

Prayer Partners at United Parish in Brookline

Lent 2018 (February 14 - March 29, 2018)

“Again, truly I tell you, if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. For where two or three are gathered in my name, I am there among them.”

~Matthew 18:19-20

What to do with your Prayer Partner

You and your prayer partner should aim to **talk** on the phone or in person **once a week** for **15 minutes** (no texting and no emailing!).

- Set and commit to a regular weekly time. Start and end on time. Speak in a quiet, distraction-free space.
- Tell your prayer partner what you would like them to pray for you that week.
- Speak deeply, honestly, and openly
- Focus on the prayer requests, center on the spiritual story, speak in present tense (no small talk, no criticism, no judgment, no gossip, no complaining, no counseling, no unloading of personal/professional troubles, no fixing of the other person)
- Maintain confidentiality
- Pray together, if you are comfortable doing that, or covenant to pray individually later for your partner.
- Stay open to the experience.
- Appreciate/acknowledge the variety of feelings that come before, during, and after you talk and pray with your prayer partner.
- Consider keeping a journal about your prayer partnering experience.

Psalms that may help you pray:

Psalm 16
Psalm 27

Psalm 34
Psalm 45

Psalm 59
Psalm 110

Psalm 111
Psalm 114

Psalm 130
Psalm 132

Reflection questions that may help you prepare to pray:

- *What is your soul longing for? What is your heart's desire?*
- *What would you like to have more of (e.g., deeper connections with others, more faith, more grace, etc.)*
- *What would you like to have less of (e.g., less fear, less worry, less anger, etc.)*
- *Make a list of what you would like to pray for and circle the one that is most important for you right now.*
- *Consider a situation that is happening in your life now. Take a moment to ask yourself: Why is this happening for me?*
- *What insights have been revealed to you today?*
- *What do you appreciate? What are you grateful for?*
- *Who do you need to forgive? What do you need to let go?*

Prayers that may feed your soul:

Prayer of Saint Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me bring love.
Where there is offense, let me bring pardon.
Where there is discord, let me bring union.
Where there is error, let me bring truth.
Where there is doubt, let me bring faith.
Where there is despair, let me bring hope.
Where there is darkness, let me bring your light.
Where there is sadness, let me bring joy.
O Master, let me not seek as much
to be consoled as to console,
to be understood as to understand,
to be loved as to love,
for it is in giving that one receives,
it is in self-forgetting that one finds,
it is in pardoning that one is pardoned,
it is in dying that one is raised to eternal life.

Spoken at the Sacred Center- Manhattan, NY

*For all those we have harmed, knowingly or unknowingly,
We are truly sorry. Forgive us and set us free.
For all those who have harmed us,
Knowingly or unknowingly, we forgive them
And we set them free.
And for the harm we have done to ourselves,
knowingly or unknowingly,
We are truly sorry. We forgive ourselves
And we set ourselves free.
Peace in my heart brings peace to my family.
Peace in my family brings peace to my community.
Peace in my community brings peace to my nation.
Peace in my nation brings peace to my world.
Let there be peace on Earth,
And let it begin with me.*

Consulted Sources/Resources:

Prayer Partners: How Praying with Someone Can Multiply Your Blessings
By, August Gold & Joel Fotinos

Real Good Church: How Our Church Came Back from the Dead, and Yours Can, Too
By, Molly Phinney Baskette