

SHARING AND PRAYING OUR EXPERIENCES WITHIN THE FAMILY

Note:

- ✓ *This simple method of shared prayer held within the family circle, could be used also within other small homogeneous groups.*
- ✓ *Praying and sharing one's personal experiences within the family is a very enriching experience. So much we can learn from one another!*
- ✓ *Such shared prayer knits the family together and fosters mutual love and fellowship.*
- ✓ This sharing prayer within the family, could be done from time to time, say once in a month, or when some special occasions arise, such as birthdays, times of sickness, etc.

IMPORTANT NOTICE;

Questioning, discussion, advice giving or counseling on matters shared should not be entertained, unless the one doing the sharing specifically ask for it

An experience is related, a prayer is said. That's all!

PROCEDURE

1. The family will meet in a quiet, friendly and peaceful and loving atmosphere..
2. For a while, they will sit close to each other and in silence pray to God for one another to increase their mutual love and concern.
3. They may sing an appropriate hymn, such as "Bind us together" or "We are gathering together", etc.
4. They will recite a common introductory vocal prayer like "The Our Father"
5. Any member of the group may share a recent experience of his – Pleasant or Unpleasant, Joyful or Sad, Success or Failure, etc.
6. The family members present may ask for clarifications.
7. Questioning, discussion, advice giving or counseling on matters shared should not be entertained, *unless the one doing the sharing specifically ask for it*
8. The one doing the sharing may request those present to pray for his/her personal intentions
9. Upon hearing the shared experience, the members of family will pray aloud for the one who made the sharing.
10. They will express their concern for him/her and pray for his/her needs and intentions, and thank God for him/her.
11. Next, another member of the family may share his /her experience.
12. The family members again will pray for him/her as indicated above.
13. The same procedure will follow till all had their chance.
14. The shared prayer session will close down with a hymn, and the recitation of "The Our Father".

EXAMPLES

John relates: “My Boss is very hard on me. He only finds fault in all I do. I even fear for my job, etc.”

Any family member: “Father in heaven, John finds it painful and hard to work in his office. Give him courage. Kindly touch the heart of his boss that he may be sympathetic and understanding towards him. Give John the wisdom and discernment necessary to face this problem”.

Mary says: “Of late, I feel worried and tensed about my studies. I feel that I cannot cope with so much work”

Any member of the family: “Jesus I pray for Mary who feels that she cannot cope with with her work load. Bless her, and help us to find ways to encourage and assist her”