

WAY OF DISCIPLESHIP BEING WITH GOD

SESSION 5: BEING WITH GOD IN PRAYER FACILITATOR'S NOTES

CHECKLIST

- Have I got a good sense of the signposted resources? Which would be good to highlight with my group? Have I done, or got a good sense of the contents of the **Connecting with God Survey**?
- Have I got the technology set up, and does it work(!)? There are two or three potential short videos you might use this week.
- Is there a visual focus I want to offer for worship this or next week – image, candle, video?
- Who is doing tea/coffee?
- Are there any notices I need to share?
- Is there anyone in my group who has pastoral needs we should be aware of at the moment?

WITH YOUR CO-FACILITATOR

- Are we using our different gifts well tonight?
- If we are running out of time, what shall we miss out or postpone?
- Who is doing what in the session? Clarity about who is leading which section really helps!
- Are we confident using DBS?
- Who among the participants can we encourage to use their gifts in leading, praying, or facilitating tonight or next week? How much preparation will they need?
- What and who do we particularly want to pray for at the moment?
- How are we offering a good variety in our worship and prayer styles?

REVIEW THE OUTCOMES FOR THIS SESSION

- To learn how to pray on my own and be resourced to do so.
- To use the Lord's prayer as a place of connection with God.
- To pray in ways that align best with my personality.
- To learn how to pray with others and be resourced to do so.
- To use the Psalms effectively to grow in prayer and worship.
- To use liturgy in prayer and worship with purpose and fruitfulness.



FOR THIS SESSION YOU WILL NEED

- TV / Laptop / Wifi
- Ppt for session 5
- Any prayer materials or visual focus. DBS guide.
- Connecting with God Survey. Lord's Prayer and Daily Resource bookmarks would also be useful.

6.30 PM PREPARING MYSELF

You might like to use the Lord's Prayer bookmark as a way of praying for the evening (We will use the Examen and Jesus Prayer exercises in the next two weeks).

Take a moment to pray for each person in your group.

Commit yourself to the Lord this evening.

7 PM OPENING WORSHIP

Feel free to use the suggested activity, which aims to draw on different styles, or approaches, or to do something which reflects your own context or tradition if that is more helpful.

Read this prayer of Isaac of Stella together: He is my contemplation; He is my delight. Him for his own sake I seek above me. From him himself I feed within me. He is the field In which I labour. He is my cause He is my effect He is my beginning He is my end, without end. He is for me Eternity. Amen. (Available on separate Worship Aims Bible passage powerpoint)

Give some time for thanksgiving. This may be in open prayer, or people sharing in pairs what they are grateful for, or by passing something round to facilitate prayer/sharing.

7.05PM INTRODUCTION - AIMS FOR THE EVENING

(You may want to miss this out if your group is less formal, or you are using the material one to one). (Available on separate Worship Aims Bible passage powerpoint)

- To learn how to pray on my own and be resourced to do so.
- To use the Lord's prayer as a place of connection with God.
- To pray in ways that align best with my personality.
- To learn how to pray with others and be resourced to do so.
- To use the Psalms effectively to grow in prayer and worship.
- To use liturgy in prayer and worship with purpose and fruitfulness.



7.10 PM FEEDBACK AND OPENING QUESTION

In their pairs from the end of the last session, ask people to feedback to each other how their experience of their response action(s) from last week has been - the emphasis is on mutual encouragement in accountability, not guilt!

Then in pairs ask people to discuss this question for 3 minutes: What has been your best experience of prayer?

7.20 PM CORE TEACHING CONTENT

The core content is designed to be as user-friendly, and as flexible/context-friendly, as possible. You can use the script and powerpoint provided, using your own material or approaches to reflect your context and teaching style. Because truth in the Scripture is often perceived through metaphor and story, the content will include at least one story example (although other "stories" are found in the Modelling section), and at least one visual example.

The whole of the content is produced in a booklet for each session – if you are not covering all the material, you may want to point participants to reading the booklet between sessions.

What is prayer?

How did Jesus pray?

Why is it difficult?

N.B. you might like to give 5 minutes to respond in pairs to picture on slide 11.

What do I need to know that will help me?

Does my personality affect the way I pray?

N.B. You may want to break to get people to share either their connecting with God survey results, or their response to the different descriptors if they haven't done it. As facilitator it's always good to model the sharing by starting yourself.

Is being a physical person a help or a hindrance and how do I deal with distractions?

What will help me get into prayer?

N.B. on slide 23 you can highlight the daily connecting with God bookmark and the How to have a Quiet time handout.

What different ways are there to help me pray?

N.B. on slide 28 you can highlight the Psalms graphic and How to pray with Psalms handout.

N.B. on slide 29 you can highlight the gifts of liturgy handout.

N.B. on slide 30 Jesus Prayer and Lord's Prayer handouts and bookmark.

N.B. on slide 32 you can highlight the Examen handouts.

Following the content, you may like to give people a few minutes to think of any questions or reflections on the material, then facilitate a discussion based on any points raised for 5-10 minutes. They will have reflection time in smaller groups after the video, but this gives an opportunity for initial whole-group discussion. As facilitator you are not expected to have all the answers, but can help the group explore together.



OPTIONS FOR SIMPLIFYING OR SHORTENING CONTENT

Instead of the powerpoint, you could focus the content of the Connecting with God survey, giving most of the time to this, followed by using one of the suggested prayer exercises.

8.20 PM MODELLING/REFLECTION

Video and own experience. Show the video and, if time share from your own experience, remembering that real struggles can be as helpful as victories!

Discuss in pairs, and then together:

What are you discovering about what helps you connect with God?

In what ways can you pray with others?

What questions do you have?

Model a response as facilitator(s) by offering your reflection first.

8.40 PM DISCOVERY BIBLE STUDY

Matthew 6: 5-18 (Available on separate Worship Aims Bible passage powerpoint)

See the instruction sheet for how to do DBS.

After you have read the passage and retold, use whatever method will enable most people to participate – talking in pairs, splitting questions up between different pairs, splitting into smaller groups with group members asking the five questions (this will disciple people through putting leading DBS into practice).

N.B. Encourage giving enough focus on the personal response questions in 3 and 4. As your group grows in trust, hopefully people will become more confident in sharing their responses together – as facilitator(s) taking the lead in this models your own discipleship and helps create openness in others.

9 PM PERSONAL RESPONSE AND ACTION FOR COMING WEEK.

Having learnt content, seen it modelled, reflected and heard each other, and listened to God in Scripture, each disciple will end with the questions, “What is God saying to me and what is my response?” Any actions they take will be self-generated. But the following week they will be encouraged at the beginning to report back to one other person.

Ask people to reflect on this in pairs – they will never have to report back to the whole group. If they wish to help one another by writing down any actions and praying for each other then encourage them to do so. There is no group feedback, but as facilitator you can share what you feel able in order to model gentle accountability and trust.



9.10 PM SIGNPOSTING

Look at the suggested follow on materials described in terms of quality and length. You may like to highlight one or two, depending on the make up of your group. Ask people to bring Bibles with them if they have them to following sessions.

See handout "Extra Reading or Listening Suggestions" as follow up material for this week, and point people towards the Session booklets for this session and next week - you might agree on sections they read beforehand in order to free up more discussion time in the following session.

Good preparation for next week would be to spend 20 minutes watching the *Bible Project* videos on the Overview of the Old Testament (12:44) <https://www.youtube.com/watch?v=ALsluAKBZ-c> (N.B. Tanak is the Hebrew word for the Scriptures), and New Testament (8:18) <https://www.youtube.com/watch?v=Q0BrP8bj0c>. They are fairly accessible, but with lots of information.

There are a number of short videos highlighted this session - "Slow Club" is particularly recommended.

9.15 PM CLOSING PRAYER

Use the suggested prayer or pray in whatever way is helpful.

Read out the Lord's Prayer bookmark, pausing between each section.

REVIEW AFTER GROUP HAS LEFT

What went well?

Where did I sense God's presence?

What can I do better?

Was anyone absent that I need to follow up on?

Looking ahead to next week, what might I (or the co-facilitator) share from our lived experience in the "Modelling" section?

