

## Launching Discipleship Groups in Your Parish

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### A Simple Way to Pray in Meetings:

#### **Begin | 1 minute**

Set the tone for your prayer by making the Sign of the Cross, then pausing for a moment to acknowledge individually God's presence.

#### **Read & Reflect | 4 minutes**

Read the Gospel of the Day (or some other short Scripture passage) slowly and out loud. Consider reading it twice with a short pause in between. Ideally, have everyone read along in their own Bibles or print out the passage.

After reading, give everyone time to sit with the reading and ponder it. Have people look for a phrase or word that stood out to them, or something they feel God is telling them through this passage.

#### **Share | 5 minutes**

Have a brief discussion about the passage as a group. If your team is large or talkative, you could split this up into a partner or quad exercise. Focus on answering that question of "what stood out to me," along with WHY it stood out.

#### **Pray | 5 minutes**

Pray intentionally with your team. Encourage this prayer to be for things in the parish, but also needs or prayers on the hearts of your team. Prayers typically fit in one of the following "areas"

**A - Adoration** (praise to God)

**C - Contrition** (asking for forgiveness)

**T - Thanksgiving** (gratitude for blessings, events, or similar)

**S - Supplication** (asking for needs, desires, etc.)

The most intimate prayers are ones we speak from the heart directly to God. Lead by example by speaking to God when you pray ("Lord Jesus, please give us the grace to..." vs. "I pray that..."). Be comfortable with silence, especially at first. Give this the full 5 minutes!

The leader of the meeting could close this time by gathering all prayers spoken and unspoken with an Our Father or similar.