all in the group respond withLord hear our prayer”
- Each member offers up an intention

5. Closing Prayer/Hymn (5 min)

6. Fellowship